

Counseling Center

Outreach & Programming Guide



Counseling Center
Orr Center 1051
(812) 464-1867

www.usi.edu/counselingcenter

The Counseling Center is here to help USI students develop the personal awareness and skills necessary to overcome problems, make effective decisions, and grow and develop in ways that will allow them to maximize their total educational experience at the University of Southern Indiana. We view outreach and programming as an integral part of this mission and an essential tool for prevention, wellness, and promotion of a supportive campus climate for all members of the USI community.

Event Calendar

The Counseling Center is hosting, co-sponsoring, or participating in a number of campus events throughout the academic year. We hope that faculty and staff will encourage student attendance and participation at these programs by offering extra credit for attending relevant events. Counseling Center staff members are happy to sign extra credit forms or provide sign-in sheets to track student involvement at the events for which we are the primary sponsor; please contact us at 812/464-1867 for more information.

The Counseling Center works to raise awareness of a particular safety or wellness topic during each month of the academic year, all of which are listed here. For each "awareness month" we strongly encourage you to come to the Center to get resources on the featured topic, participate in awareness-raising initiatives, and contact us to come speak with your organization, department or class on that month's topic.

Please note that event locations are subject to change. We recommend that you check the online USI Calendar on the day of the event to ensure that you have the most up-to-date information.

January:

3.4 million people in the United States are stalked each year. January is dedicated as *National Stalking Awareness Month* to highlight the pervasiveness of stalking, promote discussions about what can be done if you are being stalked, and encourage you, or someone you know, to seek help if needed.

16 Counseling Center open house, @ Orr Center 1051, 2:30pm – 4:30pm

Drop in to the Counseling Center during our open house to enjoy some refreshments, meet the staff, see the Center, learn about our services, and discuss how we can work together to improve your USI experience.

21 Mental health screenings, @ Rice Library, 4pm – 6pm

Join us today in Rice Library to take a brief, free and confidential screening for symptoms of depression, anxiety and Post-Traumatic Stress Disorder. Screening participants will receive Munch Money courtesy of Housing & Residence Life! *(Co-sponsored with Housing & Residence Life and Rice Library)*

22 The Power Hour, @ the Multicultural Center (UC East), 12pm – 1pm

Join the Counseling Center and Multicultural Center for lunch and a discussion of diversity-related issues and personal experiences at USI and beyond. Pizza will be provided.

22 Counseling Center Wednesday Workshop: Stalking, @ UC 2220, 4pm – 5pm

Stalking is often treated as a joke, but it can be a terrifying experience for the victim. Did you know that 3 out of 4 people who are stalked know their stalker? Or that 1 out of 4 people are stalked electronically (online, text messages, etc.)? This workshop will address what stalking actually is, identify different types of stalking behavior, and discuss why stalking is not a joking matter.

23 Heather's Voice by Debbie Norris, @ Forum II, 6pm – 7:30pm

He loves me. He hits me. Join us as Debbie Norris presents her daughter Heather's story of domestic violence and murder to help prevent this tragedy from happening to anyone else. Counseling Center staff will be present at this event to provide educational materials, resources, and support. *(Sponsored by campus partners from the Sexual Assault and Gender Violence Prevention committee)*

29 The Fat Talk, @ Multipurpose Room (MPR) East, 5pm – 6pm

How many times this week have you had conversations with other people about food, weight, exercise, or dieting? Or talked with someone else about how you wish you looked different? If you answered yes to any of these questions, you have engaged in fat talk. Please come join us as we discuss the different ways we engage in Fat Talk and how we can stop! *(Co-sponsored with Housing & Residence Life and Recreation, Fitness & Wellness)*

February:

Do you weigh yourself every day? Do you count calories and fat grams every time you eat? Research shows that almost 80% of college students have dieted and avoided or skipped meals. February is dedicated as *Eating Disorder Awareness Month* to bring attention to the difficulties college students experience with eating disorders and body image concerns.

