

Pepperdine Counseling Center Group Therapy - Fall 2015

Tuesdays at 2 pm

Relationships

This group is for students who are looking to gain self-understanding and relationship skills. You'll learn new ways to build meaningful relationships, improve your communication skills, and understand the hurdles you experience in achieving these goals.

Tuesdays at 3 pm

Learning to Breathe

Learn the basics of using mindfulness to improve your attention, your mood, and your overall well-being. This weekly group will give you lots of opportunities to practice and begin to establish your own mindfulness routine.

Tuesdays at 4 pm

Men's Wellness Group

Looking for a place to connect and meet with other men dealing with stress, anger, addictive behaviors, and relationship challenges? This group deals specifically with the struggles that face many young men and provide them opportunities to learn healthier patterns of living.

Wednesdays at 11 am

Moving Forward

This confidential group is for students who would like help examining their current substance use or other addictive behavior patterns, setting goals to alter these habits, and taking steps to make behavior changes.

Wednesdays at 3 pm

Resilience

Life is hard. This workshop-style class will help students learn to be resilient, to survive and even thrive in tough times.

Thursdays at 4 pm

Women's Group

Women provide empathy, support, and feedback as they share their concerns. Topics vary but frequently include relationship concerns, family issues, stress, and the need for self-care.

Thursdays at 5 pm

GLBTQ

This is a confidential safe place for students who identify as gay, lesbian, bi-sexual, transgender or are questioning their sexual orientation or identity to share their experiences and receive support.

Thursdays at 6 pm

Stress and Anxiety Management (SAM)

Dealing with stress and anxiety? This workshop-style group will help students learn strategies to cope well and effectively manage those feelings.

Thursdays at 7 pm

Mindfulness

Learn how to reduce your stress, regulate your mood, improve your concentration, and enhance your mental and physical health with this intensive 8 week group that will train you in mindful awareness. Group sessions will include practice and education in developing a regular meditation practice.

The Counseling Center offers a variety of small groups to help students learn and grow. Groups typically range in size from about 4-8 members and meet weekly at a regular time. All groups meet in the Counseling Center TCC-270. If you have questions call 310-506-4210 or email student.counseling.center@pepperdine.edu to sign up!