

LAFAYETTE

COUNSELING CENTER

FALL 2019 GROUPS AND WORKSHOPS

All group days and times will be determined by interested students' availability. For more information or to join a group please call the Counseling Center (610-330-5005) or email counselingcenter@lafayette.edu.

WORKSHOPS

Procrastination

This workshop aims to identify and change problematic behaviors, while replacing them with more useful alternatives. Sessions focus on behaviors like setting goals, removing distractions, and rewarding successes.

Facilitator: Dr. Devin Hussong

Anxiety Toolbox

Anxiety Toolbox is a three-part series intended to help increase your understanding and knowledge about anxiety. The goal of this series is to provide you with skills to recognize and manage symptoms you may be experiencing.

Facilitator: Karissa Rizzolino

Recognition, Insight, and Openness (RIO)

RIO is a three-part workshop aimed at helping you better stabilize yourself emotionally, engage with your experiences with more flexibility, and connect you to your values using metaphors, mindfulness exercises, and other experiential components.

Facilitator: Dr. Larissa Atkins

ONGOING GROUPS

Family Matters

All families experience challenges at times from minor irritations to deeply buried resentments, and these struggles can be detrimental to students' mental health. This group seeks to address issues by exploring possible solutions or avenues of support.

Facilitator: Dr. Devin Hussong

LGBTQ+

This group offers an affirming space where LGBTQ+ students can share experiences, explore how they relate to others, and receive support and feedback.

Facilitator: Dr. Larissa Atkins

Sexual Assault Survivors Support

This group provides a safe environment for survivors of sexual assault to receive support, acceptance, and validation, while focusing on the healing process. It aims to decrease feelings of isolation and alienation that may be experienced following a sexual assault.

Facilitator: Dr. Melissa Garrison

General Therapy

This group provides students a community in which to work on one's goals in a safe space. Processing with a group allows for multiple perspectives, peer support, and insight into how one's actions affect others.

Facilitator: Laura Syvertson

Living a Value Based Life

Identifying personal values may allow students to experience a greater sense of purpose and meaning, as well as greater confidence in decision-making. This group aims to clarify values and assess barriers to living a life rooted in one's values. This may include discussions of religion, spirituality, relationships, career and culture as it relates to values formation.

Facilitator: Dr. Liz Alogna

Healthy Relationships

Healthy relationships are characterized by respect, sharing, and trust. They are based on the belief that both partners are equal. This group provides students with a supportive place to discuss personal experiences and challenges cultivating healthy relationships.

Facilitator: Jan Swick