

Group Schedule: Spring 2020

What is Group Therapy?

The UMCC is excited and committed to offering group therapy services to our UM students. Many people have reservations about joining group therapy or wonder about what really happens in a group session. Group therapy is a form of psychotherapy, focusing on developing greater **self-awareness** and **behavior change**. Five to ten clients meet with one or two experienced group therapists. During the group time, the members of the group discuss issues that are concerning them and offer each other supportive and constructive feedback. Although it is not required that you speak during each group, your participation is highly encouraged in helping you meet your therapy goals. Our therapy groups meet for 1 or 1.5 hours at a designated weekly time.

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. Group therapy can be a rewarding experience and in many cases is just as effective if not more than individual therapy!

How Do I Join a Group?

Prior to joining a group, you will be required to have a 30 minute “group screening” appointment with the group therapist(s). There, the group therapist will collaborate with you in setting goals for your group therapy experience and answer any questions you may have about the group. Clients **must** have had a [brief assessment appointment](#) prior to having a group screening appointment.

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 speak with the Group Therapy Coordinator or call 305-284-5511.

Please find group descriptions below

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. & Nikki Puccetti
Time: Friday, 3:00PM-4:00PM

Understanding Self & Others Groups

These groups tend to focus on a variety of themes such as relationships, intimacy, boundaries, self-awareness, and culture. These groups are typically open to both undergraduate and graduate students. 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. These groups also allow clients to practice new ways of relating to others, gain increased self-awareness, learn to express worries and fears, and receive/offer supportive feedback to others.

Leaders: Rene Monteagudo, Ph.D. & Jordan Coello M.A.
 Time: Tuesday, 5:15PM-6:45PM
 * This group is only open to graduate students

Leader: Kirt McClellan, LCSW & Andrea Biel M.A.
 Time: Wednesday, 3:00PM-4:30PM

Leaders: Caroline Gomez, Psy.D. & TBD
 Time: Tuesday, 10:00AM-11:00AM

Leaders: Benjamin Stocking Ph.D. & Elizabeth McInerney
 Time: Thursday, 3:00-4:30pm

Creating Healthy Relationships Group

Creating Healthy Relationships offers a safe and secure space to explore and gain awareness about personal relationship issues and patterns. Within this group, students can expect to acquire strategies for developing and maintaining meaningful relationships as well as utilize group as an opportunity to readily practice these strategies. Members may work toward identifying qualities of healthy and unhealthy relationships, showing care/affection, improving self-confidence, appropriate and assertive communication, comfort with addressing conflict, and appropriate boundary setting. Many types of relationships will be discussed including ones with romantic partners, friends, parents, roommates, and professors.

Leaders: Andrea Biel, M.A. & Sara Wigderson, M.A.
 Time: Monday: 1:30pm-3pm

Walking a New Path Group

This group is designed to support students interested in reducing their substance use or in maintaining sobriety. Group will meet weekly and involve a combination didactic learning and process dialogue. Covered topics will include the addiction process, stages of change, mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. All meetings are confidential.

Leaders: Jordan Coello M.A. & Benjamin Stocking Ph.D.
 Time: Tuesday 10:30-12pm

Success Without Excess Group

Is your desire to be the best in EVERYTHING you do getting in the way? Do you sometimes feel that you have “overcommitted” to things or have trouble saying “no” to others? Do your own standards and expectations for yourself or others sometimes create unnecessary anxiety and stress in your life? Have people ever told you that you are too controlling or excessive? If any of this resonates with you, you may benefit from the *Success Without Excess Group*. This group provides a supportive space for students who are struggling to manage their anxiety and perfectionism. Perfectionism is a wonderful quality but in excess, can get the best of us in a variety of settings such as our relationships, academics, home-life, work-life, or extra-curriculars. This group will help students increase their awareness and knowledge around their perfectionistic and rigid thinking patterns as well as provide tools and interactive activities to help students live a more balanced, flexible, and healthier life.

Leaders: Benjamin Stocking, Ph.D. & TBD
Time: Wednesday 3:30-4:30

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: Thursday, 3:00PM-4:00PM

LGBTQ Understanding Self and Others 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 & Christina Douyon, M.A.
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

Sisters in Sharing Group

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: Christina Douyon, M.A.

Time: Tuesday, 1:30-3pm

Getting Unstuck Workshop

The “Getting Unstuck” workshop is a structured three-part series geared to help students who feel bogged-down, unmotivated, tired, withdrawn, negative, and sad on a regular basis. The group meets once a week for three weeks and provides students with useful information, skills, and activities to help students practice healthier coping strategies to better manage their mood.

Leaders: Benjamin Stocking Ph.D. & Yuqi Chen M.A.

Time: Tuesday, 1:00-2pm

Starting Dates: February 11th and March 24th