

SPRING 2010 GROUPS AND WORKSHOPS ARE CURRENTLY TAKING PLACE. IF INTERESTED CALL EXT. 5002.

*If interested in group please call ext. 5002.*

## **Current Groups:**

### **[Stress & Anxiety Management - Skills Training Workshop](#)**

#### **Goals:**

To establish supportive connections that can assist in reducing harmful effects of stress and anxiety  
To identify one's own common reactions to stress (thoughts, emotions, and behaviors)  
To learn the physiological process underlying stress and anxiety  
To explore the relationship between thoughts and anxiety  
To learn skills helpful in managing difficult emotions  
To learn and engage in experiential practice of various stress management skills

Group Facilitator: Lori Miltenberger, M.A

**Please call Counseling Services @ X5002 to sign up for this group**

For More information please see the [group flyer here](#).

## **Transitions Group**

- Feeling overwhelmed with changes and thinking college is too hard?
- Are you having trouble meeting new people and feeling like you don't fit in?
- Counting the days until your next visit home?
- Transitioning to college can be a stressful experience. We can help you cope with this.

Group Facilitator: Lori G. Miltenberger, M.A.

## **Interpersonal Process Group**

- Are you feeling alone in your problems?
- Other students at VU struggle with issues of sadness, depression, anxiety and feeling socially isolated.
- Do you want to talk to someone about your problems?
- Talking in a group can help you feel less alone and learn ways that other college students manage their problems.

Group Facilitator: Lori G. Miltenberger, M.A.

Please call x5002 to sign up for this group and meet for a pre-screening.

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## **Previous Groups Offered:**

### **Grief and Loss Support Group**

#### **Goals:**

- To learn the typical stages of the grief process
- To identify one's own common reactions to loss (thoughts, emotions, and behaviors)
- To explore the relationship between thoughts and grief
- To learn skills helpful in managing difficult emotions
- To establish supportive connections that can assist in coping with your loss
- To achieve a personal reintegration incorporating the loss into your life

#### **Previous Topics:**

- Interpersonal Communications Skills
- Feeling Better by Thinking Better
- Performance Enhancement Group (Life and Academic)
- Support Group for Nursing Students

*If you have an interest in one of the above listed groups please give us a call at 219-464-5002.*

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