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. 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. & Brooke Griffith, M.A.
- **Mondays, 3:30-5 p.m.**
  with Nick Joyce, Ph.D. (starts in mid-February)
- **Tuesdays, 1-2:30 p.m.**
  with Brianne Eddinger, L.C.S.W. & Sara Zachary Thompson, M.A.
- **Wednesdays, 1-2:30 p.m.**
  with Disha Patel, Psy.D. & Kevin McDowell, Psy.D.
- **Wednesdays, 3-4:30 p.m.**
  with Michael Rogers, Ph.D. & Leila Durr, Ph.D.
- **Thursdays, 1-2:30 p.m.**
  with Lisa Ferdinand, Ph.D. & Ariana Wittgenstein, M.A.
- **Thursdays, 3-4:30 p.m.**
  with Michael Rogers, Ph.D. & Alexandra Johnson, Psy.D.

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.

EXPLORING BODY IMAGE: CONNECTING THROUGH CREATIVE CHALLENGE

- **Mondays, 1-2:30 p.m.**
  with Leila Durr, Ph.D.

This group will provide an opportunity to explore the influences that media, peers, family and life experiences have 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

LGBTQQ EMPOWERMENT

- **Tuesdays, 3-4:30 p.m.**
  with Brianne Eddinger, L.C.S.W & Angelica Monteverde, M.A.

A therapy group offered for USF students who identify as lesbian, gay, bisexual, transgender, queer or questioning. 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 members’ concerns, with common topics including issues related to self-identification, transition, coming out, dating, family and religion.

Wednesday

THE POWER OF BEING POSITIVE
(5 WEEK GROUP)

- **Wednesdays, 11-12:00 p.m.**
  with Kristen Davis-John, Ph.D.
- **Dates:** January 28 - February 25
- **Information session attendance required on January 21 at 11 a.m.**

Being positive is guaranteed to empower you to live well. This five week psycho-education group will focus on positive psychology strategies so you can learn how to 1.) Identify and use your strengths, 2.) Identify and celebrate positive life events, 3.) Demonstrate gratitude, 4.) Determine your traits and accomplishments and, 5.) Develop and utilize positive habits. Potential participants will attend an information session and demonstrate a willingness to attend all five (5) sessions and complete assigned activities.

More Groups on Reverse...

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

Therapy Groups

A 30-minute pre-group appointment with the group facilitator(s) is required before starting a therapy group. Call 813-974-2831 to get connected.

Wednesday

EMPOWERED (TWO 6 WEEK GROUPS)
•  Wednesdays, 3-4:30 p.m.,
  with Megan Richardson, L.M.F.T. & Chika Ofuani, M.Ed
•  Dates: First group will run January 21 - April 25
  and the second group will run March 11 – April 15
Six week 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.

Thursday

BUILDING STRENGTH IN REMEMBRANCE
•  Thursdays, 1:30-3 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 cope with the bereavement experience—creating comfortable ways to discuss their feelings and make new ways to honor their relationships.

CONTINUALLY GROWING
•  Thursdays, 3-4:30 p.m.
  with Kristin Davis-John, Ph.D. & Jennifer Baez, M.A.
Want to continue 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 members to give 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. This group is designed to meet the needs of clients wanting a longer-term group therapy experience.

Friday

EXPLORING YOUR FAMILY,
UNDERSTANDING YOURSELF (2 SECTIONS)
•  Fridays, 10:30–noon and 2:30–4 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 and 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.

FINDING YOUR VOICE
•  Fridays, 1-2:30 p.m.
  with Jean Mulloy, Ph.D.
Finding your voice: Do you struggle to express yourself honestly and openly to others? Do you find it difficult to trust and feel vulnerable with others? This group, open to members who identify as female, will offer a combination of skill-based structured experiences and unstructured group member interactions. Our goal will be to facilitate development of strength in communicating and the building of trusting, caring relationships.

Drop In Groups

MINDFULNESS MEDITATION
•  Tuesdays, 3-4:00 p.m., January 6 - April 21
•  Wednesdays, 2-3:00 p.m., January 7 - April 22
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.

LEARNING TO LET GO
•  Tuesdays, 4-5:00 p.m., January 6 - April 21
Do you worry, feel anxious or are you 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.