What is a program and how can it help me?
A **program** is a great first step for anyone pursuing CAPS services to develop useful, proactive skills to help you manage your current circumstances. These programs are designed to help you grow your own personal skills quickly and effectively. Each program consists of 3-5 sessions.

**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.**

**MAP Program:**
The **Managing Anxiety Program** (MAP) is a structured treatment approach, designed to help you gain understanding of anxiety and learn ways of coping in different scenarios.

**ADHD Skills Program:**
Research shows that students with ADHD can learn skills to manage their symptoms and meet their goals. This cognitive behavioral base program is conducted in a supportive, small seminar format for students diagnosed with ADHD.

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.

**Understanding Self and Others Group:**
This weekly interpersonal process group is for students who want to explore personal growth, share concerns in their life, seek out support/support others, and explore feelings and thoughts in a collaborative environment. This group is a great open space to express concerns related to anxiety, depression, adjustment, loneliness, academic/general stress, and relationships.

Contact caps@richmond.edu for more information!