Therapy Groups at SPS

Student Psychological Services offers a broad range of groups to help you reach your goals and connect with others. Check out this semester’s groups and call (310) 338-2868 for more info. All students must attend a 20-min consult before joining.

**Beat the Blues**
- Stop depression from getting in the way of the life you want
- Learn how to break the cycle of depression
- Improve your ability to find direction in your life

**Body Beautiful**
- Do you worry about your weight or obsess about your appearance?
- Check out this women’s workshop series to learn about healthy body image
- Find ways to break the body shame cycle and build a healthier relationship with your body

**Break Free From Your Anxiety!**
- Develop the skills to effectively manage anxiety
- Reduce your overall anxiety
- Learn how to face your fears

**Grief & Loss Support Group**
- Explore thoughts and feelings about losing a loved one in a safe space
- Find support in others who are also grieving a significant loss
- Learn about the stages of grief and other useful tools for coping with bereavement

**Living with Chronic Illness**
- Learn how to live the life you want in spite of your illness
- Develop balance between health and a meaningful lifestyle
- Change your relationship with your illness

**Love Lessons: Building Healthy Love Relationships**
- Learn the four main love languages
- Learn the difference between healthy and unhealthy love
- Develop healthy communication skills and learn when to get out of a toxic relationship

**Meditation 101**
- Feeling stressed out?
- Want to start a daily meditation practice?
- Learn the basics of meditation in this simple 3 week - 40 minute workshop.

**“Mental Crossfit”: Dynamic Mental Skills for Athletic and Academic Success**
- A group for LMU student athletes
- Develop the key mental skills for athletic and academic success
- Learn the importance of goal setting, positive-self talk and mindfulness