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

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.

Beautifully Mixed — Tuesdays, 1:00-2:30
A hybrid of process/psychoeducation, this group is intended to be a safe space for individuals who identify as multiracial (from two or more races) or multicultural (from two or more ethnicities) to process their experience navigating life when they don’t fit into a clear identity box of race or culture and how they navigate finding their “fit” in life. Weekly topics will be structured to identify common elements and themes experienced by multiracial individuals and allow group members to process how they have experienced these themes and how their experiences have impacted them. Attendees will learn self-empowerment tools for accepting and honoring all parts of their identity.

Beating Anxiety — Wednesdays, 1:00-2:30
Tired of getting beat by anxiety? Wondering why? Not knowing how to control it? If you answered yes to any of questions then this is the group for YOU!! This is a 4 week program that will focus on: 1. Learning what activates anxiety, from a medical perspective; 2. Fine-tuning identification and recognition of anxiety symptoms; and 3. Teaching techniques that will help you control anxiety symptoms.

Body Wellness — Mondays, 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.

Building Social Confidence — Thursdays, 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.

Creative Connections — Thursdays, 10:00-11:30
This group aims to enhance self-esteem while utilizing the expressive arts to heal. No art experience necessary, only trust in the creative process.

COPE (Challenging Obsessions by Practicing Exposure) — Tuesdays, 3:00-4:30
This is a hybrid support/intervention group for anyone experiencing difficulty from Obsessive-Compulsive Disorder, Body Dysmorphic Disorder, phobias, compulsive hair pulling or skin picking, and related concerns. The goal of this group will be to provide a space for community support as members engage in treatment, while providing structured time to engage in Exposure and Response Prevention (ERP) and Habit Reversal Training (HRT) interventions.

Everyday Mindfulness — Thursdays, 9:00-10:30
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.

Empowering Asian Voices — Mondays, 11:00-12:30
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.

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, 10-11:30 & 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.
Living with ADHD — Mondays, 3:00-4:30 & Thursdays, 1:00-2:30
This group provides a safe space for those living with ADHD to gain support, deepen understanding of symptomatology, and explore coping strategies in order to improve overall life satisfaction. Formal diagnosis not necessary.

Men’s USO — Wednesdays, 10:30-Noon
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.

Motivation Enhancement — Wednesdays, 3:00-4:30
This 5 session group will help students achieve goals through practicing effective motivation strategies and receiving support from others.

Mi Gente — Fridays, 10:30-Noon
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.

Q Support — Tuesdays, 1:00-2:30
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.

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

Self-Compassion — Wednesdays, 1:00-2:30
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 different issues such as family, relationships, self-esteem, beauty, body image, and academic difficulties.

Safety and Self-Care — Thursdays, 3:00-4:30
This group focuses on establishing self-care rhythms to facilitate ongoing healing. It is designed for women who have survived trauma, want to better understand its impact, and resume control over their lives.

Trans Empowerment — Tuesdays, 1:00-2:30 & Wednesdays, 1:00-2:30
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.

Understanding Self and Others — Mondays, 10:00-11:30, Wednesdays, 3:00-4:30, Thursdays, 10:30-Noon, or Fridays, 10:00-11:30
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.

Understanding and Managing My Anxiety — Wednesday, 10:30-Noon
This is a group directed for all people that are impacted by anxiety. It is psychoeducational in nature, and it has the goal of providing you with an understanding of anxiety and important factors that contribute to the exacerbation of it. At the same time, you will learn strategies to manage anxiety and decrease its symptoms.

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 un-healthy 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.

CAPS Group Rooms | Building 27

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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.