

Group Schedule: Spring 2019

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.

Spring 2019

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: Wednesday, 1:00PM-2:00PM

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

Leaders: Caroline Gomez, Psy.D. & Brittany Jaso
Time: Monday, 1:00PM-2:00PM

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

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. & Krystal Stephen
Time: Monday, 3:00PM-4:30PM

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. & Patricia Arena, Ph.D.
Time: Thursday, 3:30PM-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: Tuesday, 2:30PM-4:00PM

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