



# CAPS Summer 2022 Telehealth and In-Person Group Descriptions

## 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

### **ACE Support Group — Thursdays, 1:00-2:30**

A safe space for individuals who identify as part of the asexuality and/or aromantic spectrum to participate in a semi structured process group and cover topics include identity exploration, stigma, media representation, relationships, family, coming out, and intimacy.

### **ADHD — Mondays, 10:00-11:30**

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.

### **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.

### **Anxiety — Thursdays, 10:00-11:30**

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.

### **Black Empowerment — Wednesdays, 1:00-2:30**

A semi-structured process group that aims to create a safe place for Black students (gender-inclusive) to increase their connection to themselves and other Black students utilizing interpersonal process exercises and in-the-moment engagement.

### **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 — Wednesdays, 3:00-4:30**

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.

### **COPE (Challenging Obsessions by Practicing Exposure)— Mondays, 1:00-2:30**

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.

### **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.

### **Graduate Students -- 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.

### **Health Conditions — 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 — Wednesdays, 1:00-2:30 & 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.

**International Student Support -- Mondays, 1:00-2:30**

The group would be ideal for any clients needing to address issues related to transitioning to living in a new country and culture, navigating difficulties such as culture shock, uncertainty, academic difficulties, relationship problems, etc. The group will provide a place for students to receive support and feedback from other international student while share learning experiences and resources.

**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.

**Relationships — Thursdays, 10:30-Noon**

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

**Self-Compassion — Tuesdays, 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 different issues such as family, relationships, self-esteem, beauty, body image, and academic difficulties.

**Trans Empowerment — Tuesdays, 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, 10:00-11:30 & 2:30-4:00, 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 un-healthy relationships.

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**