

## Group Roster: 2016-2017

### 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 enrolled have paid the Student Health Fee and currently enrolled. Confidentiality in group is strictly respected.

If you would like to know more about group therapy, please visit the Counseling Center located at Rhodes House and ask to meet with the Group Therapy Coordinator or call 305-284-5511.

Please find group descriptions below.

## Spring 2017

### Mood Management Skills Group

Goal: Teach Cognitive Behavioral Therapy (CBT) 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 with handouts and didactic materials. Students will be allowed to participate according to their comfort level.

Leader: Carolyn Rubenstein, M.A. & Kelsey Ball, M.S.  
Time: Mondays, 2:00PM-3:00PM

### 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. & Natalie Kretsch, Ph.D.  
Time: Mondays, 3:00PM-4:30PM  
\* This group is only open to graduate students

Leader: Kirt McClellan, LCSW & Emily Kerzin, Ph.D.  
Time: Wednesdays, 2:00PM-3:30PM

### **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 & Oneychi Anukem, M.S.  
Time: Mondays, 3:30PM-5:00PM

### **Women's General Process Group**

This group is an interpersonal process group for graduate and undergraduate women. The focus is on relationships, intimacy, boundaries, self-awareness and other components of interpersonal process. Specific focus is often determined by group needs. This group will meet on a weekly basis in a confidential and supportive space to help group members learn to deal with a variety of concerns involving feelings of depression, anxiety and other personal concerns.

Leaders: Amy Crandall, Ph.D. & Carolyn Rubenstien, M.A.  
Time: Tuesdays, 2:00PM-3:30PM

### **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. & Emily Kerzin, Ph.D.  
Time: Tuesdays, 10:30AM-Noon

### **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. & Aliya Ismail, LMHC  
Time: Wednesdays, 3:45PM-5:00PM

### **Mind Spa**

Feeling stressed with exams, work, life? The mind spa is a place you can "unplug. Find your inner peace and stillness. Take a breath and relax. Let your mind rest and heal. Learn relaxation and breathing exercises. No appointment needed, just drop-in.

Leaders: Ben Stocking, Ph.D. & Oneychi Anukem, M.S.  
Time: Wednesday, 1:00PM-1:45PM

### **Family Patterns Group**

A safe 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 help individuals to explore and heal emotional wounds. 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 although some individuals may have more difficult family histories than others.

Leaders: Ben Stocking, Ph.D. & Gina Garrett, LCSW  
 Time: Wednesdays, 3:00PM-4:30PM

### **Mindfulness/ACT Group**

This skills-based group will focus on mindfulness specifically through an Acceptance and Commitment Therapy (ACT) lens. We will guide the group through various mindfulness activities regularly and encourage the participants to practice these activities in their daily lives. We will assist participants in identifying their values as well as current unhelpful behaviors. We will assist participants in cultivating skills such as acceptance and defusion from unhelpful thoughts in order to assist them to address unhelpful behaviors and to live more fully. In sum, we will assist clients in developing skills to live more mindfully and to align their behaviors with their values.

Leader: Patricia Arena, Ph.D. & Kelsey Ball, M.S.  
 Time: Thursdays, 11:00AM-Noon

### **Doctoral Support Group**

The life of a doctoral student can be very challenging in terms of being faced by many stressors such as adjusting to living in Miami; dealing with a non-supportive cohort; a dissertation advisor who is difficult to please or not available; adverse impact of graduate demands on social relationships; future career uncertainty and of course financial struggles. This group aspires to provide some relief through mutual support and a productive exchange of ideas in a safe atmosphere.

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

### **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 struggling with. This group will tend to common issues faced by many college men such as 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 client struggling in any of these areas and willing to try something new and creative. This group is intended to be an honest, supportive, open, fun, and interactive experience for our UM men!

Leaders: Ben Stocking, Ph.D.  
 Time: Thursdays, 3:00PM-4:30PM