

Health and Counselling Group Descriptions

Summer 2025 (May-June)

To view additional information about available services with Health and Counselling, please visit [Counselling - Mental Health and Wellness Website](#).

How to Register:

Email GroupTherapy@cunet.carleton.ca for more information.

CBT-I Group for Sleep Challenges (NEW)

A weekly group for students to look at improving sleep efficiency, effectiveness and overcoming obstacles.

We will explore the following:

- Sleep restriction
- Stimulus control
- Cognitive Restructuring
- Relaxation Techniques

CBT-I model focuses on restructuring thoughts, feelings, and behaviors that are contributing to sleep challenges.

When – Tuesday afternoons, 1-2:30pm (Starting in May). Length – 6 Sessions

*This is closed group and an intake assessment is required.

Where – CTTC, Group Therapy Room (1501)

DBT Skills Group

A weekly group for students to learn and practice DBT skills.

We will explore the following:

- Managing emotions
- Reducing impulsivity
- Improving relationships
- Coping with stress

Explore DBT modules like mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness in a supportive environment. Open to all skill levels.

When – Thursday afternoons, weekly for 8 weeks, 2-3:30pm (Starting in May 1st).

*Open for two weeks and then closed group.

Where – CTTC, Group Therapy Room (1501)