

CAPS Spring 2024 Groups & Programs

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.

Managing Anxiety Program (MAP):

MAP is a 3 week program that aims to improve self-awareness and coping skills around anxiety-producing situations. Participants will learn the physiological process of anxiety, identify their personal signs and symptoms of anxiety, learn and practice coping skills to manage anxiety symptoms.

ADHD Skills Program:

This 7 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.

Interpersonal Effectiveness Program:

Interpersonal Effectiveness is a 3 week program that works to strengthen current relationships, build new and satisfying relationships and end those relationships that are unhealthy. Participants will learn to ask for something in a respectful and effective way that builds and maintains a relationship.

Emotion Regulation Program:

Emotion Regulation is a 3 week program that focused on decreasing emotional suffering through naming and understanding emotions. Participants will learn to manage their feelings to better cope with the situations they're in.

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.

What if none of these sound right for me?

If you are still struggling to find a group or program to help you, contact CAPS to find out more information about other options and ways we can assist you.

For more information, contact caps@richmond.edu.