4-6 University Division's Student Success Week

University Division is pleased to offer the Third Annual USI Student Success Week. This year's theme is "Don't Take a Chance on Your Academic Success." This event is dedicated to improving students' academic success and retention on campus. Presenters from all over campus will offer more than 70 workshops focused on developing a student's mind, self, and awareness of the world. The Counseling Center is excited to be a part of this event, providing presentations on topics including healthy relationships, assertiveness skills, college student mental health, and diversity issues. Look for a detailed schedule to be made available by University Division as the week nears.

5 Counseling Center Wednesday Workshop: Body Image and the Media, @ UC 2220, 4pm – 5pm

Even though we are aware that they are retouched and faked, how much of an impact do all those airbrushed ad models and Photoshopped celebrity pictures have on our sense of how we "should" look? This workshop discusses the influence of media on body image and how this in turn affects our sense of self-worth and the way we think about ourselves.

17 Eating disorder screenings, @ the RFWC, 4pm – 6pm

Do thoughts about your body affect your feelings and your food choices more than you would like? Visit us today in the lobby of the RFWC to take a brief, free and confidential screening for symptoms of disordered eating. Screening participants will receive Munch Money courtesy of Housing & Residence Life! *(Co-sponsored with Housing & Residence Life and Recreation, Fitness & Wellness)*

19 The Power Hour, @ the Multicultural Center (UC East), 12pm – 1pm

Join the Counseling Center and Multicultural Center for lunch and a discussion of diversity-related issues and personal experiences at USI and beyond. Pizza will be provided.

19 Counseling Center Wednesday Workshop: How to Help a Friend, @ UC 2220, 4pm – 5pm

Are you worried that someone you care about may be in distress and needing help? This workshop will offer information on possible warning signs of emotional distress, how to talk with your friend about your concern for them, and ways of encouraging them to seek professional support as needed.

March:

Nearly one in five Americans has a cognitive or physical disability, but ability status is not something that we often discuss openly. March is *Disability Awareness Month*, in which we work to challenge stereotypes and recognize the experiences of individuals with disabilities.

5 Safe Spring Break Fair, @ UC East lobby, 11am – 1:30pm

Join the Counseling Center at this info fair and learn how to be sure that your spring break is a safe one! The event features games, prizes, and giveaways from a variety of campus and community organizations. *(Sponsored by Recreation, Fitness & Wellness)*

19 The Power Hour, @ the Multicultural Center (UC East), 12pm – 1pm

Join the Counseling Center and Multicultural Center for lunch and a discussion of diversity-related issues and personal experiences at USI and beyond. Pizza will be provided.

19 Counseling Center Wednesday Workshop: Building Self-Esteem, @ UC 2220, 4pm – 5pm

Do you often compare yourself and your accomplishments to others? Or find yourself wondering what you are lacking or why you are not like other people? Do you have trouble believing in yourself and your abilities? Then come join us for this Wednesday Workshop! This session will help you understand what self-esteem really is and how it develops. We will also focus on the importance of self-esteem when it comes to both physical and mental health and talk about ways one can start building their confidence.

24-28 Disability Awareness Week

In recognition of Disability Awareness Month, the Counseling Center, Office of Disability Resources and the USI ADA Coordinator are offering a programming series to help increase understanding about the lives and experiences of individuals with disabilities, challenge misconceptions about what it means to be disabled, and cultivate appreciation for ability status as an important aspect of multiculturalism. *(Additional event sponsorship provided by the Activity Programming Board)*

25 A Photographic Journey through an Inaccessible World! @ Carter Hall D, 3pm – 4:30pm

Be a part of this interactive presentation as Doug Goepfner, USI ADA Coordinator, takes the audience on a return trip through a photographic journey that provides the opportunity to identify common examples of inaccessibility in real-world settings. By attending this presentation, participants will increase their disability awareness by learning how the physical world is often experienced by persons with disabilities.

26 Disability Awareness Week Keynote Speaker: Wade Wingler

Wade Wingler, Director of Assistive Technology for INDATA (Indiana Assistive Technology Act) will be on campus to help us celebrate Disability Awareness Week with two demonstrational programs on assistive technology for individuals with disabilities.

