

## ACT FOR LIFE

THURSDAY - 1:00 PM

This Acceptance and Commitment Therapy (ACT) group will allow members to stop struggling with difficult or uncomfortable experiences. By discovering effective skills and solutions, students can live NOW and take steps toward a more meaningful life.

## TRANS\* SUPPORT

THURSDAY - 2:30 PM

This group is for persons who are seeking support in realization of one's gender identity. Topics may include coming out, transitioning concerns, and other relevant issues.

## CREATIVE CONNECTIONS

FRIDAY - 10:00 AM

This group aims to enhance self-esteem and build stronger relationships with self and others while utilizing the expressive arts to heal. No art experience necessary, only trust in the creative process.

## What is group therapy?

- Highly effective treatment option that works well for interpersonal difficulties.
- About 7-9 clients meet with 1-2 therapists weekly for
- 90 minutes for the duration of the semester.
- The format of the group session can vary from structured to process-oriented.

## How can I join a group at CAPS?

- Schedule an initial assessment.
- Talk to the Counselor about your interest in a group.
- Schedule a screening to meet with the group facilitator and ask questions about the group.

## How can Group therapy help me?

- Learn from others with similar problems.
- Gain new perspectives.
- Feel more connected with others.

Interested in learning more about CAPS' services as well as upcoming events? Check us out!



Counseling and Psychological Services



UCFCaps



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UCF Counseling Center



Counseling and Psychological Services

UNIVERSITY OF CENTRAL FLORIDA



# GROUPS

SPRING 2017

## HOURS

MONDAY - TUESDAY: 8AM - 6PM  
FRIDAY: 8AM - 5PM

## CONTACT

PHONE: (407) 823 - 2811  
FAX: (407) 823 - 5415  
CAPS.SDES.UCF.EDU/GROUPS

## ADDRESS

4090 LIBRA DR.  
ORLANDO, FL 32816-3170

DIVISION OF STUDENT DEVELOPMENT  
AND ENROLLMENT SERVICES  
UNIVERSITY OF CENTRAL FLORIDA • ORLANDO, FL



UCF



In order to participate in any of these therapy groups, you must first meet with the group facilitator at **UCF Counseling & Psychological Services**. For questions about accessibility or to request an accomodation, please contact us at (407) 823-2811.

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### **GRIEF & LOSS**

MONDAY - 1:00 PM

Provides a safe and supportive space for students to learn about different responses to loss, to explore the grief process, and to share their own experiences.

### **BUILDING DEEP RELATIONSHIPS**

MONDAY - 2:30 PM

This process group aimed at helping those interested in building healthy, strong, and stable romantic relationships.

### **SISTER CIRCLE**

MONDAY - 2:30 PM

An empowering and supportive group for Black female students. This safe, confidential group allows for exploration of issues such as family, relationships, self-esteem, beauty, body image, and academic difficulties.

### **AUTISM CONNECTIONS**

MONDAY - 4:00 PM

For students with Autism and other related disorders who would like to work on improving interpersonal effectiness skills, improve ways of connecting with others, and work on skills related to forming meaningful relationships.

### **FAMILY GROUP**

TUESDAY - 10:00 AM

This group focuses on facilitating self understanding and awareness of relationship patterns. Students will explore past experiences with one's family and important relationships, unresolved concerns, and learn new ways of relating to one's self and others.

### **UNDERSTANDING SELF & OTHERS**

TUESDAY - 10:00 AM

This group is for students wanting to better understand themselves and their relationships, and will allow for the opportunity to provide and receive honest feedback in a therapeutic setting. Members guide session focus that may include relationships, communication, emotional support or expression, and social perceptions.

### **BUILDING SOCIAL CONFIDENCE**

TUESDAY - 1:00 PM or WEDNESDAY - 10:30 AM

This group focuses on identifying fears related to social situations, reducing self-defeating thinking patterns, and strengthening effective social skills.

### **MI GENTE**

TUESDAY - 1:00 PM

This support group allows Latinx students to discuss feelings of belonging, family values, autonomy, cultural concerns, and discover their own sense of identity.

### **WOMEN'S EMPOWERMENT**

TUESDAY - 2:30 PM

This group is designed to provide a safe space for women to feel empowered to heal from unwanted sexual experiences, abuse, and unhealthy relationships.

### **WOMEN'S GROUP**

TUESDAY - 2:30 PM

This group helps women to build self-esteem and self-acceptance, gain greater self understanding, and to relate more comfortably to others.

### **BODY WELLNESS**

WEDNESDAY - 10:30 AM

This group is for students struggling with low self-esteem, body dissatisfaction, mild disordered eating behaviors, and related issues. Students will learn to view their bodies, abilities, and emotions from a more balanced and nurturing perspective.

### **BUILDING YOUR TOOLBOX FOR DEPRESSION**

WEDNESDAY - 1:00 PM or THURSDAY - 10:00 AM

This group will empower students to take action toward the life they value without being paralyzed by depression. Students will learn skills for coping with painful thoughts and feelings.

### **MINDFULNESS FOR ANXIETY**

WEDNESDAY - 1:00 PM

Each person experiences anxiety differently. This group will help students learn better strategies for managing anxiety.

### **GLB SUPPORT**

WEDNESDAY - 2:30 PM

This group provides a safe space for individuals who identify as lesbian, gay, bi, queer, or questioning to explore and discuss their concerns. Possible topics include relationships, family, coming out, religion, discrimination, and homophobia. Embrace your identity in a supportive environment.

### **GRADUATE SUPPORT**

WEDNESDAY - 2:30 PM

This group is a support group to help students better navigate the many demands of graduate life, both on and off-campus.

### **GETTING IN TUNE WITH YOUR ADHD**

THURSDAY - 10:30 AM

An opportunity for students to learn about their ADHD symptoms, gain useful strategies for success in school and life, and to be empowered by group support. Musical interventions will also be used to assist students with a variety of concerns, including concentration, time management, mood changes, social skills, and impulsiveness.