

## Group Roster: Spring 2018

### What is Group Therapy?

UMCC is pleased to offer group therapy services to the UM student population. We are very excited and highly committed to offering therapy groups. Many people have stereotypes about group therapy or wonder what really happens in a therapy group. Group therapy is a form of psychotherapy, focusing on developing insight and behavior change. Five to ten clients meet with one or two experienced group therapists. Most therapy groups meet every week at the same time for 1 or 1.5 hours a week. Additionally, we also offer themed workshops and discussion groups. A “group screening” with the group therapist(s) is scheduled prior to a group member joining. Clients must have had an intake prior to having a group screening. During the group time, the members of the group discuss the issues that are concerning them and offer each other support and feedback. Interpersonal interaction is highly valued and encouraged.

Each semester UMCC offers a variety of counseling groups. The groups are open only to UM students. Starting dates for the groups will vary. Services offered by UM are covered as long as you are currently enrolled and have paid the Student Health Fee. Confidentiality in group is strictly respected.

If you would like to know more about group therapy, please visit the Counseling Center located across from Pavia Parking Garage at 5513 Merrick Drive and ask to meet with the Group Therapy Coordinator or call 305-284-5511.

Please find group descriptions below.

### Spring 2018

#### Mood Management Skills Workshop

This *six-week* workshop that teaches Cognitive Behavioral Therapy (CBT), Dialectic Behavioral Therapy (DBT), and Acceptance and Commitment Therapy (ACT) techniques that students can use to cope with anxiety, depression, and other affective experiences that may interfere with functioning. The group will meet weekly for one-hour sessions and aims to provide a supportive environment in which students can discuss current stressors and discuss their use of newly acquired skills in daily life situations. Students will occasionally be provided handouts and didactic materials. Students will be allowed to participate according to their comfort level.

Leader: Patricia Arena, Ph.D. and Addys Karunaratne, Ph.D.  
 Time: Monday, 2:00PM-3:00PM  
 Duration: February 26<sup>th</sup>-April 9th

#### Mindfulness Group

This skills-based group will focus on introducing the concept of mindfulness. We will guide the group through various mindfulness activities weekly. We will assist participants in developing their ability to remain present focused, adopt an accepting, non-judgmental perspective, and incorporate mindfulness practices into their daily lives.

Leader: Patricia Arena, Ph.D.  
 Time: Tuesday, 10am-11am  
 Duration: February 13th – Semester conclusion

### **Understanding Self & Others Groups**

These groups tend to focus on relationships, intimacy, boundaries, self-awareness and other components of interpersonal process. These groups are typically open to both undergraduate and graduate students. Specific focus, is sometimes determined by group needs. These groups are designed to help group members learn to deal with a variety of concerns involving feelings of depression and anxiety, resolving relationship issues, and other personal concerns.

Leaders: Rene Monteagudo, Ph.D. and Kayla Carrigan  
 Time: Thursday, 5:15PM-6:45PM  
 \*This group is only open to graduate students

Leader: Kirt McClellan, LCSW and Christopher Shelton  
 Time: Wednesdays, 2:00PM-3:30PM

### **Sisters in Sharing**

Sisters in Sharing is a closed support group for Women of Color. A support group usually follows a structured format to open and close the meetings. The goal of this support group is to provide an open and safe space for graduate and undergraduate women to connect and explore topics such as race, culture, discrimination, relationships, family, sexuality, and academic challenges. Facilitators may suggest a topic for the meeting, but the group will have the space to share anything that they desire.

Leaders: Kisha Bazelais, Ph.D. and Aliya Ismail, LMHC  
 Time: Wednesdays, 3:45PM-5:00PM

### **Men's Process Group**

This group will be an experiential/interpersonal process type group designed for college men to discuss any issues or concerns they are having in the college setting. This group will tend to common issues faced by many college men such as masculinity expression, spirituality, stress management, career-related pressures, relationships, depression, conflict resolution, anger management/emotion regulation, substance abuse...etc. An ideal candidate for this group would be any student struggling in any of these areas and willing to try something new and creative. Our hope is to create a safe, open, fun, and interactive environment for our UM men!

Leaders: Ben Stocking, Ph.D. and Kiet Huynh  
 Time: Thursday, 3:00PM-4:30PM

### **Doctoral Support Group**

This group will focus on navigating the "ups and downs" of being a doctoral at UM. Topics will range from dissertation, managing different advisor types, finding balance between career and family, and exploring your professional identity.

