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, 1-2:30pm**
  with Mona Stribling Psy.D. & Kathleen DiMattia M.A.
- **Friday, 2-3:30pm**
  with Jordie Poncy Ph.D. & Duaa Kheirieh M.A.

**UNDERSTANDING SELF AND OTHERS (GRADUATE STUDENTS)**
- **Tuesday, 3-4:30pm**
  with Meghan Butler, Ph.D. & Adam Miller, 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**
- **Wednesdays, 1-2:30pm**
  with Jonathan Mitchell Ph.D. & Cassandra Alvarado Psy.D.
- **Thursdays, 2-3:30pm**
  with Lashley Marks Psy.D. & Luke Zabel LMHC

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**

**BALANCING EMOTIONS**
- **3-4:30pm**
  with Amaliya Bereznyuk LMHC & Madeline Colon LCSW

Do you find it difficult to balance your emotions when in distress? Do you often feel misunderstood or taken advantage of by others? This group is designed to assist students in finding ways to achieve emotional balance in their lives. Through a combination of skills and discussion, learn ways to tolerate distress, implement mindfulness practices, regulate our moods, and practice ways to effectively communicate with others.

**Tuesday**

**BUILDING STRENGTH IN REMEMBRANCE**
- **1-2:30pm**
  with Diane Williams LCSW & Shamina Stagner, B.A.

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.

**MEN’S GROUP**
- **1-2:30pm**
  with Vinny Dehili Ph.D. & Ken Volk Psy.D.

A group for male identified students interested in talking about what it’s like to be male in college culture. 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.

**Wednesday**

**OUR VOICES**
- **3-4:30pm**
  with Jason Axford LMHC & Numra Yaqub M.Ed.

Being a student at a predominately white institution brings forth unique challenges for marginalized populations. This group seeks to engage in a dialogue about these challenges related to racial/cultural/ethnic issues, micro-aggressions, power differentials, racism/discrimination, family, social relationships, identity development, anxiety, and depression. This group will foster a community of support, validation, and empowerment for self-identified people of color and process the unique challenges faced in their academic, professional and personal lives.

For reasonable accommodations, please call (813) 974-2831.
EMPOWERMENT  
- 1-2:30pm  
with Hege Riise Ph.D.  
A group designed as a healing, empowering, and safe place for students who have experienced interpersonal trauma as an adult or as a child (e.g., emotional, physical or sexual abuse; unwanted sexual experiences or sexual assault; abusive relationships; bullying, etc.). The group will support members in creating positive relationships in a safe group environment, setting boundaries, increasing self-compassion, and understanding how their experiences have impacted their relationships, emotions, thinking, and everyday functioning.

TRUESELVES  
- 3-4:30pm  
with Darleen Gracia-Housman Ph.D.  
This is a confidential emotional support group for students who identify as transgender, gender fluid, gender nonconforming, gender variant, non-binary or gender expansive. Members will have an opportunity to be present in their gender identity, share concerns and experiences, receive and give support, and relate to others. Topics could include coming out, blending, transphobia, beginning or continuing the process of transformation, navigating name and pronoun changes, and other more general issues of mental health, self-esteem, and relationships.

TAKING A NEW PATH  
- 4-5:00pm  
with Rachel Lane 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.

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.

RELATIONSHIP REALITY  
- Tuesday, 4-5pm  
What do “The Bachelor,” “Temptation Island,” and “First Dates” have in common? They’re all full of dating and relationship don’ts. Join us at the Counseling Center for a discussion on how to make sure that your dating life doesn’t end up looking like a reality TV show. (TV clips and fun included!)

EMOTIONAL EXPRESSION THROUGH ART  
- Tuesday, 5-6pm  
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.

MINDFULNESS MEDITATION  
- Wednesday, 4-5pm  
Learn and practice the basics of meditation including mindfulness, calm breathing, body scans, progressive muscle relaxation, and guided imagery.

DISTRESS TOLERANCE  
- Thursday, 5-6pm  
Do you feel overwhelmed from intense emotional pain, have difficulty maintaining strong relationships with others, or find it difficult to stay present throughout the semester? Nobody asks for negative thoughts or emotions, but we all have to find ways to tolerate them. With distress tolerance skills, you can acknowledge what’s outside your control, find ways to calm yourself, and take steps towards a more valued life.

MOVE FORWARD  
Start Dates:  
- Monday 5-6:00pm  
Aug 20th; Sept 24th; Oct 22nd; Nov 26th  
- Tuesday 2:30-3:30pm  
Aug 28th; Sept 25th; Oct 23rd; Nov 20th  
- Wednesday 1:30-2:30pm  
Sept 5th; Oct 3rd; Oct 31st; Nov 28th  
- Thursday 12:30-1:30pm  
Sept 13th; Oct 11th; Nov 8th;  
- Friday 12-1:00pm  
Sept 21st; Oct 19th; Nov 16th;  
Do you have difficulty managing the stress, anxiety, depression, or interpersonal relationships in your life? This dynamic rotating 4-week seminar is a crash course in teaching reliance skills to make the most out of your time at USF and in counseling. These skills will help you be more present with your experiences, learn how to let go of unnecessary thoughts and feelings, clarify your values, and take action to move towards a valued and better life.