Free Assistive Technology Resources for Residents of Indiana, @ Carter Hall, 3pm – 4:30pm

Learn about the Indiana Assistive Technology Act (INDATA) project, including its free assistive technology lending library, to-your-door technology demonstrations, low-interest bank loans for assistive technology, and more! This presentation will include hands-on demonstration of various assistive technologies.

iPad Accessibility and Apps for People with Disabilities, @ Carter Hall, 6pm – 8pm

Tablet computers are changing the way people interact with information and the world. This hands-on activity will focus on how people with disabilities can use iPads to increase their independence. If you have an iPad, be sure to bring it along! If you don't, iPads will be available for use during the presentation.

27 How Much Do You Really Know about Disabilities? @ UC 2219/2220, 3pm – 4:30pm

This event will work to challenge myths about disability by having a student panel in which members will discuss their experiences as individuals with disabilities – both apparent and hidden – on USI's campus.

April:

One in four women at college has been sexually assaulted, yet less than 5% of college students report it. April is designated as *Sexual Assault Awareness Month* as a time to educate about the prevalence and harm caused by sexual violence. Join us in wearing teal ribbons throughout the month to show your support for survivors of sexual assault. Ribbons can be picked up at the Counseling Center, University Health Center, Multicultural Center, and the Dean of Students Office. April is also *Alcohol Awareness Month*, providing an opportunity for us to reflect on our choices about alcohol use and its effect on our lives.

2 Counseling Center Wednesday Workshop: Alcohol Use and Abuse, @ UC 2207, 4pm – 5pm

Join us at this workshop to discuss the role of alcohol in college life, the symptoms and consequences of alcohol abuse, and making responsible choices about drinking.

7-11 Student Government Association's Safety Week

Safety Week is a series of cross-campus sponsored programs and events intended to raise awareness of safety concerns and barriers to wellness often experienced by college students. Look for promotional materials to be made available in early April with more details on the week's co-sponsors and events!

8 Walk a Mile in Her Shoes, @ The Quad, 5pm – 7pm

Each year USI and Albion Fellows Bacon Center co-sponsor "Walk a Mile in Her Shoes" as a way to bring attention to the issues of rape, sexual assault, and gender-based violence. All members of the campus community are invited to join us in walking a mile around the Quad in women's shoes, as well as making a pledge to end rape, sexual assault, and domestic violence. Registration for the walk begins at 5pm outside the Liberal Arts Center and the walk begins at 5:30pm. Look for educational resources and support on issues of gender-based violence to be provided by the Counseling Center at the event.

(Rain location: Carter Hall)

16 Counseling Center Wednesday Workshop: Intro to LGBT Issues, @ UC 2207, 4pm – 5pm

In preparation for the Day of Silence (April 18), participants who attend this workshop will learn basic information about LGBT issues, develop skills that they can use in helping to create a safe and affirming community, and explore what it means to be an ally to people who identify as lesbian, gay, bisexual or transgender.

24 Take Back the Night, @ Casino Aztar Events Plaza, 6pm – 8pm

Every 2 minutes someone in the United States is sexually assaulted. Take Back the Night is an annual march that supports making the night safe again for victims and communities affected by sexual violence. The march will start at the Casino Aztar Events Plaza and end at the Four Freedoms Monument; look for educational resources on sexual assault to be offered by the Counseling Center at the event. *(Sponsored by Albion Fellows Bacon Center)*

Outreach Presentations

Counseling Center staff members are happy to offer presentations to your student organization, class, department, or residence hall. Available presentations are listed below; if you are interested in a presentation on a topic that is not included please contact us to see if we can accommodate your request. In addition, the Counseling Center is open to collaborating on development of new campus events. To request a presentation or discuss partnering on a campus event, please call 812-464-1867 weekdays 8am - 4:30pm or submit the details of your request via the "Request a Presentation" form on our website at www.usi.edu/counselingcenter/request-a-presentation. *We appreciate having at least two weeks' notice for requests. Please note that we may be unable to fulfill requests because of limited staff availability or lack of adequate notice.*

Succeeding in College

❖ **Counseling Center Services**

An introduction to Counseling Center services, programs and resources. The length of this presentation can be modified to fit your needs.

❖ **The Right Moves: Career Exploration and Planning**

Learn about the building blocks of good career-path decisions and how your values, interests and skills factor into choosing the best direction for you.

