

Group Schedule: Fall 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 initial assessment 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.

Fall 2018

Mood Management Skills Workshop

This is a psychoeducational group that helps students learn a range of techniques to cope with anxiety, depression, and other affective experiences. The group will meet weekly for one and a half hour sessions and aims to provide a supportive environment where 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.

Leader: Patricia Arena, Ph.D., & Brittany Jaso
Time: Monday, 3:30PM-5:00PM

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. & Krystal Stephen
Time: Thursday, 4:00PM-5:00PM

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. and Jordan Coello
 Time: Tuesday, 5:15PM-6:45PM
 * This group is only open to graduate students

Leader: Kirt McClellan, LCSW & Dorothy Addae
 Time: Wednesday, 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. & Aliya Ismail, LMHC
 Time: Wednesdays, 3:45PM-5:00PM

Men's Process Group

This group will be an experiential/interpersonal group designed for college men to discuss any issues or concerns they are having. 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 brave, supportive, open, fun, and interactive environment for our UM men!

Leaders: Ben Stocking, Ph.D. & TBD
 Time: Thursday, 3:15PM-4:45PM

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 & Jordan Coello
 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. & Amy Crandall, Ph.D.
 Time: Friday, 10:30AM-12:00PM

Body Positive Group

This is a six-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 with handouts and didactic materials. Participants will be allowed to participate according to their comfort level.

Leaders: Amy Crandall, Ph.D. & Caroline Gomez, Psy.D.
 Time: Tuesday, 1:00PM-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: Benjamin Stocking, Ph.D. and TBD
 Time: Thursday 11:00AM-12:00PM.