

## Group Schedule: Fall 2019

### 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.

## Fall 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.  
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. & TBD  
 Time: Tuesday, 5:15PM-6:45PM  
 \* This group is only open to graduate students

Leader: Kirt McClellan, LCSW & TBD  
 Time: Wednesday, 3:00PM-4:30PM

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

## 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 positive and negative ways. This group will help individuals gain a greater awareness, empathy, and understanding of their own and others' family systems. Anyone who is open to seeking to gaining 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. & TBD  
 Time: Monday, 1:30PM-3:00PM

## Women's Understanding Self and Others 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. & TBD  
 Time: Thursday, 3:30PM-5:00PM

## **Men's Understanding Self and Others Group**

This group is a space to work through common issues faced by many college men such as adjustment, stress management, career-related pressures, relationships issues, difficulty expressing emotions, conflict resolution, anger management/emotion regulation, substance abuse...etc. An ideal candidate for this group would be any student who has a willingness to work in a group setting with other men working through similar issues. 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, 10:30AM -12:00PM

## **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: 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 & TBD  
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