

USF COUNSELING CENTER GROUPS & MORE – SPRING 2021

INTERESTED IN JOINING AN ONGOING ONLINE GROUP?

Online 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 an online group. Call us at 813-974-2831 or talk to your counselor to get started.

UNDERSTANDING SELF AND OTHERS (USO)

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.

- **Monday**, 1:30-3pm, with Mona Stribling, Psy.D. & Darleen J. Gracia, Psy.D.
- **Tuesday**, 3-4:30pm, with Nick Joyce, Ph.D., Jenny Dutil, MS.Ed, & Victoria Johnson, M.A.
- **Wednesday**, 3-4:30pm, with Vinny Dehili, Ph.D. & Heather Walders, M.S.W., LCSW
- **Thursday**, 1:30-3pm, with Luke Zabel, M.A., LMHC & Courtney Coggan, M.S., LMHC
- **Thursday**, 3-4:30pm, Graduate Students only, Lashley Marks, Psy.D. & Jason Axford, M.A., LMHC
- **Friday**, 3-4:30pm, with Jacob Schlierf, Psy.D. & Hannah Gilfix, M.A.



ENTRE FAMILIA (AMONG FAMILY)

No hay mal que por bien no venga. With the bad, there can come some good. This group provides a unique affirming space for LatinX students. Members will gain and provide support to one another while sharing parts of their stories, struggles, and accomplishments as they work towards graduation. Students will have a chance to connect to peers on the following experiences: self-identity, cultural values, academics/career concerns, family conflict, forming and maintaining relationships, etc.

- **Monday**, 3-4:30pm, with Madeline Colon, M.S.W., LCSW



OUR VOICES

Black, Indigenous, and/or People of Color (BIPOC) students at predominately white institutions often experience unique challenges that require unique support. This support space aims to offer a sense of community, support, validation, empowerment, and resources for BIPOC experiencing challenges in their academic, professional, and personal endeavors. Topics discussed in the space include, but are not limited to: issues related to race/culture/ethnicity, identity development, family, social relationships, power, oppression (e.g., racism, sexism, heterosexism, and other -isms), mental health (e.g., anxiety, depression, adjustment challenges, trauma etc.), and related resources.

- **Tuesday**, 1:30-3pm, with Reuben Faloughi, Ph.D., Janet Said, M.S., LMFT, & Elizabeth McPerebo, B.S.



LGBTQ+ GROUP

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, transition, coming out, dating, family, and religion.

- **Wednesday**, 1:30-3pm, with Dani Rosenkrantz, Ph.D. & Marisa Mango, M.A.



WANT MORE FLEXIBILITY AND LESS COMMITMENT?

CHAT & CONNECT

Come join us to Chat & Connect about specific topics, experiences, and identities. These spaces are designed to offer support and resources that are specific to your lived experiences, without the need for semester-long commitment. They are psychoeducational and supportive in nature, though do not provide mental health treatment. You will not need to pre-register or RSVP for these, but you will be required to use your USF email account to join the Teams meeting. As a result, your name will be visible to other participants. Call us at 813-974-2831 or visit www.usf.edu/counsel if you have any questions or for meeting links.



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.

- **Monday**, 1-2pm, with Diane Williams, M.S.W., LCSW, and Todd Ryser-Oatman, M.S. *Join us at: bit.ly/StrengthMon1PM*



EMPOWERMENT

A support space 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.). Students will find support as they practice increasing self-compassion, setting boundaries, and understanding how their experiences have impacted their relationships, emotions, thinking, and everyday functioning.

- **Wednesday**, 1-2pm, with Janet Said, M.S., LMFT & Mona Stribling, Psy.D. *Join us at: bit.ly/EmpowerWed1PM*



TOTAL NOURISHMENT

This space focuses on improving one's relationship with food and body through coping tools and support. The support space will provide information on how stress can impact these relationships and strategies for changing behaviors. 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.

