

About Groups

Participating in any of these therapy groups requires that you first meet with the group facilitator at UCF Counseling & Psychological Services. For questions about accessibility or to request an accommodation, please contact us at [407-823-2811](tel:407-823-2811).

AUTISM CONNECTIONS

MONDAY — 1:00-2:30 PM

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

BLACK EMPOWERMENT

MONDAY -1:00-2:30 PM *OR* TUESDAY — 3:00-4:30 PM
An empowering and supportive gender-inclusive group for Black students. This safe, confidential group allows for exploration of issues such as academics, family, relationships, self-esteem, body image, discrimination, while incorporating essential elements of interpersonal connection, ethnic identity and ally identity development.

TRANSGENDER AND GENDER DIVERSE SUPPORT GROUP

TUESDAY — 2:30-4:00 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.

SISTER CIRCLE

MONDAY — 3:00-4:30 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.

EMPOWERING ASIAN VOICES

MONDAY — 2:30-4:00 PM

A supportive space for any Asian-identified students to express themselves, share their voice, and be heard. Students will explore culturally relevant issues such as, but not limited to, academics, family, race/culture, identity, pressures/expectations, discriminations, and values to facilitate improved wellness.

WOMEN'S FAMILY GROUP

TUESDAY — 10:00-11:30 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 — 1:00-2:30 PM *OR* WEDNESDAY - 3:00-4:30 PM

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.

GLB SUPPORT

THURSDAY — 2:30-4:00 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.

WOMEN'S EMPOWERMENT

WEDNESDAY — 3:00-4:30 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.

UNDERSTANDING SELF & OTHERS FOR NON-TRADITIONAL/21+

WEDNESDAY — 1:00-2:30 PM

This group is for 21 and up and non-traditional 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.

BODY WELLNESS

WEDNESDAY — 10:30 AM - 12:00PM

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

INTERNATIONAL STUDENT SUPPORT GROUP

TUESDAY — 1:00 - 2:30 PM

Transition to living in a new country can be difficult and lead to culture shock, uncertainty, academic difficulties, and relationship problems, etc. This group is a place to receive support and feedback from other international students from around the world, and to share learning experiences and resources.

Adulting with ADHD

MONDAY — 3:00 - 4:30 PM Provides a safe space for those living with ADHD to share their experiences, gain support, explore effective coping strategies, gain greater understanding of symptomatology, and learn to harness the gifts of ADHD to improve overall life satisfaction. Formal diagnosis not necessary.

MEN'S GROUP

WEDNESDAY — 3:00— 4:30 PM

This group is aimed at helping men explore society's unwritten rules and expectations while examining the impact of confining gender roles. Group members will learn to differentiate between external and internal pressures, learn to manage and express emotions, balance social/cultural expectations with personal life goals, enhance self-care, and redefine masculinity.

MINDFULNESS-BASED STRESS REDUCTION

THURSDAY — 10:00— 11:30 AM

A place to experience and become aware of what is happening in the present moment with curiosity, openness and nonjudgment. Mindfulness-based skills will be incorporated into your day-to-day activities.

HEALTH SUPPORT GROUP

THURSDAY — 1:00— 2:30 PM

This is a support group to empower and enhance wellness for students with chronic health conditions. Goals include improving self-care, increasing coping skills, discussing body image concerns, and learning how to set healthy boundaries with others.

WOMEN'S GROUP

THURSDAY — 1:00— 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.

RELATIONSHIPS GROUP

THURSDAY — 3:00— 4:30 PM

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

GRIEF AND LOSS

WEDNESDAY — 1:00 — 2:30 PM OR THURSDAY — 3:00— 4:30 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.

ANXIETY GROUP WITH TAO

FRIDAY — 10:30 AM— 12:00 PM

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

GROUPS



SUMMER 2019

WHAT IS GROUP THERAPY?

- Highly effective treatment option
- Works well for interpersonal difficulties
- About 7-9 students meet weekly
- 60-90 minute sessions
- May meet 7-12 times per semester
- Groups may be structured, unstructured, or a mix

HOW CAN I JOIN GROUP THERAPY?

- Schedule an initial assessment
- Talk about your interest in group
- Schedule a screening with the group facilitator
- Ask questions about the group

FOR MORE INFORMATION

☎ 407-823-2811

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