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 (GRADUATE STUDENTS)
• Tuesday, 3-4:30pm, with Vinny Dehili, Ph.D. & Mona Stribling, Psy.D.

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
• Tuesdays, 1-2:30pm, with Meghan Butler Ph.D. & Josephine Chu Kai Shin, Psy.D.
• Wednesdays, 1-2:30pm, with Vinny Dehili Ph.D. & Jason Axford LMHC
• Fridays, 3-4:30pm, with Lashley Marks, Psy.D. & Ken Volk Psy.D.

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.

Wednesday

OUR VOICES
• 3-4:30 pm, with Numra Yaqub, LMHC & Diane Williams LCSW

Being a student of color 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.

Thursday

EMPOWERMENT
• 1-2:30 pm, with Hege Riise PhD

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.

LGBTQ+
• 3-4:30 pm, with Amaliya Bereznyuk LMHC & Darleen Gracia-Housman PsyD

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

DISTRESS TOLERANCE
• Tuesday, 4-5pm
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
• Wednesday, 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.

WORKSHOP SERIES
MOVE FORWARD
Start Dates:
• Tuesday 11:00am-12:00pm – May 21st; June 11th; July 2nd; July 23rd
• Friday 1:00-2:00pm – May 17th; June 7th; June 28th; July 19th
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.

LEVEL UP!
• Wednesday, 2-3:30pm – May 29th; June 26th
Do you want to make changes in your life but struggle to take action? If so, take this month-long “Level-Up!” challenge with us. “Level Up” is a motivational workshop designed to help you take concrete steps toward improving your sleep, diet, exercise, and self-efficacy. As a team, we will encourage one another to make meaningful changes, celebrate success, and take this game to the next level!

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