WHAT IS GROUP THERAPY?
Highly effective treatment option
Works well for interpersonal difficulties
About 5-9 students meet weekly via telemental health for 90 minute sessions
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

ACT for Social Confidence — Wednesdays, 1:00-2:30
Anxiously avoiding can sometimes come at the price of meaningful connection. Mindfulness and Acceptance & Commitment Therapy show that you can learn how to be open to difficult thoughts or feelings while reducing isolation and suffering, which can help you to then start doing things that are important to you.

Anxiety Support and Process — Tuesdays, 1:00-2:30
During this time, anxiety is heightened for many people. This group will provide a space to explore aspects of life that may trigger anxiety (e.g., pandemic, family, relationships, school), as well as effective coping strategies. Participants will be encouraged to try new ways of relating to their anxiety.

Black Empowerment — Mondays, 1:00-2:30 or Tuesdays, 3:00-4:30
An empowering and supportive gender-inclusive group for Black students. This group allows for exploration of issues such as academics, family, relationships, self-esteem, body image, and discrimination, while incorporating elements of interpersonal connection, and ethnic and ally identity development.

Body Wellness — Thursdays, 1:00-2:30
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.

Depression Support and Process — Wednesdays, 3:00-4:30
This group is to help people manage their depression by connecting, understanding, and supporting one another.

Empowering Asian Voices — Mondays, 1:00-2:30
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, discrimination, and values to facilitate improved wellness.

General Support Group — Wednesdays, 2:30-4:00
This group will be focused on supporting students with a variety of concerns. These concerns include but are not limited to COVID-19, social isolation, family issues, coping with change/transition, loss of independence/autonomy, grief/loss, remote learning, etc.

Grief and Loss — Tuesdays, 10:30-12:00
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.

I Thought it Was Me — Tuesdays or Thursdays, 3:00-4:30
This group explores how past experiences affect the present. This is a safe space where you can relate to feeling alone in a crowd, having difficulty belonging or maintaining relationships, and often guessing what “normal” is. You may identify as having been neglected, traumatized or even abused; you are welcome here.

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Intersectional Understanding Self and Others — Wednesday, 11:00-12:30
A space to purposefully explore our intersecting cultural identities (e.g., race/ethnicity, gender, sexual orientation, social class, religion, age, etc.), and discuss how these inform how we see the world and how others see us, allowing for greater growth, acceptance, and self and other understanding.

Mindfulness — Wednesdays, 1:00-2:30
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.

Relationships Group — Thursdays, 10:30-12:00
This process group aimed at helping those interested in building healthy, strong, and stable romantic relationships.

Self-Compassion — Thursdays, 10:30-12:00
This group is for students who struggle with a harsh inner critic. Students will learn to set kind and realistic expectations of themselves, eliminate self-judgment, and learn to treat themselves with the same warmth, compassion, and kindness they would offer a close friend.

Sister Circle — Mondays, 3:00-4:30
An empowering and supportive group for Black female students. This safe, confidential group allows for exploration of different issues such as family, relationships, self-esteem, beauty, body image, and academic difficulties.

Trans/Gender Diverse Empowerment — Wednesdays, 1:00-2:30 or Thursdays, 11:00-12:30
This group is for persons who are seeking support in realization of their gender identity. Topics may include coming out, transitioning concerns, family concerns, systemic oppression, self-advocacy, and other relevant issues.

True Colors — Mondays, 2:30-4:00
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/queerphobia. Embrace your identity in a supportive environment.

Understanding Self and Others — Wednesdays, 1:00-2:30 or Thursdays, 1:00-2:30
This group is for students wanting to better understand themselves and their relationships, allowing for the opportunity to provide and receive honest feedback in a therapeutic setting. Members guide session focus, which may include relationships, communication, emotional support or expression, and social perceptions.

Women's Empowerment—Tuesdays, 3:00-4:30
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 Understanding Self and Others — Tuesdays, 1:00-2:30
This group is a space for women who want to gain a better understanding of themselves and learn how to relate more comfortably to others. Members guide session focus, which may include self-esteem, relationships, and social perceptions.

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.

CAPS Group Rooms | Building 27

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