Spring 2016 Counseling Groups

All groups require a FREE pre-group interview prior to joining. Please call (928) 523-2261 to schedule a pre-group meeting or for more information. Cost for group is $50 for the semester. Like us on Facebook for the most up-to-date information # NAUCounselingServicesFacebook

GROUP COUNSELING

NAU Counseling Services offers numerous groups, typically beginning within a few weeks after the beginning of the semester. Given that many of our issues revolve around difficulties in relationships with others, group counseling can be an effective way to create positive change in our lives.

UNDERSTANDING SELF AND OTHERS GROUPS (USO GROUPS)

Group members will spend time discussing their patterns and history of relating to others with the aim of understanding themselves as well as other group members, and ultimately, improving current and future relationships. Issues discussed may vary widely such as anxiety, depression, family issues, relationships and abuse. These groups can provide a time to get different perspectives on many issues as well as receive support from other members.

Co-ed USO Groups:
   Mondays 3:00 - 4:30
   Wednesdays 3:30 – 5:00
   Thursdays 3:30 – 5:00
   Fridays 9:30 - 11:00

Younger Women’s USO Group:
   Tuesdays 2:15 - 3:45

MINDFULNESS GROUP – Thursdays 3:00-4:30, Feb 18th – April 14th

Mindfulness means paying attention in a particular way: on purpose, in the present moment, and in a non-judgmental manner. This eight week mindfulness group will focus on daily mindfulness exercises and will help students to cope with their stress, anxiety, depression, and chronic illness in a supportive and confidential environment. Students will be encouraged to practice mindfulness exercises and journaling between sessions. No previous experience with mindfulness is necessary. Contact Derya.Suzen@nau.edu for questions.

SOLUTIONS AND STRATEGIES GROUP - Fridays 9:30AM – 11:00AM

This group will, in a supportive and confidential environment, address the struggles students may experience when deciding to moderate or eliminate their alcohol and other substance use. Additionally, group members will have the opportunity to share various skills and strategies that may be helpful in this process. *This group cannot substitute for University or legally mandated treatment. Contact Hannah.Nunez@nau.edu for questions.