

USF COUNSELING CENTER GROUPS

Additional groups may be added throughout the semester so check out the USF Counseling Center website for the most up-to-date information

FALL 2014

INTERESTED IN GROUP THERAPY?

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.

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.

UNDERSTANDING SELF AND OTHERS

- Mondays from 1:00-2:30 p.m., facilitated by Z. Williams, L.M.H.C. & Chika Ofuani, M.Ed.
- Wednesdays from 3:00-4:30 p.m., facilitated by Michael Rogers, Ph.D. & Leila Durr, Ph.D.
- Thursdays from 1:00-2:30 p.m., facilitated by Lisa Ferdinand, Ph.D. & Ariana Wittgenstein, M.A.

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 include a wide range of subjects. Weekly participation is expected. Past members have described this group as a life-changing experience.

UNDERSTANDING SELF AND OTHERS: WOMEN

- Tuesdays, 1:00-2:30 p.m.
- Facilitated by Disha Patel, Psy.D. & Jean Mulloy, Ph.D.

Want to learn more about yourself, how you interact with others and try out new ways of relating? This interpersonal process group is offered for USF students who identify as women. It 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.

THE POWER OF BEING POSITIVE

- Wednesdays, 10:30 a.m.-12:00 p.m., October 22 - Nov 19
- Facilitated by Kristin Davis-John, Ph.D.
- Information session attendance required on Wed, Oct. 15 from 10:30-11:00 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 informational appointment (Wed., October 15, 10:30- 11:00 a.m.) and demonstrate a willingness to attend all 5 sessions and complete assigned activities.

EXPLORING BODY IMAGE: CONNECTING THROUGH CREATIVE CHALLENGE

- Mondays, 1:00-2:30 p.m.
- Facilitated by Leila Durr, Ph.D & Sara Zachary Thompson, M.A.

This group will provide an opportunity to explore the influences of media, peers, family and life experience 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.

LGBTQQ EMPOWERMENT

- Tuesdays, 3:00-4:30 p.m.
- Facilitated by Bryan Ritchey, Psy.D. & Brianne Eddinger, LCSW

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 member concerns, with common topics including issues related to self-identification, transition, coming out, dating, family and religion.

More Groups on Reverse...

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

USF COUNSELING CENTER GROUPS

FALL 2014

Therapy Groups (con't)

BUILDING STRENGTH IN REMEMBRANCE

- **Thursdays, 1:30-3:00 p.m.**
- **Facilitated by 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.

CONTINUALLY GROWING

- **Thursdays, 3:00-4:30 p.m.**
- **Facilitated by Kristin Davis-John, Ph.D.**

Want to continue to learn more about yourself, how you interact with others, and try out new ways of relating? This interpersonal process group for students from diverse backgrounds provides the opportunity for 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. This group is designed to meet the needs of clients wanting a longer-term group therapy experience.

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.

EXPLORING YOUR FAMILY, UNDERSTANDING YOURSELF

- **Fridays, 2:30 – 4:00 p.m.**
- **Facilitated by 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.

Drop-In Groups

Additional groups may be added throughout the semester. Please check the USF Counseling Center website for the most up-to-date information.

TAME THE STRESS

- **Mondays, 3:00-4:00 p.m., Aug. 25 – Dec. 1**

Forgetfulness, headaches, nervousness and irritability are all signs of stress. Come to this group to learn to identify your signs of stress and techniques to stop stress from impacting your grades, health and relationships.

PREEMPTING PANIC

- **Tuesdays, 1:00-2:00 p.m., Sept. 9 – Dec. 2**

Want to learn how to manage panic attacks and understand the reasons they occur to help you feel more in control? Come to this drop-in group to preempt the panic in your life.

ORGANIZED IN TIME

- **Tuesdays, 2:00-3:00 p.m., Aug. 25 – Dec. 2**

This drop-in group offers you an engaging, warm, and fun forum to develop skills for managing your time, improving study habits, test taking strategies and getting organized.

LEARNING TO LET GO

- **Tuesdays, 4:00-5:00 p.m., Aug. 26 – Dec. 2**

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.

SURVIVING AND THRIVING WITH ADHD

- **Wednesdays, 1:00-2:00 p.m., Sept. 10 – Dec. 3**

This drop-in group meets weekly (with four repeating themes) that focus on helping students to develop strategies to manage the challenges of ADHD in their daily living. Themes include: improving concentration, forming effective learning/studying skills, time management and organization and developing positive coping skills. A formal diagnosis of ADHD is not required for this workshop; any interested student is welcome!

MINDFULNESS MEDITATION

- **Wednesdays, 2:00-3:00 p.m., Aug. 27 – Dec. 3**

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.

DEALING WITH DEPRESSION

- **Wednesdays, 4:00 – 5:00 p.m., Aug. 27 – Dec. 3**

Depression is a common experience that many college students deal with on a regular basis. There are a variety of proven strategies to reduce the symptoms of depression. This drop-in group will teach you the skills to help you manage your experience of depression while meeting other USF students who are addressing similar concerns.