

CAPS Groups and Workshops Fall 2021

Fall 2021 Groups will be offered via a HIPAA-compliant Zoom platform.

Group placements require an initial meeting and/or intake with a CAPS Counselor.

For more information, contact CAPS at 848-932-7884.

Most groups will start the end of September or early October.

Identity-Based Groups

Black Power: Black Affinity Group - A Space Where Your Life Matters

Discussions will include: Reactions to violence toward Black People, your experience to being a Black Student at Rutgers, the internal and external pressure to represent the Black race, defying the lie of Black inferiority.

Bienvenidxs

This group is a supportive space for students who are LatinX or Afro-LatinX-identified. The group provides individual members the opportunity to move forward towards self-healing through collective sharing while providing a safe atmosphere in which members can engage in authentic conversations around their experiences as LatinX and Afro-LatinX students on campus. Common themes include but are not limited to, the following: intersecting identities, academic stressors, imposter syndrome, family conflict, intergenerational conflicts, relationship concerns, cultural factors, and any other concerns that impact our overall well-being.

Themed and Process Groups

Adult Children of Alcoholics (ACOA)

This group is designed to give support to those students who have grown up in a household where one or both parents have a substance use disorder. College is often the first time students are away from home and no longer can “take care of” the family. This can often lead to much anxiety and depression. The group offers students a safe place to talk about the impact substances had on their families and themselves, in addition to the ways in which they have coped in the past.

Cultivating Calm

Four one-hour sessions

Groups are offered multiple times a week. Cultivating Calm teaches students how to better understand and manage their stress by teaching them relaxation techniques and how to change the way they think about stress and anxiety.

Dissertation Support

This group is a one-hour support group specifically for graduate students who are ABD (have completed all their coursework and qualifying exams/papers) and are in the dissertation process. This group is not structured as a psychotherapy group.

DBT Skills

Groups are available several times a week. Students will learn skills related to mindfulness, emotional regulation, distress tolerance, and interpersonal effectiveness.

Early Recovery Group (ERG)

The Early Recovery Group is designed to develop and support students who embrace and pursue abstinence-based recovery. This is a process group where members will identify and replace ineffective coping methods and negative thought patterns with healthier alternatives that will support recovery on a college campus. Students will have an opportunity to receive feedback from their peers in the recovery community about academics, social life, family issues and other subjects with the goal of reducing stigma.

FamiLGBTQ+

FamiLGBTQ+ is a group for students who identify within the LGBTQ+ community and would like support navigating family concerns of acceptance and rejection in relation to sexuality and/or gender identity. The group will provide a safe space to discuss these concerns, brainstorm ways to manage family difficulties, and tools to cope if it is not safe to come out to family at this time.

Gender Identity Support Group

This group is specifically for students who identify as trans or questioning and includes being transgender, genderqueer, gender expansive, gender fluid, nonbinary, agender, etc. Our goal is to provide a safer space to discuss various challenges related to coming out as trans, how relationships with friends, family and others may be affected, managing emotional and physical changes related to transitioning, dealing with bias and discrimination, navigating name and gender pronoun changes, sexuality concerns, and anything else that may be impacting the wellbeing and functioning of our trans students.

Green Room

Centered on basic harm reduction principles to help students make informed and empowered decisions around their cannabis use. The group will function in two ways:

1. Engage students who ordinarily wouldn't consider making changes to their cannabis use
2. Help students understand and explore how they can have a healthier relationship with cannabis.

Grief and Loss

This is a support/process group, specifically for students that are struggling with grief and bereavement related to the recent loss of a loved one. Students are encouraged to join irrelevant of their stage of grief. The goal of the group is to help the students reflect on how grieving is an individual process and a natural part of life. We hope to help students transform their loss and face a difficult life transition through acceptance and adaptive coping mechanisms.

QTPOC

This group is designed as a space for POC who identify as queer/LGBT/transgender. Students can use this space to process and get support around issues of interest and relevance to their lives. These issues can range from coming out, dealing with COVID-19, living at home with parents, dating, finding a job, and anything in between.

Relationship Skills

These are psych-education and support groups that are generally, but not exclusively, targeted for students with Autism Spectrum Disorder. They will provide instruction, guidance, and practice in developing, maintaining, and understanding relationships: friendships, roommates, romantic/dating, academic, and work.

Social Anxiety

This group is geared toward students who have current significant anxiety specifically related to functioning in social situations. The group will use a structured cognitive behavioral therapy (CBT) model that includes psycho-education about social anxiety and cognitive triad, mindfulness practice, introduction to cognitive distortion and restructuring, development and use of fear and avoidance hierarchy, and planned exposure practices in a supportive group format.

Undergraduate or Graduate Process Group

Groups are available several times a week. An unstructured group where students are provided a safe space and opportunity to discuss and explore everyday issues. This group is where you can safely try out different ways of interacting with others, such as initiating conversations or improving your listening skills.