

USF COUNSELING CENTER GROUPS

FALL 2017

INTERESTED IN THERAPY GROUP? ←

Therapy groups are a highly effective way to address mental health and other personal concerns. Talk to a clinician and ask about our group counseling program to get connected and learn more. [A pre-group appointment with the facilitator\(s\) is needed before attending a therapy group.](#) Call our main number at 813-974-2831 to get started.

Groups that meet multiple days and times

UNDERSTANDING SELF AND OTHERS

- **Monday, 3-4:30 pm**
with Brian Doane Ph.D. & Shavern Browne M.A.
- **Wednesday, 1-2:30 pm**
with Mona Stribling Psy.D. & Shaina Smith M.A.
- **Thursday, 1-2:30 pm**
with Lisa Ferdinand Ph.D. & Samantha Munson M.A.

Want to learn more about yourself, how to interact with others, and try new ways of relating? This group provides the opportunity for diverse group members to meet their goals by providing and receiving honest feedback. Topics vary from week to week depending on group members' needs.

FOCUSED BRIEF GROUP THERAPY

- **Tuesdays, 5-6:30 pm**
with Nikel Rogers-Wood Ph.D. & Vinny Dehili Ph.D.
Week of September 26th through November 14th

Are unhealthy patterns holding you back? This 8-session group is designed to assist you in identifying and changing interpersonal patterns that can strengthen your ability to establish or maintain positive relationships with others, improve your mood, and alleviate anxiety.

Monday

RESILIENCY BOOTCAMP

- **4-5:00 pm,**
with Nick Joyce Ph.D.
Week of September 25th through October 16th
Week of October 23rd through November 13th

All of us get knocked down by challenges with anxiety and sadness. This four week group offers a crash course allowing you to learn skills to bounce back stronger than ever! Come learn mindfulness skills through the combined use of online videos and meeting in a weekly group for one month to reinforce these skills. Before you know it, you'll turn surviving the semester into thriving!

Tuesday

BUILDING STRENGTH IN REMEMBRANCE

- **1-2:30 pm**
with Diane Williams LCSW & Brittany Burr B.S.

Are you grieving the death of a loved one? This group will assist students in coping with the bereavement experience, creating comfortable ways to discuss their feelings and making new ways to honor their relationships.

LGBTQ+

- **3-4:30 pm**
with Michael Rogers Ph.D.

A group for students who identify as lesbian, gay, bisexual, transgender, queer, questioning or with related identities. Members offer support to each other, provide feedback, explore intimacy and self-esteem issues, develop insight, and increase self-confidence. Topics are based on current group member concerns, with common issues related to self-identification, transition, coming out, dating, family and religion.

Wednesday

OVERCOMING ADDICTIVE BEHAVIORS

- **3-4:30 pm**
with Jason Axford LMHC

This group offers support to those who cope with stress by drinking, using substances, shopping, seeking intimate hookups or playing video games to an extent that causes disruption in daily life. This group will provide a non-judgmental space to explore addictive behavior, learn healthy coping alternatives, and support your recovery.

Thursday

MEN'S GROUP

- **3-4:30 pm**
with Nick Joyce Ph.D. & Carlos Garcia Psy.D.

A group for male identified students interested in talking about what it's like to be male. This group encourages members to support each other as they explore topics that may include the concept of masculinity, gender roles, romantic and platonic relationships, expressing anger and other emotions, and self-esteem.

For reasonable accommodations, please call (813) 974-2831.

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INTERESTED IN A DROP-IN GROUP? ←

Use as many as you like, whenever it's offered. Drop-in groups are open to all registered USF students.



mindfulness MEDITATION

Wednesday, 4-5 pm Thursdays, 5-6 pm

Learn and practice the basics of meditation including mindfulness, calm breathing, body scans, progressive muscle relaxation, and guided imagery. Come to one or come to all, but prepare to leave feeling relaxed.



learning to LET GO

Tuesdays, 4-5 pm

Do you worry, feel anxious or are you nervous all the time? Have you been told you need to stop worrying and let things go? Letting go is a skill that can be learned. This drop-in group will teach you skills to help you manage your experience of difficult emotions that get in the way of life goals.



emotional expression through ART

Tuesdays, 5-6 pm

A picture is worth a thousand words. Come draw, paint, color, or construct art to express, decompress, and reduce stress. Discover your masterpiece by engaging in self-expression through creating art.

Counseling Center
813-974-2831 • usf.edu/counsel
SVC2124



STUDENT AFFAIRS
& STUDENT SUCCESS
UNIVERSITY OF SOUTH FLORIDA