❖ ***I'm So Tired!* Better Sleep for Better Health and Grades**

Find out about why sleep is so important for our overall well-being – especially academic performance – and how to get better rest.

❖ **Tackling Test Anxiety**

Worried about test-taking? Learn about where test anxiety comes from and how to reduce its negative influence on you when it's time to take another test.

❖ **Overcoming Procrastination**

Does the Xbox call to you whenever you should be studying for an exam? Does your "5-minute" delay become a 3-hour setback? This fun and informative workshop offers strategies for decreasing procrastination, increasing motivation, and improving academic performance.

Diversity and Multiculturalism

❖ **Coming Out of the Closet**

Coming out as gay, lesbian or bisexual involves more than just a public acknowledgement of sexual identity. This program addresses the complexities and considerations involved in the coming out process.

❖ **How to Be an LGBT Ally**

In this program participants will learn basic information about LGBT issues, develop skills that they can use in helping to create a safe and affirming community, and explore just what it means to be an ally.

❖ **Transgender 101**

This presentation focuses on the "T" in LGBT issues by providing an introduction to gender identity and its variability beyond the traditional limitations of "male or female."

❖ **It Gets Better: LGBT Suicide Prevention**

Discrimination and bullying put young people who identify as a sexual minority at particular risk for depression and suicide. Learn to recognize symptoms and how to establish a system of support so that (as Dan Savage's famous campaign says), "it gets better."

❖ **Difficult Dialogues: Deconstructing Discrimination**

Talking about racism and other forms of discrimination can be difficult, even when we have the best intentions. This program highlights some of the issues that obstruct constructive dialogues on discrimination and how to overcome them. The focus of this presentation can be on discrimination in general or specific to racism, sexism, heterosexism, etc.

❖ **Minority Stress: The Consequences of Difference**

Discrimination can be subtle or overt, but no matter what form it takes it has harmful consequences. This presentation explores the issue of discrimination and its impact on the health, well-being, and success of individuals from historically oppressed/marginalized groups.

❖ **Committing to Social Justice**

Are you interested in taking a stand to support equal rights and opportunities for everyone? Is challenging discrimination important to you? Learn what it means to be a social justice ally and engage in the necessary process of self-exploration that comes along with it.

Relationships and Communication

❖ **Assertiveness Skills**

Many people have a hard time standing up for themselves and being clear about their wants, needs, and expectations. Learn about what it means to be assertive and how to communicate assertively.

❖ **Gender Differences in Communication**

Gender roles influence how we express ourselves. Find out how gender influences communication and learn more effective ways of communicating regardless of gender.

❖ **Love Shouldn't Hurt: Understanding Intimate Partner Violence**

Do you feel like you have to walk on eggshells around your partner? Do they call or text you every hour that you're not together to ask what you're doing and who you're with? Do they make all the decisions in the relationship (or try to)? This presentation provides information on what healthy relationships do – and don't – look like.

❖ **Partner Violence in LGBT Relationships**

Queer (non-heterosexual and gender-variant) relationships have unique challenges that are distinct from those found in heterosexual relationships. This presentation addresses traditional approaches to understanding domestic violence and how these models do not account for the different dynamics, pressures, and patterns found in same-sex relationships.

❖ **"No Means Buy Me Another Drink": Rape Culture in the Popular Media**

What does it mean that sexual violence is such a common theme in our pop culture that we often don't even notice it's there? See and discuss contemporary examples of just how often sexual assault is framed as a joke in our entertainment – and what this means for violence prevention and healthy relationships.

❖ **Consent Matters: Sexual Assault Prevention through Enthusiastic Consent**

Sexual assault prevention almost always focuses on what NOT to do and the negative outcomes of poor choices. What would it look like if we flipped the script and discussed how to make positive, empowered decisions about sexual behavior?

❖ **Setting and Maintaining Healthy Boundaries**

Sometimes pushy people can go too far. Learn how "I won't take no for an answer" can escalate from manipulative to dangerous and why it is important to be clear and consistent about your personal boundaries.

