DBT Skills Program:
The Dialectical Behavioral Therapy (DBT) Skills Program consists of curriculum workshops focused on providing participants with skills for changing unwanted behaviors, emotions, thinking, and events that cause misery and distress. Our current programs include: Interpersonal Effectiveness, Emotion Regulation, and Distress Tolerance.

Managing Anxiety Program (MAP):
MAP is a 3 week structured program that aims to help students understand and cope with anxiety. Students will learn and practice evidence-based skills to calm their worries and stress.

ADHD Skills Program:
This 4 week program is for students who struggle with inattention, distractibility, forgetfulness, procrastination, and who feel overwhelmed with tasks. This cognitive behavioral based program is conducted in a supportive, small seminar format and teaches skills to manage your struggles and meet your goals. Formal diagnosis not required.

Surviving Family Program:
Surviving Family is a 4 week program for those who want to explore the impact of family relationships on their identity. This group is a safe and compassionate space to reflect on boundaries, healthy/unhealthy behaviors in family relationships, and challenge negative self-talk stemming from family dynamics.

What are groups and how can they help me??
Groups are a beneficial form of therapy where students facing similar struggles join together to support and learn from each other. Groups provide an inclusive, safe, and nurturing environment. Groups are ongoing and meet weekly.

Navigating Through Grief and Loss Group:
A safe place to help manage the grief of losing a loved one (e.g., parent, other family member, friend, etc). This group provides a safe and consistent place to talk about your own grief as well as to listen to and support others who are experiencing similar losses.

Contact caps@richmond.edu for more information.