

USF COUNSELING CENTER GROUPS

SUMMER 2015

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

- **Tuesdays, 1-2:30 p.m.**
with Disha Patel, Psy.D. & Sara Z Thompson, M.A.
- **Wednesdays, 3-4:30 p.m.**
with Michael Rogers, Ph.D. & Chika Ofuani, M.Ed.
- **Thursdays, 3-4:30 p.m.**
with Brianne Eddinger, L.C.S.W. & Lily Motta, L.M.H.C.

Want to learn more about yourself, how you interact with others and try out new ways of relating? This interpersonal process 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 typically include a wide range of subjects. Weekly participation is expected. Past members have described this group as a life-changing experience.

Monday

BUILDING STRENGTH IN REMEMBRANCE

- **Monday, 11 a.m.-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.

Thursday

CONTINUALLY GROWING

- **Thursday, 3-4:30 p.m.**
with Kristin Davis-John, Ph.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. This group is designed to meet the needs of students wanting a longer-term group therapy experience.

Friday

EXPLORING YOUR FAMILY, UNDERSTANDING YOURSELF

- **Friday, 10:30 a.m.-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.

LEARNING TO LET GO

- **Mondays, 4-5:00 p.m., June 29 – August 3**

Do you worry? Feel anxious? Nervous all the time? Do you find that these experiences get in the way of living your life? Have you been told you just need to let things go? Letting go is a skill that can be learned. This drop-in group will teach psychological skills to help you manage your experience of anxiety and other emotions.

MINDFULNESS MEDITATION

- **Wednesdays, 3-4:00 p.m., May 13 – August 5**

This drop-in group will help students 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

- **Thursdays, 11 a.m.-12 p.m., July 2 – August 6**

Would you like to make the most out of your relationships? In this drop-in group you will learn a wide-range of relationship-building skills including making new friends, communication within romantic partnerships, conflict resolution, awareness of unhealthy relationship behaviors, establishing and maintaining boundaries, tips for deepening relationships with others, and much more!

For reasonable accommodations, please contact Heidi Petracco, 813-974-2831 (FL Relay 711).