
CAPS Groups – Fall 2017

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Understanding Self and Others

Tues 3-4:30pm, Wed 5-6:30pm,
Thurs 10-11:30am, Fri 10-11:30am or Fri 1-2:30pm

The USO group provides a warm and supportive environment in which group members can experiment constructively with new ways of relating to others, share personal experiences, express fears and concerns, and get support and feedback. People participate in this group for a number of reasons including having difficulties in relationships, finding their relationships are not satisfying, being curious about how others perceive them, and seeking support when experimenting with new relational behaviors.

Mindfulness Based Stress Management

Monday 3-4:30pm or Wednesday 6-7:30pm

Participants will commit to a 6-8 week group that involves learning about mindfulness and practicing meditation techniques that assist in bringing attention to the present moment. This experience will provide a foundation of research-based practices for holding experience in awareness and responding skillfully now rather than waiting for a future that has yet to happen. The purpose of these practices is not to learn to relax (although they are sometimes relaxing) but to relate mindfully to whatever you experience, however joyful or painful.

Mindful Movement

Tuesday 3-4:30pm

This is a 6-7 week group that combines yoga postures and mindfulness to facilitate awareness of the mind/body connection and aid development of internal resources to cope with the demands of life. This experience will provide participants with an experiential format to assist with centering and connecting the mind and body while fostering personal growth and well-being. The purpose of this group is not for physical fitness, but will involve some physical demands.

Finding Balance

Tuesday 11am-12:30pm

This is an 8 week group that builds skills in: emotion regulation, distress tolerance, mindfulness, and interpersonal effectiveness. Participants will be introduced to specific skills, discuss how they relate to their life, and start applying them in group.

If you are interested in joining a group listed above or want to learn more, please speak with front desk staff (274-2548) to schedule a pre-group meeting with a group leader. All groups are free.