Wellness and Prevention

❖ **Understanding and Preventing Suicide**

Suicide is often a taboo topic but it is important that we understand it and learn to discuss it openly. More than twice as many Americans die by suicide each year than by homicide. This presentation offers information on recognizing warning signs of suicide risk and ways that we can intervene to encourage our loved ones to seek help.

❖ **Step Up! Bystander Intervention Training**

Most of us have been in a situation where we thought we should do something to help protect someone else's safety or well-being but we weren't sure how or what to do. This presentation provides information on the awareness and skills needed to step up to intervene in these situations.

❖ **She Was Asking for It: Beliefs and Myths about Sexual Assault**

Misconceptions permeate our attitudes about sexual violence. Learn the truth behind some common beliefs about rape and how these attitudes relate to the risk of being involved in a sexual assault.

❖ **Is This an Eating Disorder?**

This presentation offers an overview of the issue of eating disorders, including warning signs, symptoms, causes, and ways to address unhealthy eating-related behaviors and habits.

❖ **The Magical Marriage of Photoshop and the Media**

Even though we are aware that they are retouched and faked, how much of an impact do all those airbrushed ad models and Photoshopped celebrity pictures have on our sense of how we "should" look? This workshop discusses the influence of media on body image and how this in turn affects our self-esteem.

❖ **Letting It Go: Stress Management**

Stress can be good or bad, but it can become a serious problem if it gets out of hand. Find out more about stress, why we have it, where it comes from, and how to let it go in a healthy way.

❖ **Is This Normal? Common Experiences and Concerns of College Students**

We all wonder from time to time whether what we're going through is "normal." This presentation provides a context for understanding typical mental health challenges that college students often face.

❖ **Overcoming Shyness**

If anxiety about social situations makes it hard for you to make new friends or work effectively with others on group projects, then find out about what shyness is and how to successfully overcome it so it doesn't overcome you.

❖ Coping with Worry

Sometimes worries seem like they can take on a life of their own. This workshop provides tools to effectively manage worry so that anxious thoughts don't get out of hand.

❖ The Problem of Pessimistic Thinking

Do you often find yourself thinking things like, "what's the point?" or "it's not even worth trying"? Learn about how important the way we think is for our mood and for making healthy choices.

Additional Services

In addition to the range of programs offered by the Counseling Center, we have a number of other services and resources available for the campus community:

Individual Counseling

The Counseling Center's primary purpose is to provide psychological support/counseling to help students develop the personal awareness and skills necessary to overcome problems, make effective decisions, and grow and develop in healthy ways. Our services are seen as another form of learning whereby students may develop skills such as effective means of relating to others, understanding and dealing with emotions, setting appropriate goals, making healthy decisions, resolving inner conflicts, establishing independence, and increasing self-confidence. The Counseling Center staff is committed to helping students fulfill their hopes, dreams, and potential in their journey of life-long learning.

Counseling/support sessions are typically 45-50 minutes long, once a week or every other week. Initial sessions focus on helping students to explore personal issues and helping us to understand their reasons for seeking assistance. If we feel that we cannot address a student's needs because they are beyond the role or scope of services available at the Counseling Center, an appropriate referral will be made to a community-based mental health care provider.

Our services are designed to be short-term in nature and most students typically remain in counseling for about four sessions. Counseling services are free and available to currently enrolled students only. Information shared in counseling is kept private/confidential, is wholly separate from academic records, and is only disclosed to relevant individuals in very rare circumstances.

Group Counseling

Counseling groups are an excellent way to share and discuss concerns with others who have similar experiences. Whether groups are offered during the fall or spring semester is dependent upon the amount of interest expressed by potential participants and the compatibility of participants' schedules. If you are interested in any of these groups, please call 812-464-1867 for more information.

❖ Personal Exploration Groups

Personal exploration groups offer a place where you can be supported by others and hear what others would do if they were in your shoes. This group provides an opportunity to not feel alone with your problems. Through weekly unstructured discussions, this group provides a safe space to focus on how problems in your life influence day-to-day activities and relationships.

