Groups that meet multiple days and times

UNDERSTANDING SELF AND OTHERS
• Wednesday, 1-2:30 pm, with Vinny Dehili PhD & Jenny Dutil MS Ed
• Thursday, 1-2:30 pm, with Mona Stribling PsyD & Corey Gazoo MA
• Friday, 3-4:30 pm, with Luke Zabel LMHC

UNDERSTANDING SELF AND OTHERS (GRADUATE STUDENTS)
• Tuesday, 3:40 pm, with Josephine Chu Kai Shin PsyD & Marcus Cherry PhD

UNDERSTANDING SELF OTHERS (PEOPLE OF COLOR)
• Wednesday, 3-4:30 pm, with Diane Williams LCSW & Reuben Faloughi PhD

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, 5-6:30 pm, with Meghan Butler PhD & Heather Walders LCSW

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.

BALANCING EMOTIONS
• 1-2:30 pm, with Meghan Butler PhD & Graham Morris MA

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.

BUILDING STRENGTH IN REMEMBRANCE
• 1-2:30 pm, with Jordie Poncy PhD & Jacob Schlief MS

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.

TRUESELVES
• 3-4:30 pm, with Darleen Gracia-Housman PsyD & Dani Rosenkrantz PhD

This is a confidential emotional support group for students who identify as transgender, gender fluid, gender nonconforming, gender variant, non-binary or gender expansive. Members will have an opportunity to be present in their gender identity, share concerns and experiences, receive and give support, and relate to others. Topics could include coming out, blending, transphobia, beginning or continuing the process of transformation, navigating name and pronoun changes, and other more general issues of mental health, self-esteem, and relationships.

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.

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

**DUNGEONS AND DRAGONS**
- 3:4:30pm, with Vinny Dehili PhD & Meara Thombre MA
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!

**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.

**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.

**USF COUNSELING CENTER GROUPS - SPRING 2020**

**MINDFULNESS MEDITATION**
- Monday, 4:00pm-5:00pm
Learn and practice the basics of meditation including mindfulness, calm breathing, body scans, progressive muscle relaxation, and guided imagery.

**EMOTIONAL EXPRESSION THROUGH ART**
- Wednesday, 3:30-4:30pm
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.

**SOOTHING THE SELF**
- Friday, 1-2pm
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.

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

**MOVE FORWARD**

**Start Dates:**
- **Tuesday 2:30-3:30pm**
  - Session 1 – Mindfulness – Feb 4th; Feb 25th; Mar 24th; Apr 14th
  - Session 2 – Openness – Feb 11th; Mar 3rd; Mar 31st; Apr 21st
  - Session 3 – Values & Engagement – Feb 18th; Mar 10th; Apr 7th; Apr 28th
- **Wednesdays 11:00am-12:00pm**
  - Session 1 – Mindfulness – Jan 29th; Feb 19th; Mar 11th; Apr 8th; Apr 29th
  - Session 2 – Openness – Feb 5th; Feb 26th; Mar 25th; Apr 15th
  - Session 3 – Values & Engagement – Feb 12th; Mar 4th; Apr 1st; Apr 22nd
- **Friday 2:00-3:00pm**
  - Session 1 – Mindfulness – Jan 24th; Feb 14th; Mar 6th; Apr 3rd; Apr 24th
  - Session 2 – Openness – Jan 31st; Feb 21st; Mar 15th; Apr 10th
  - Session 3 – Values & Engagement – Feb 7th; Feb 28th; Mar 27th; Apr 17th

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!