

USF COUNSELING CENTER GROUPS & MORE – SUMMER 2022

INTERESTED IN JOINING AN ONGOING THERAPY GROUP?

Therapy Groups are highly effective for addressing 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 us at 813-974-2831 or talk to your counselor to get started. Both online and in-person groups will be offered this semester.

O indicates that the group occurs *online* on TAO and **IP** indicates that the group is *in-person* at SVC 2124.



UNDERSTANDING SELF AND OTHERS (USO)

Want to learn more about yourself and discover new ways to relate to or interact with others? 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.

- O** • **Tuesday** 1:30-3pm, with Jenny Dutil, M.S.Ed., LMHC & Shelby Smith, Psy.D.
- IP** • **Thursday** 3-4:30pm, with Sarah Edelman, Psy.D.

LGBTQ+ GROUP

This is a group for students who identify as lesbian, gay, bisexual, transgender, non-binary, 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, intersectionality, transition, coming out, dating, family, and religion.

- IP** • **Wednesday** 1:30-3pm, with Darleen J. Gracia, Psy.D.



UP TO ME

Are you a college student experiencing test anxiety, social anxiety, depression or other mental health challenges and worry if you should keep it a secret? USF STigma Action Research (STAR) Lab, in partnership with the Tampa Counseling Center, are conducting a study on an interactive peer-led group program, consisting of three 2-hour sessions that guide participants through the process of making disclosure choices. In this study, you will:

- Create a disclosure story
- Learn about the disclosure decision process
- Receive support from peers also facing mental health challenges

O • **Date/time below** with Heather Walders, M.S.W., LCSW [See study flyer for more details](#)

Monday 1:30-3:30pm, OR	Jun 13	Jun 20	Jun 27
Tuesday 3-5pm	Jun 14	Jun 21	Jun 28

While participating in one of the above therapy groups, students are encouraged to use group counseling as the primary counseling modality to address their mental health concerns. Group members typically do not engage in individual counseling concurrently while in group. However, there are many self-help resources and workshops that group members can use concurrently!



Togetherall is an online peer-to-peer platform, offering a safe space to connect with others experiencing similar feelings. Plus, there are always trained professionals on hand, 24/7, 365 days a year. And, if sharing isn't your thing, Togetherall has tools and courses to help you look after yourself, along with plenty of resources to explore. Click [here](#) to register.

TAO is confidential, convenient and controlled by you. TAO is an online library of engaging, interactive resources to learn life skills and feel better now. Sign up [here](#).



And check out our drop-in spaces on the next page!

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WANT MORE FLEXIBILITY AND LESS COMMITMENT?

The following spaces are designed to offer support, coping skills, and resources, without the need for semester-long commitment. They are psychoeducational and supportive in nature, and do not provide mental health treatment. You will not need to pre-register, but will be required to use your USF email account to join the Teams meetings.

CHAT & CONNECT



BUILDING STRENGTH IN REMEMBRANCE

Are you grieving the death of a loved one or anticipating the loss of someone terminally ill? Have you experienced loss in other ways such as loss of relationship, divorce, loss to addiction, etc.? This support space will assist students in coping with the bereavement experience, creating comfortable ways to discuss their feelings and making new ways to honor their relationships.

0 • **Wednesday** 1-2pm, with Kabeel Dosani, M.S.Ed.

Join us at: bit.ly/StrengthWed1pm

WORKSHOPS

SINGLE SESSIONS



MINDFULNESS MEDITATION

This workshop focuses on practicing multiple skills to reduce anxiety and focus on staying grounded, with elements on healing from and thriving through historical and/or ongoing marginalization and oppression. This series will allow participants to practice the following skills: Mindful Breathing, Progressive Muscle Relaxation, Body Scans, and 5-Senses grounding techniques.

IP • **Friday** 1-2pm, with Hannah Gilfix, M.A.

Join us at: bit.ly/MeditateFri1pm

SERIES



AND STILL WE RISE: SKILLS FOR INTERRUPTING OPPRESSION AND FOSTERING HEALING

Students with marginalized identities may have unique, distressing experiences in higher education settings, ranging from invalidation of our intersecting identities to explicit attacks on persons. The first workshop will invite students with marginalized identities to share and have their experiences of macro and microaggressions on campus validated. Students will also learn strategies to interrupt harmful behavior when it occurs. In the second workshop, students will explore strategies for thriving in environments and systems that can be oppressive, while embracing their marginalized identities.

JOIN BOTH SESSIONS TO BUILD UPON THE SKILLS LEARNED OR DROP-IN AS NEEDED!

0 • **Monday 3-4pm**, with Dani Rosenkrantz, Ph.D. & Yue Lyu, M.A.

Join us at: bit.ly/RiseMon3pm

Session 1 – Interrupting Oppression	May 16	Jun 6	Jun 27	Jul 18	Aug 1
Session 2 – Healing & Thriving	May 23	Jun 13	Jul 11	Jul 25	N/A

MOVE FORWARD SERIES

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 resilience 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.

JOIN ALL THREE SESSIONS TO BUILD UPON THE SKILLS LEARNED OR DROP-IN AS NEEDED!

0 • **Tuesday 3-4pm**, with Courtney Coggan, M.S., LMHC

Join us at: bit.ly/MOVETue3pm

Session 1 – Mindfulness	May 17	Jun 7	Jun 28	Jul 19
Session 2 – Openness	May 24	Jun 14	Jul 5	Jul 26
Session 3 – Values & Engagement	May 31	Jun 21	Jul 12	Aug 2

LET'S GET IT ON: RELATIONSHIP & SEXUAL WELLNESS

Let's face it, no one got a great lesson when it came to sex and relationships. Between fairy tales and reality TV, we're all a bit confused when it comes to knowing what we want or how to get it. This open-discussion workshop series is for anyone who could use some guidance to explore what you want and learn skills to navigate the barriers that might be stopping you from getting there.

JOIN ALL THREE SESSIONS TO BUILD UPON THE SKILLS LEARNED OR DROP-IN AS NEEDED!

0 • **Thursday 3-4pm**, with Hege Riise, Ph.D.

Join us at: bit.ly/LOVEThu3pm

Session 1 – Relationship Health	May 19	Jun 9	Jun 30	Jul 21
Session 2 – Sexual Wellness	May 26	Jun 16	Jul 7	Jul 28
Session 3 – Open Discussion	Jun 2	Jun 23	Jul 14	Aug 4

For reasonable accommodations please contact Josephine Chu at 813-974-2831



COUNSELING CENTER
813-974-2831 • usf.edu/counsel
SVC2124



UNIVERSITY of
SOUTH FLORIDA
Student Success