- **Thursday**, 11am-12pm, with Cassandra Alvarado, Psy.D. & Shelby Smith, M.S. *Join us at: bit.ly/NourishThu11AM*



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SKILL-BASED WORKSHOPS

Online Drop-in Workshops are flexible and accessible ways to learn coping skills and share experiences with peers, without the need for semester-long commitment. They are psychoeducational and supportive in nature, though do not provide mental health treatment. You will not need to pre-register or RSVP for Workshops, but you will be required to use your USF email account to join the Teams meeting. As a result, your name will be visible to other participants. Call us at 813-974-2831 or visit www.usf.edu/counsel if you have any questions or for meeting links.

MAGIC OF THE MIDDLE PATH

A workshop that focuses on ways to cope with strong emotions, and taking care of ourselves in order to prevent getting pulled away from our desired directions in life. Discover the magic of the middle path!

- Monday, 11am-12pm, with Graham Morris, Ph.D.

Join us at: bit.ly/DBTMon11AM



MINDFULNESS MEDITATION

A workshop that focuses on practicing multiple skills to reduce anxiety and focus on staying grounded. This series will allow participants to practice the following skills: Mindful Breathing, Progressive Muscle Relaxation, Body Scans, and 5-Senses grounding techniques.

- Tuesday, 11am-12pm, with Courtney Coggan, M.S., LMHC

Join us at: bit.ly/MeditateTue11AM



RELAXED BODY, CALM MIND

Join us from the comfort of your own space for a holistic Hatha Yoga-based workshop to improve mood and regulate stress. Using a combination of gentle physical poses, breathing and relaxation techniques, you can get more connected and balanced within the body and mind. Open to all students, no yoga experience necessary.

- Friday, 2-3pm, with Hege Riise, Ph.D., RYT200®

Join us at: bit.ly/YogaFri2PM



THE STRUGGLE IS REAL: COPING BEYOND ADDICTION

This workshop 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. The workshop will provide strategies to manage addictive behavior and learn healthy coping alternatives.

- Friday, 3-4pm, with Amber Wakeman, M.A., LMHC, MCAP & Victoria Johnson, M.A.

Join us at: bit.ly/CopeBeyondFri3PM



DROP-IN WORKSHOP SERIES

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!

- Monday 3-4pm, with Luke Zabel, M.A., LMHC

Session 1 – Mindfulness
Session 2 – Openness
Session 3 – Values & Engagement

Join us at: bit.ly/MOVEMon3PM

Jan. 11th	Feb. 8th	Mar. 1st	Mar. 22nd	Apr. 12th	May 3rd
Jan. 25th	Feb. 15th	Mar. 8th	Mar. 29th	Apr. 19th	N/A
Feb. 1st	Feb. 22nd	Mar. 15th	Apr. 5th	Apr. 26th	N/A

- Wednesday 11am-12pm, with Jenny Dutil, MS.Ed

Session 1 – Mindfulness
Session 2 – Openness
Session 3 – Values & Engagement

Join us at: bit.ly/MOVEWed11AM

Jan. 13th	Feb. 3rd	Feb. 24th	Mar. 17th	Apr. 7th	Apr. 28th
Jan. 20th	Feb. 10th	Mar. 3rd	Mar. 24th	Apr. 14th	May 5th
Jan. 27th	Feb. 17th	Mar. 10th	Mar. 31st	Apr. 21st	N/A



ALL ARE WELCOME



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 how to get what we want (or even what we want). This open-discussion workshop series is for anyone who could use some guidance to learn what you want and 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!

- Thursday 1-2pm, with Meara Thombre, Ph.D. & Paul Pohto, Psy.D.

Session 1 – Relationship Health
Session 2 – Sexual Wellness
Session 3 – Open Discussion

Join us at: bit.ly/LOVThu1PM

Jan. 14th	Feb. 14th	Feb. 25th	Mar. 18th	Apr. 8th	Apr. 29th
Jan. 21st	Feb. 11th	Mar. 4th	Mar. 25th	Apr. 15th	May 6th
Jan. 28th	Feb. 18th	Mar. 11th	Apr. 1st	Apr. 22nd	N/A