USF COUNSELING CENTER GROUPS

SUMMER 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

- **Tuesday, 1-2:30pm**
  with Diane Williams LCSW & Brian Doane Ph.D
- **Wednesday, 3-4:30pm**
  with Lisa Ferdinand Ph.D & Callie Nettles LMHC

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.

Tuesday

LGBTQ+

- **3–4:30 pm**
  with Hege Riise Ph.D & Allison Zangari LMHC

A group for USF students who identify as lesbian, gay, bisexual, trans-gender, 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.

Thursday

FOCUSED BRIEF GROUP THERAPY

- **3–4:30 pm**
  with Lashley Marks Psy.D &
  Nikel Rogers-Wood 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.

More Groups on Reverse...

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

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

USF STUDENT AFFAIRS & STUDENT SUCCESS
UNIVERSITY OF SOUTH FLORIDA

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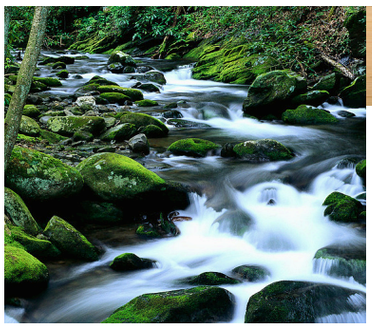
INTERESTED IN A DROP-IN GROUP?

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

power of being **POSITIVE**

Mondays, 4-5 pm

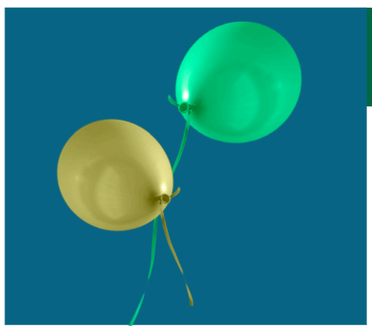
Being positive is guaranteed to empower you to live well. This drop in group will focus on positive psychology strategies so you can learn how to use your strengths, celebrate positive events, demonstrate gratitude, determine accomplishments, develop positive habits, and other positive psychology traits.



mindfulness MEDITATION

Tuesdays, 4-5 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**

Wednesdays, 4-5 pm

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.

emotional expression through **ART**

Thursdays, 4-5 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.

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