

CAPS Group Descriptions

WHAT IS GROUP THERAPY?

Highly effective treatment option

Works well for interpersonal difficulties

About 5-9 students meet weekly for 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

ADHD Coaching and Support — Wednesdays, 1:00-2:30, or Thursdays, 1:00-2:30

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.

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.

Autism Connections — Mondays, 1:00-2:30

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 — Mondays, 1:00-2:30, or Tuesdays, 3:00-4:30

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.

Body Wellness — Thursdays, 11:00-12:30

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.

Building Social Confidence — Mondays, 1:00-2:30, or Tuesdays, 1:00-2:30

Anxiously avoiding can sometimes come at the price of meaningful connection. This group focuses on identifying and acknowledging fears related to social situations, reducing unhelpful thinking patterns, and strengthening effective social skills and behaviors.

Depression Support and Process — Tuesdays, 2:00-3:30

This group is to help people manage their depression by connecting, understanding, and supporting one another.

Emotion Health Management — Thursdays 10:30-12:00

This group is directed to students that want to improve the management of their emotions. Healthy unpleasant emotions like sadness, frustration, anger, disappointment and worry/concern are part of our life. Understanding them and learning how to manage them can make a difference in a person's life.

Empowering Asian Voices — Tuesdays, 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.

Empowerment Through Music — Thursdays, 10:30-12:00

Students will use musical interventions to improve self-esteem, gain confidence with self-expression, and build ties to others. Creative strategies will also provide relief for anxiety and depression. No musical talent or experience is needed.

Graduate Connections — Wednesdays, 3:00-4:30

This group provides support for master's and doctoral students to manage the demands of graduate school by providing a space to discuss academic and personal challenges and an opportunity to connect with other graduate students.

Grief and Loss — Thursdays, 1:00-2:30

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.

Health Support — Thursdays, 1:00-2:30

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.

I Thought it Was Me — Thursdays, 3:00-4:30, or Fridays, 10:00-11:30

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.

Mi Gente — Thursdays, 2:30-4:00

This is an empowering and supportive group for Latino(a) students, which allows for an exploration of issues such as academics, family, relationships, immigration, discrimination, and other social justice topics while promoting interpersonal connection and identity development. These may be difficult topics; thus, this group seeks to create space to respect the unique perspectives of members, as shaped by culture and world views, and to facilitate further learning and growth.

Mindfulness — Wednesdays, 10:30-12:00

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.

Racial Healing Group — Tuesdays, 1:00-2:30

This group is for any/all persons of color and is gender inclusive. This group was created to provide a safe space for students to gain support from one another as they begin the process of healing from negative racial experiences individually and as a collective. Topics may include racial bias, discrimination, racial identity, systemic racism, intersecting identities and empowerment.

Relationships Group— Fridays, 10:00-11:30

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

Self-Compassion — Wednesdays, 2:30-4:00, or Fridays, 10:00-11:30

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 issues such as family, relationships, self-esteem, beauty, body image, and academic difficulties.

TAO Anxiety — Tuesdays, 10:00-11:30

This 7-week group will help students learn different coping tools (e.g. mindfulness, guided imagery, identifying negative thoughts, etc.) to manage both anxiety and depression through Therapist Assisted Online (TAO) program.

Trans/Gender Diverse Empowerment — Tuesdays, 1:00-2:30, or Thursdays, 11:00-12:30

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.

Q Support — Thursdays, 3:00-4:30

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.

Understanding Self and Others — Mondays, 1:00-2:30, or Mondays, 3:00-4:30, or Tuesdays, 10:00-11:30, or Wednesdays, 10:30-12:00, or Wednesdays 2:30-4:00, or Thursdays, 1:00-2:30

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.

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 Family — Tuesdays, 10:00-11:30

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.

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.