INTERESTED IN A 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 Jordie Poncy PhD & Meara Thombre MA
- Thursday, 1-2:30pm, with Vinny Dehili PhD & Reuben Faloughi PhD
- Friday, 1-2:30pm, with Lashley Marks PsyD & Jacob Schlierf MS

UNDERSTANDING SELF AND OTHERS (GRADUATE STUDENTS)
- Tuesday, 3-4:30pm, with Meghan Butler PhD & Graham Morris MA
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
- Wednesday, 1-2:30pm, with Jason Axford LMHC & Amelia Strickland MA
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.

MEN’S GROUP
- 1-2:30 pm, with Luke Zabel LMHC
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.

BALANCING EMOTIONS
- 3-4:30 pm, with Meghan Butler PhD
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.

LGBTQ+
- 3-4:30 pm, with Thomas Huber PhD
A group for students who identify as lesbian, gay, bisexual, transgender, queer, questioning or with related identities. Members offer support to each other, provide feedback, 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.

BUILDING STRENGTH IN REMEMBRANCE
- 1-2:30 pm, with Amelia Strickland MA & Cassandra Murphy BS
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.

EMPOWERMENT
- 1-2:30 pm, with Hege Riise PhD & Numra Yaqub LMHC
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.

TOTAL NOURISHMENT
- 1-2:30 pm, with Cassandra Alvarado PsyD & Kathleen DiMattia PsyD
This group focuses on exploring ways to manage and decrease disordered eating behaviors and improving one’s relationship with food and body. Members will also help each other improve through offering support, providing feedback and understanding, increasing self-confidence, and addressing negative self-talk. Topics include but are not limited to weight and shape concerns, situational triggers, interpersonal relationships, and unique individual factors.

OUR VOICES
- 3-4:30 pm, with Diane Williams LCSW
Being a student of color at a predominantly 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.

DUNGEONS AND DRAGONS
- 5-6:30 pm, with Vinny Dehili PhD
Dungeons and Dragons (D&D) is a role-playing game. Participants take on the persona of fictional characters and go on adventures in a fantastic world. This therapy group uses these elements to challenge you to roleplay as a fantasy version of yourself. Your ultimate goal is to interact with others in new ways that are personalized to you (i.e. what you struggle with or what you want to be better at). Along the way, you and your fellow players will work as a team to navigate dungeons, complete quests, find treasures, slay dragons, and discover ways to express meaningful parts of your character in the real world!

See back for more.
SOOTHING THE SELF
• Monday, 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.

EMOTIONAL EXPRESSION THROUGH ART
• Tuesday, 4-5pm
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, 3:30-4:30pm
Learn and practice the basics of meditation including mindfulness, calm breathing, body scans, progressive muscle relaxation, and guided imagery.

INTERESTED IN A DROP-IN GROUP?
Use as many as you like, whenever it’s offered. Drop-in groups are open to all enrolled USF students.

SOOTHING THE SELF
• Monday, 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.

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• Wednesday, 3:30-4:30pm
Learn and practice the basics of meditation including mindfulness, calm breathing, body scans, progressive muscle relaxation, and guided imagery.

DROP-IN WORKSHOP SERIES
Drop-in for one session or come to all three!

MOVE FORWARD
Start Dates:
• Tuesday, 2:30-3:30pm
  o Session 1 – Mindfulness – Sept 10th; Oct 1st; Oct 22nd; Nov 12th; Dec 3rd
  o Session 2 – Openness – Sept 17th; Oct 8th; Oct 29th; Nov 19th
  o Session 3 – Values & Engagement – Sept 24th; Oct 15th; Nov 5th; Nov 26th

• Thursday, 11:00am-12:00pm
  o Session 1 – Mindfulness – Sept 19th; Oct 10th; Oct 31st; Nov 21st
  o Session 2 – Openness – Sept 26th; Oct 17th; Nov 7th; Dec 5th
  o Session 3 – Values & Engagement – Oct 3rd; Oct 24th; Nov 14th

• Friday, 3:30-4:30pm
  o Session 1 – Mindfulness – Sept 27th; Oct 18th; Nov 8th; Dec 6th
  o Session 2 – Openness – Oct 4th; Oct 25th; Nov 15th
  o Session 3 – Values & Engagement – Oct 11th; Nov 1st; Nov 22nd

Do you have difficulty managing the stress, anxiety, depression, or interpersonal relationships in your life? This dynamic rotating 3-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. Come to all three sessions to build upon the skills learned or drop-in as needed!