

USF® COUNSELING CENTER GROUPS & WORKSHOPS - SPRING 2023




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.

 indicates that the group occurs **online** on TAO and  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.

-  • Monday 1:30–3pm, with Diane & AnLinh
-  • Thursday 1:30–3pm, with Lashley & Brianna M.
-  • 1:30–3pm, *Graduate student focus*, with Kelly



LGBTQ+ GROUP


This group provides support for lesbian, gay, bisexual, transgender, non-binary, queer, or questioning (LGBTQ+) students. 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.

-  • Tuesday 1:30–3pm, with Dani & Liz



OUR VOICES

This group provides support for students who identify as Black, Indigenous, and/or People of Color (BIPOC). Members build a sense of community, provide each other support and validation, foster empowerment, and share resources for thriving in predominately white institutions. Topics are based on current group member concerns, with common issues related to race/culture/ethnicity, identity development, family, social relationships, power and oppression (e.g., racism, sexism, heterosexism, and other -isms), and mental health (e.g., anxiety, depression, adjustment issues, trauma etc.)

-  • Wednesday 3–4:30pm, with Evita




INTERESTED IN JOINING A DROP-IN WORKSHOP?

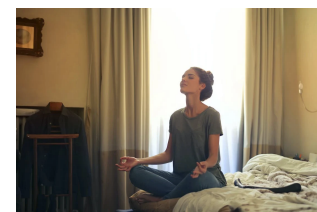
MAGIC OF THE MIDDLE PATH

This workshop series focuses on ways to cope and regulate stress and emotions, live in the present moment, and improve our relationships. Discover the magic of the middle path.

JOIN ALL FOUR SESSIONS OR DROP-IN AS NEEDED! Join us at: bit.ly/Mon11amDBT

-  • Monday 11–12pm, with Gabi

Session 1 – Mindfulness	Jan 9	Feb 13	Mar 13	Apr 10
Session 2 – Emotional Regulation	Jan 23	Feb 20	Mar 20	Apr 17
Session 3 – Distress Tolerance	Jan 30	Feb 27	Mar 27	Apr 24
Session 4 – Interpersonal Effectiveness	Feb 6	Mar 6	Apr 3	N/A



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

Students with marginalized identities may have unique experiences in higher education settings. Students will learn strategies to interrupt harmful behavior when it occurs and will explore strategies for thriving.

JOIN BOTH SESSIONS OR DROP-IN AS NEEDED! Join us at: bit.ly/Thu11amRise

-  • Thursday biweekly 11–12pm, with Kabeel

Session 1 – Interrupting Oppression	Feb 16	Mar 16	Apr 13
Session 2 – Healing & Thriving	Mar 2	Mar 30	Apr 27



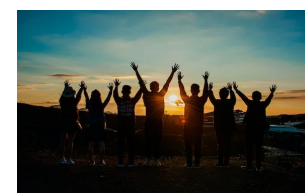
INTERESTED IN A BRIEF PEER-LED GROUP?

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

 Facilitated by Heather

See [study flyer](#) for more details



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



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



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Student Success