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 30-minute pre-group appointment with the group facilitator(s) is required before starting 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**
- **Mondays, 1-2:30 p.m.**  
  with Z. Williams, L.M.H.C. & Anna Womack, M.A.
- **Mondays, 3:30-5 p.m.**  
  with Nick Joyce, Ph.D.
- **Tuesdays, 1-2:30 p.m**  
  with Disha Patel, Psy.D. & Brooke Griffith, M.A.
- **Wednesdays, 3-4:30 p.m.**  
  with Lily Motta, L.M.H.C. & Angelica Monteverde, M.A.
- **Thursdays, 3-4:30 p.m.**  
  with Brianne Eddinger, L.C.S.W. & Mattie Presedent, M.A.

Want to learn more about yourself, how you interact with others, and try out new ways of relating? This group provides the opportunity for diverse group members to provide and receive honest feedback from each other in order to grow in valued directions. Topics will vary from week to week depending on group members’ needs and includes a wide range of subjects.

**Monday**

**BUILDING STRENGTH IN REMEMBRANCE**
- **Mondays, 11-12:30 p.m.**  
  with Jean Mulloy, Ph.D. & Diane Williams, L.C.S.W.

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.

**EXPLORING BODY IMAGE: CONNECTING THROUGH CREATIVE CHALLENGE**
- **Mondays, 3-4:30 p.m.**  
  with Leila Durr, Ph.D. & Lily Motta, L.M.H.C.

This group will provide an opportunity to explore the influences of media, peers, family, and life experience on body image and self-esteem. Through creative expression and experiential activities, group members can connect with others and push beyond current limitations to develop a sense of empowerment, vitality, and wholeness. Members will have the opportunity to challenge themselves and grow through participation in discussion, artistic, and adventure-based activities.

**Tuesday**

**LGBTQ+**
- **Tuesdays, 3-4:30 p.m.**  
  with Michael Rogers, Ph.D. & Brianne Eddinger, L.C.S.W

A group for USF students who identify as lesbian, gay, bisexual, transgender, queer, questioning or with related identities. Members offer support, provide feedback to each other, 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.

**Wednesdays**

**EMPOWERED**
- **Wednesdays 3-4:30 p.m.**  
  with Megan Richardson, L.M.F.T. & Ariana Wittgenstein, Psy.D.

A group for survivors of interpersonal trauma. Through creative expression, the group will empower members by providing a safe environment to express their feelings and reactions surrounding the abuse they have experienced. The atmosphere created will allow members to enhance their sense of self, process their inner struggles, clarify misplaced blame, identify personal strengths, and discover they are not alone through the development of healthy personal relationships.

**FOCUSED BRIEF GROUP THERAPY**
- **Wednesdays 3-4:30 p.m.**  
  with Lisa Ferdinand, Ph.D. & Michael Rogers, Ph.D.

Want to increase your interpersonal flexibility? 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.

For reasonable accommodations, please contact Heidi Petracco, 813-974-2831 (FL Relay 711).
USF COUNSELING CENTER GROUPS
FALL 2015

**Thursdays**

**CONTINUALLY GROWING**
- Thursdays, 3-4:30 p.m.
  with Kristin Davis-John, Ph.D. and Kevin McDowell, Psy.D.

Would you like to engage in ongoing group therapy? This therapy group is for students of diverse backgrounds to provide and receive support, feedback, and advice from each other in order to promote continuing growth. Group members have typically utilized individual or group therapy at some point in their life, and are seeking a space to continue or deepen their work on themselves and their interpersonal relationships.

**Fridays**

**EXPLORING YOUR FAMILY, UNDERSTANDING YOURSELF**
- Fridays, 10:30-12 p.m.
  with Marcia Hausman, Ph.D.

Do you experience more anxiety, depression, or anger than you would like? These feelings can begin in childhood as a result of early interactions with family that continue to shape our relationships even after we become adults. This group offers a unique opportunity to explore messages we have learned as children and to practice new behaviors within a safe, confidential, and supportive environment. You can learn to interact genuinely and confidently in a respectful environment.

**INTERESTED IN A DROP-IN GROUP?**

Come as often as you like. Drop-in groups are open to all registered USF students.

**Mindfulness MEDITATION**

- Tuesdays, 3-4:00 p.m.
- Wednesdays, 2-3:00 p.m.
- Thursdays, 1-2:00 p.m.

We invite you to 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.

**Building Healthy Relationships**

- Mondays, 2-3:00 p.m.

Would you like to make the most out of your relationships? In this drop-in group you will learn a wide-range of skills to help you build new connections and improve existing relationships.

**learning to LET GO**

- Tuesdays, 4-5:00 p.m.

Do you worry, feel anxious or are 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.