Leaders: Ed Rappaport, Ph.D.  
 Time: Wednesdays, 3:00PM-4:00PM

### **LGBTQ Process Group**

Have you ever wanted a safe space to explore and talk with others about the challenges and joys of being lesbian, gay, bisexual, transgender, questioning, or asexual? If so, this group is an opportunity for you to do just that. We will meet on a weekly basis in a confidential and affirming group to talk, connect with each other, and offer emotional support. We will explore themes that are relevant to your life such as relationships with family, friends, and partners, coming out, being out, identity, and ways to embrace all of who you are. Lastly, this group is open to other topics (e.g. depression, anxiety, etc.) not related to one's sexual orientation.

Leaders: Kirt McClellan, LCSW and Kseniya Zhuzha

Time: Monday, 3:30PM-5:00PM

### **Self-Compassion Group**

This group is ideal for people learning to be kind to themselves and make peace with their mind and body. Through practicing essential components of self-compassion such as self-kindness, common humanity, and mindfulness, members will learn how to be more gentle and loving toward themselves. The benefits of practicing self-compassion can include decreased depression, anxiety, and suffering and increased joy and connection. This group will offer both structured, skills-based components as well as space for member to share their experience of practicing self-compassion. Our hope is that members will learn to treat themselves with greater compassion while still holding themselves responsible and working toward positive growth and change.

Leaders: Natalie Kretsch, Ph.D. and Amy Crandall, Ph.D.

Time: Friday, 10:30AM-Noon

### **Exploring Your Family Patterns**

A brave space to openly and creatively discuss past and present family dynamics, patterns, and themes that, in one way or another, have impacted who you are today in both a positive and negative ways. This group will help individuals gain a greater awareness, empathy, and understanding their own and others' family systems. It will individuals to explore and heal emotional wounds carried from childhood to the present. Clients will navigate unfinished family business in a safe, open, and supportive environment. Anyone who is open to seeking to gain greater awareness about their family dynamics and how it has impacted the way they navigate their world and relationships will benefit from this group. It is not necessary to have had a traumatic family experience to benefit from the group.

Leaders: Benjamin Stocking Ph.D. and Kseniya Zhuzha

Time: Wednesday, 3:00PM-4:30PM

### **Body Positive Group**

This is a 4-week group intended to provide students with tools to establish and maintain a positive body image through provision of psychoeducation and participation in various activities. Students will be meeting weekly for one hour sessions. Students, will occasionally be provided handouts and didactic materials. Participants will be allowed to participate according to their comfort level.

Leaders: Amy Crandall, Ph.D. and Caroline Gomez, Ph.D.

Time: Tuesday, 11:00AM- 12:00PM

## NEW GROUP OFFERED!

### Relationship Skills Group

This is a new four-six week workshop series. Topics to be covered include healthy relationships, communication skills, management of emotions in relationships, relationship with self, and understanding early relationships. This group offers a confidential space to discuss specific concerns while working on relationship skill-building. Students who want to improve specific relationships (of any type) can benefit.

Leaders: Audrey Cleary, Ph.D. and Dorothy Addae  
 Time: Tuesday, 2:00-3:00pm  
 Duration: February 20<sup>th</sup>-April 6th

### Circle of Support Group

This is a weekly support group for UM students who have lost a friend or a family member to suicide. It is an opportunity to connect with peers who share a similar experience of loss and to support one another. It is a safe space to talk about grief, which often comes with conflicting emotions, how loss of your loved one has affected your life, and how suicide is viewed/portrayed in today's culture. Group sessions may focus on topics that are of interest to group members or could be open to whatever comes up for group members that week. Topics discussed in the group do not always have to be grief-related.

Leaders: Kseniya Zhuzha and Natalie Kretsch, Ph.D.  
 Time: Tuesday, 1:00-2:00pm

### Stress and Performance Group

This group is for UM students who are in performance-related majors and/or whose identity is largely impacted by high-stakes/competitive performance (e.g. athletes, musicians, vocal performance, dancers, theater, etc.). The stress and performance group is offered weekly and provides a safe space to openly explore any themes that may impact your performance in both a positive or negative way. Themes and topics related stress and performance (e.g. perfectionism, injury, retirement from activity, anxiety, relationship with directors/coaches/etc., finding balance, etc.) will be explored in this group. Individuals who fully participated can expect to gain a greater awareness of their performance-related struggles, have a greater understand of their own personal strengths, develop coping skills to manage their performance stressors, and receive support from others dealing with similar performance-related issues.

Leaders: Kayla Carrigan and Benjamin Stocking, Ph.D.  
 Time: Thursday, 11-12pm.