

SUPPORT & COUNSELING GROUPS

AT THE PETERSON COUNSELING CENTER

SUPPORT GROUPS

SUPPORT GROUPS ARE OPEN TO ALL STUDENTS ON A DROP-IN BASIS

Depression & Anxiety Support Group Mondays | 11:20 a.m. - 12:20 p.m.

The depression and anxiety support group is designed to assist students experiencing symptoms such as feelings of hopelessness, lack of motivation, stress, and anxiety which you feel difficult to control. In this group, participants will identify triggers for these symptoms, develop methods for managing these symptoms, and set weekly goals.

Step by Step: A Coming Out Support Group Tuesdays | 11:20 a.m. - 12:30 p.m.

This group offers a safe space for students to meet others who are questioning their gender, sexuality, or sexual identity and who are in the process of (or considering) coming out. Coming out is a process. Deciding whom to tell, and when, are important choices. We provide an opportunity to ask questions and get support through the often difficult path of accepting one's sexuality and/or gender, and coming out.

Rest & Revive

Wednesdays | 3:30 - 4:30 p.m. | Groups meet in the Fitness Center Group Room

Through short sequences of restful poses without effort, you will be guided into a peaceful body/mind meditation experience. This class enables students to let go of the stresses of daily demands—including the need to do things right and pressure to achieve. Come and truly let go of physical and mental stress!

Beyond the Binary

Thursdays | 11:30 a.m. - 12:15 p.m.

This group provides a space for folx who identify as non-binary to find support and community amongst each other and address both concerns and successes.

It's Complicated! Transgender Support Group Email counseling@ringling.edu for more information

This group is for individuals who identify as FTM and MTF. The group addresses a variety of topics from hormone treatment to navigating different spaces.

6-WEEK SUPPORT GROUPS THAT REQUIRE AN RSVP (EMAIL YOUR RSVP TO COUNSELING@RINGLING.EDU)

Power in the Positive

Wednesdays | 1 - 2 p.m. | Starts January 29th & March 18th | Groups meet in Goldstein Library Room 314

Power in the Positive is a six week course focusing on Gratitude, Resilience, and Strength. Learn how to recognize and utilize your natural talents and strengths. Engage in gratitude practices that have been proven to increase feelings of well-being and learn how to recover from emotional setbacks. We will have projects and exercises that really work in alleviating symptoms of depression and feelings of inadequacy.

Koru: An Experience in Mindfulness and Meditation

Fridays | 3:30 - 4:30 p.m. | Starts January 31st & March 20th | Groups meet in Goldstein Library Room 314

"Koru" is a Maori term that symbolizes balance, harmony, stability, and a new developing life. This group is a mindfulness and meditation course for Ringling Students. Koru is for students who are feeling stressed and pressured or who just want to get more satisfaction from their college experience. In this powerful course, you will learn more about yourselves and connect with other students in a meaningful, safe, and supportive environment. You will learn mindfulness based skills and meditation to manage stress and improve general quality of life. Studies have demonstrated the benefits of mindfulness include better focus and concentration, increased self-awareness, feeling of serenity, reduced anxiety, stress, depression, and loneliness.

COUNSELING GROUPS

COUNSELING GROUPS INVOLVE A SCREENING PROCESS AND COUNSELING COMMITMENT

INSTApersonal Relationships Group

Wednesdays | 9:30 - 11 a.m. & 12:30 - 2 p.m.

This counseling group is an interpersonal process group to help students improve interpersonal relationships with others, reduce social anxiety, and gain a better understanding of their own interactions with others. Students can decrease loneliness, depression and anxiety, and increase relationship satisfaction.

Thrive

Wednesdays | 11 a.m. - 12:30 p.m. & 2:30 - 4 p.m.

Thrive group is for students who have experienced chronic problems in their family of origin and previously have had therapy, but continue to experience interpersonal difficulties (such as boundary setting, being too attached or detached, or repeatedly becoming involved in unsatisfying relationships with friends and partners).

The Art of Socialization

Thursdays | 11:20 - 12:30 p.m.

In this counseling group, students will learn ways to initiate interactions and keep conversations going, while also learning to read and respond to social cues. Improving communication both digitally and "in real life" will also be covered in the group. This is a place where students can meet other students with similar goals for increasing socialization on campus with the possibility of creating new friendships.

Next Level Seniors

Thursdays | 3:30 - 4:30 p.m. | Starting March 19th

This group is for graduating seniors to help navigate the life stage of leaving college and entering the next phase. Group members will discuss relevant topics to this life stage and how to navigate, cope and make the most of the last weeks of college and new beginnings.

CALL (941) 893-2855 OR EMAIL COUNSELING@RINGLING.EDU FOR MORE INFORMATION.