



Counseling Center

Dartmouth College

Fall 2020 Workshop and Discussion Groups

- All workshop and discussion groups will be held via Zoom
- All workshop and discussion groups are open to Dartmouth students only
- These workshops and discussion groups are not considered receiving mental health treatment

Anxiety Toolbox Workshop

Anxiety Toolbox is a fast-paced three-session seminar specifically designed to help people who struggle with a variety of anxiety-related concerns (e.g., panic attacks, Generalized Anxiety, test anxiety). The goal of this seminar is to provide education on anxiety and to teach coping skills for managing anxiety symptoms. Teaching Anxiety Toolbox over the course of 3 sessions allows you sufficient time to learn the concepts with time to practice between sessions. Keeping it to three 50-minute sessions allows you to find time in your busy schedule to learn these skills.

Wednesdays, 3-4 p.m. ET, beginning September 30th or October 7th (interest dependent)

Registration Details: Interested students should email Counseling@Dartmouth.edu asking to be put on the email list for notifications about the workshop. Students should be able to attend all three sessions of the workshop.

Attention Please! The Counseling Center ADHD/Attention Workshop

This 6-talk series aims to help students deal with or improve attentional problems, whether they have ADHD or not. Students can attend whichever of the talks they can/want to.

Thursdays, 1-2 p.m. ET, beginning October 1, 2020

- | | |
|--------------------------|---|
| October 1 st | Da-Shih Hu, MD (Staff Psychiatrist, Counseling Center)
<i>ADHD and Attentional Concerns / An Introduction</i> |
| October 8 th | Todd Lindsley, PhD (Staff Psychologist, Counseling Center)
<i>Cognitive-Behavioral Skills for Attention</i> |
| October 15 th | Shira Evans, MS, RD, CSSD, LD (Nutrition Program Coordinator, Counseling Center)
<i>Nutritional Aspects of ADHD and Attention</i> |
| October 22 nd | Carl Thum, PhD (Director, Academic Skills Center) or Karen Afre, BA (Associate Director, Academic Skills Center) – <i>ADHD Coaching Skills</i> |
| October 29 th | Alison May, PhD (Assistant Dean; Director, Student Accessibility Services)
<i>Inside an ADHD Coaching Session</i> |

November 5th Alicia Key, PhD (Staff Counselor, Counseling Center)
Mindfulness Skills for Attention

Registration Details: Interested students should email Counseling@Dartmouth.edu asking to be put on the email list for notifications about the workshop. Students are under no obligation to join even if they send us their name.

The Body Project Workshop

This three-part Zoom series utilizes concepts from the evidence-based program, The Body Project Collaborative. Participants will engage in dissonance-based activities to support body acceptance and learn how to challenge the pursuit of conforming to body image ideals. Completing this workshop series helps to also enable peer-to-peer conversations about body esteem. Any enrolled student is welcome to participate. Each session builds off of the prior session. It is recommended to attend all three sessions.

Date/Time: Session 1: Tuesday September 29th, 1-2 p.m. ET

Session 2: Tuesday October 6th, 1-2 p.m. ET

Session 3: Tuesday October 13th, 1-2 p.m. ET

Registration Details: Participants must register ahead of time

<https://zoom.us/j/92324137540?pwd=c2NFYzR5QTd2S2ZqUHdXcllpdjFzZz09>

Meeting ID: 923 2413 7540

Passcode: 119327

Emotion Regulation Station

Learn skills to boost your ability to manage intense feelings and distressing emotions. This workshop will take place in four sections, each uncovering a component of emotion management and our effectiveness in relationships. Each section will take place over the course of two weeks. Students can join the group at the beginning of any single section, so there will be four opportunities to join throughout the term. It is recommended that students attend all four parts as the skills build off each other- however, there is something to be gained for those who cannot make it to all sessions.

Fridays, 1-2 p.m. ET, beginning September 25, 2020

September 25th & October 2nd

Module 1: **Mindfulness:** The foundation of all emotion regulation.

October 9th & 16th

Module 2: **Distress Tolerance:** Learn tools to manage particularly distressing emotion effectively.

October 23rd & 30th

Module 3: **Interpersonal Effectiveness:** How do we skillfully manage emotions in the contexts of Relationships- leading us to overall healthier and fulfilling connections?

November 6th & 13th

Module 4: **Emotion Regulation:** What are the skills we can employ to manage emotions when our distress levels are reasonable?

Registration Details: Interested students should email Counseling@Dartmouth.edu asking to be put on the email list for notifications about the workshop. Students are under no obligation to join even if they send us their name.

Coping with Quarantine

Share experiences and strategies with fellow remote learners on topics like being away from friends, being at home with family, struggling with the remote learning modality (e.g., zoom fatigue) and other COVID related challenges.

Tuesdays, 1-2 p.m. ET, September 22nd through November 10th

Registration Details: Interested students should email Counseling@Dartmouth.edu asking to be put on the email list for notifications about the workshop. Students are under no obligation to join even if they send us their name. Attending weekly is strongly suggested, but not required.

From Criticism to Kindness: A Self-Compassion Workshop

This workshop is for students who engage in critical, judgmental self-talk and struggle to offer themselves the same understanding, compassion, and encouragement that they extend to others. The workshop is designed to create greater awareness of this self-criticism and teach strategies for responding in a more self-compassionate way in order to reduce the distress one is experiencing.

Thursdays, 11a – 12p ET, beginning Thursday October 1, 2020

Registration Details: Interested students should email Counseling@Dartmouth.edu asking to be put on the email list for notifications about the workshop. Students are under no obligation to join even if they send us their name.

Intuitive Eating Workshop

Intuitive eating is a non-diet approach that promotes a healthy attitude toward food and body. During this one-time workshop participants will learn about the principles of intuitive eating and be guided through a mindful eating activity.

***For the mindful eating activity, you will need a few pieces of enjoyable food such as: a handful of M&M's, a few pieces of dried fruit (raisins, craisins) or a few apple slices.*

Tuesday, September 22nd, 1-2 p.m. ET

Registration Details: Participants must register ahead of time
<https://zoom.us/j/99038323539?pwd=cTlvSzE1K3RyWHErUk1XZmlodUVDQT09>
Meeting ID: 990 3832 3539
Passcode: 838510

Thriving in the Woods

A workshop/discussion series for Dartmouth athletes on all things related to mental health, performance, and wellness. Workshops will be held every other week during fall term and will focus on a variety of issues facing Dartmouth athletes including:

- Athletes coping with quarantine
- Mental Health
- Motivation and Focus
- Managing Injuries
- Transitions into and out of sport
- Relationships
- Sleep
- Wellness

Thriving in the Woods workshops are open to all Dartmouth varsity athletes and will be a mix of workshop and group discussion. Athletes can choose to attend any workshops/discussions they wish during the term.

Date/Time: Monday, September 21st, 8-9 p.m. ET
Monday, October 5th, 8-9 p.m. ET
Monday, October 19th, 8-9 p.m. ET
Monday, November 2nd, 8-9 p.m. ET
Monday, November 16th, 8-9 p.m. ET

Registration Details: Participants must register ahead of time

https://zoom.us/meeting/register/tjYucOCuqjMtGNCwUp_8TQmXbDsfRYAIE0SK

Meeting ID: 923 7964 8724

Passcode: 007089