
CAPS Groups – Spring 2018

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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 6-7 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 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 10-11:30am

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.

Healing Connections

Thursday 3-4:30pm

This group offers a safe space for students to express and process reactions related to death-loss. Group members will examine how loss has impacted their lives, explore ways of coping, and receive and provide support to others who have experienced similar losses. Group meetings will cover specified topics each week, but will also incorporate time for discussion and processing of loss-related experiences.

Body Images

Thursday 1-2:30pm

This group was designed to help students understand and improve the relationship between their minds, bodies, and emotions in a supportive environment, comprised of other individuals with similar concerns. Individuals who have concerns about body image and/or unhealthy eating behaviors may benefit from skills discussed in this group, as well as the support offered from group members and facilitators.

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.