❖ **From Surviving to Thriving Group**

This group is designed to provide a supportive and safe environment for women who have experienced sexual assault or abuse as an adult. This group will provide participants the opportunity to share experiences, connect with others, and receive support in regaining a greater sense of control and empowerment in their lives. Participants in this group can expect to achieve a greater awareness and understanding of common reactions to assault and the ways in which it can impact your life, develop skills for improved coping, and work through common challenges in the healing process.

❖ **Women's Group**

Although you may sometimes feel alone in being overwhelmed or self-conscious, many women at USI experience very similar struggles. This group provides an opportunity to talk about those experiences and how they influence our mood, relationships, sense of self-worth, and overall well-being.

❖ **The QUILTBAG**

What is a QUILTBAG? It stands for “Queer/Questioning, Undecided, Intersex, Lesbian, Transgender, Bisexual, Asexual, and Gay” and it reflects the diversity of sexual and gender identities. The QUILTBAG group is a safe space in which to process personal experiences related to these varied identities.

❖ **Mindful Eating Group**

Do you think that your eating may be unhealthy? Disordered eating is often used as a coping strategy to deal with the chaos in our lives. If you are trying to turn away from certain food-related behaviors (i.e., restricting, bingeing, purging, or over-exercising) in order to learn new ways of coping with life's challenges, this group can help. You will get feedback and support, share challenges and triumphs, and offer encouragement to other group members.

❖ **Love Your Body Group**

Are you happy with what you see in the mirror? You may feel self-conscious about how you look but many women struggle with similar issues. This group will offer support for women who are struggling to accept their bodies and help you to understand why you have those negative thoughts about yourself.

❖ **Stop the Anxiety Group**

Although you may feel like the only person struggling with stress and feeling anxious about life, many students at USI have difficulties relaxing and enjoying themselves due to anxiety. This group provides an opportunity to meet with others students who are facing similar challenges, identify and change thoughts associated with anxiety, and build skills to help your overall well-being.

❖ **Graduate Student Group**

Graduate students have concerns that are unique. This group will focus on your identity as a student and developing professional, including feelings of not belonging or feeling like an imposter. The group will also focus on addressing issues of stagnation/procrastination with dissertation, thesis, professional publications, etc.; the impact graduate school has on relationships; and factors that impede success in graduate school (including depression and anxiety). Find connection with other graduate students who are dealing with the same concerns as you!

❖ Grief Group

Experiencing loss and grief is a natural and inevitable part of everyone's life. The Grief Group is a safe place for students who have suffered a major loss by death of a significant person in their lives to explore their feelings and talk with others who are going through similar struggles. The loss can be very recent or many years ago, and participants can be in any stage of the grieving process.

Consulting

Center staff members are available to provide consultation to university faculty and staff (including Resident Assistants) with concerns about students' well-being, making referrals for services, addressing interpersonal conflict, or implementing course content that accurately and sensitively addresses mental health-related topics.

Resource Library

The Counseling Center has a library of information on mental health, wellness and prevention that includes info pamphlets, self-help texts and resource books. These are available for reference use by all members of the university community. Come browse our selection to find helpful information for yourself, for a friend, or for a class project.

Relaxation Room

If you are feeling particularly stressed, you may reserve the Counseling Center's relaxation room for 30 minute blocks of time. The room is a peaceful space that features a massage chair and a selection of relaxing audio recordings. To use the room, call the Center to book a time slot or drop in to see if it is available for a walk-in appointment.

Web-Based Resources

❖ Counseling Center webpage - www.usi.edu/counselingcenter

Newly updated, the Center's site has a number of resources for all members of the university community, including information on how to respond to crisis situations, self-help resources, general wellness-related fact sheets, and content for parents, faculty and staff. The website also features confidential self-assessment tools that are available to students 24x7, including online screenings for eating disorders, alcohol or marijuana use, depression, and anxiety. Visit the site to access these resources, learn more about Center services, request an outreach presentation, and more!

❖ Make the First Move campaign - www.usi.edu/makethefirstmove

We all have the power to help keep each other safe by stepping up and taking action when we witness a potentially dangerous situation. The "Make the First Move" campaign site explains how and why it is important for us to do something in these situations and offers extensive resources and information on how to intervene in a range of challenging circumstances.