

Counseling Center Group Descriptions

Mindfulness/Coping Skills

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us. The goal of mindfulness is to wake up to the inner workings of our mental, emotional, and physical processes. While mindfulness is something we all naturally possess, it's more readily available to us when we practice on a daily basis. Whenever you bring awareness to what you're directly experiencing from your senses, or to your state of mind from your thoughts and emotions, you're being mindful. As you spend time practicing mindfulness, you'll probably find yourself feeling kinder, calmer, and more patient. These shifts in your experience are likely to generate changes in other parts of your life as well. Please join us for weekly, time limited, structured groups as we learn more about being mindful and living in the present. Since 2020, there have been many changes and life has seemed, well, upside down. In this group, we will learn how to step out of autopilot and step into our selves. Recognize our emotions and feelings, acknowledge those emotions, while remaining in the present space; learn to allow and be present.

Voices of Color

This is an open discussion group that allows connection, self-empowerment, interpersonal exploration, and support for students of color. Students will be supported as they express their experiences and feelings attending a predominantly white institute. This group will allow students to process the other interpersonal situations and how they impact their personal and academic growth.

Expressive Arts

This is a process group that allows members to create unique opportunities to explore ways to better understand emotions, thoughts, memories, and experiences. This group may use a variety of methods including visual arts, music, and writing to achieve emotional release through creative exploration. The goal of this group will be to learn how better connect with yourself, have a safe space for learning and growth, and to increase emotional well-being. This is anticipated as an open group, encouraging new members to join at their will.

Healthy Relationships

This process-oriented group is open to students interested in increasing their understanding of themselves and how they relate to others. The goal of this group is to improve interpersonal relationships through examining how one contributes to relationship dynamics along with attempting to connect with others by sharing your own personal experiences. If you are struggling to understand your role in difficulties within various types of relationships, had difficulty balancing your needs with those of others, frequently disagreed with others, or had conflict with others, you may benefit from this group.

Along with relationship exploration, group will also address general concerns or struggles that group members may have.

Sexuality and Gender Identity and Expression Group

This is a group open to all students who identify as gender, sexual or romantic minorities to come together in a supportive and safe environment to share their individual and interpersonal struggles and joys, as well as learn more about themselves. Typical themes include, relationships, intersection of identities, empowerment, and minority and relational stress. Diverse viewpoints will be welcomed and equally respected.

Circle of Support, Moving through Grief and Loss

Grief is a natural response to loss and is both universal and deeply personal in nature. This process-oriented group will meet weekly to offer a supportive setting for the exploration of a variety of grief and loss experiences. We will hold a safe space for connection, expression of feelings related to loss, shared messages of hope, and insights regarding the process of moving forward after a loss. We will explore opportunities for creative expressions of the grief experience and welcome diverse pathways for navigation of the grieving process.

Dobbs Decision Discussion Group

This group is a confidential, supportive space for students to come together to discuss the impact of the Dobbs Decision on their lives, including their bodily autonomy, and to explore ways to cope and move forward.

Recovering at Rhodes

This group is for anyone who wants to join with other members of the Rhodes community in seeking to live in emotional and chemical sobriety. The group will be conducted according to Twelve-Step principles and is open to everyone.