Fall 2009 Group Sessions

Mondays

Stress and Anxiety Management 1:15 – 2:15 p.m. Contact: Dr. Julie Abrams-Bernier @ 392-1171

This is a psychoeducational group designed to provide instruction and practice on various stress/anxiety management strategies including, but not limited to, breathwork, progressive relaxation, meditation, time management, and imagery/visualization. Open to newcomers and drop-ins are welcome. No prescreening necessary. Starts October 13.

Stop Emotional Eating 1:30 – 2:50 p.m. Pre-screening by Dr. Welsch is required. Contact: Dr. Barbara Welsch @ 392-1171

This group is for women who are emotional eaters. This includes those who use food as a comfort, those who binge eat, and those who have weight issues. The group will use various modalities to help members create new, healthier behaviors and stop using food as their coping mechanism. It will meet for six consecutive weeks, and will be repeated a second time during the semester. Pre-screening is required.

Exploring Body Image: Connecting through Creative Challenge 3:00-4:30pm contact Drs. Leila Durr & Jennifer Stuart (Group room 1)

This group will provide an opportunity to explore the influences of media, peers, family, and life experience on body image and self-esteem. Through creative expression and experiential activities, group members can connect with other and push beyond current limitations to develop a sense of empowerment, vitality, and wholeness. Members will have the opportunity to challenge themselves and grow through participation in discussion, artistic, and adventure-based activities.

Taming the Beast Within: Anger Management 3:30 - 4:30 p.m. Contact Dr. Anthony Greene @ 392-1171

This 9-week group is open to anyone and usually begins 4 weeks after the semester begins. Self-regulation techniques, thought control strategies, and other psycho-educational information are the focus.

First Generation Empowerment Group 5:00-6:30pm- Contact Dr. Shari Robinson & Sheriece Sadberry (Group room #3)

This empowerment group is to provide a supportive group experience with fellow first generation college students. Gain awareness and insight of how privilege and oppression could adversely affect your academic ability. Learn strategies aimed at enhancing your emotional, psychological, and academic well-being.

USO-Monday- Women's Groupl-1:15-2:45pm Contact Dr. Jamie Funderburk & Megan MacNamara

Members explore and talk about patterns of relating to self and others with the aim of developing greater self-awareness and acceptance and improved relationships. Presenting issues vary widely from depression, anxiety, and difficulties relating to/accepting self or others, issues of family conflict or abuse, etc. Women who want to resolve specific concerns as well as those seeking personal growth are welcome. This can be a good time for individuals to get their peers' perspectives on various issues and recognize that they are not alone

Tuesdays

Homesick No More 10:00-11:15am Contact Dr. Helda Montero

Fitting in at UF can be a challenge. This group will provide support and encouragement as you find your way. We will be discussing how to connect and thrive. Please contact Helda Montero at 392-1171. Group will begin week of Sept 21st.

Dissertation Support Group 2:15-3:45pm. Contact Drs. Jamie Jenkins & Carson Ham @392-1575

This group is ideal for graduate students working on their dissertation or in a Ph.D. or similar program which requires a dissertation. The group is designed as a semi-structured group created for graduate students with intent to provide a supportive and confidential space to address concerns, frustrations, disappointment, and the stress and anxiety related to this challenging academic process. If you feel like you could use personal, emotional and social support, or an opportunity to explore your feelings and acquire personal awareness to get you through this journey, this is the group for you.

Making Peace with Food 2:30 - 4:00 p.m. Contact Dr. Roberta Seldman & Sheriece Sadberry @ 392-1171

This group is for women who are struggling with food and body issues and who are in various stages of recovery from an eating disorder.

Taming the Anxious Mind- 2:00 – 3:30 pm. Contact Dr. Mike Murphy & Tamara Walden @ 392-1575

Do you worry a lot? Do you spend a lot of time thinking about the future or replaying the past? Do you have trouble concentrating or focusing your mind? Does your mind race and you find it hard to slow it down? If so, this group may be for you. In this 8 week group we will introduce members to Mindfulness Meditation and help them learn how to quiet their mind and get it to work for them instead of against them. Mindfulness Meditation is a time-tested method for helping people quiet their minds and feel more relaxed and focused. Each session will provide time for practice and discussion.

Invincible Black Women's Group- 5:00-6:30 PM Contact Dr. Shari Robinson @ 392-1575 (Group room 3)

Stressful situations, such as betrayal by loved ones, rejection, discrimination, isolation, under appreciation and workplace politics often affect our ability to succeed in college and stay emotionally and physically healthy. This empowerment group focuses on specific issues facing Black Women today.

This group is designed to educate members about relational patterns in their life and empower each member to find release through rituals, relaxation, self-care, and connectedness for conquering negative patterns.

Exploring Body Image: Connecting through Creative Challenge 3:00-4:30pm contact Drs. Leila Durr & Jennifer Stuart (Group room 1)

This group will provide an opportunity to explore the influences of media, peers, family, and life experience on body image and self-esteem. Through creative expression and experiential activities, group members can connect with other and push beyond current limitations to develop a sense of empowerment, vitality, and wholeness. Members will have the opportunity to challenge themselves and grow through participation in discussion, artistic, and adventure-based activities.

USO Group-Tuesday- 3 pm to 4:30pm Contact Dr. Gizem Toska & Philip Nelson

Members explore and talk about patterns of relating to self and others with the aim of

developing greater understanding and acceptance of themselves and others. Presenting issues vary widely from depression, anxiety, and difficulties relating to/accepting self or others, issues of family conflict or abuse, etc. Students who want to resolve specific concerns as well as those seeking personal growth are welcome. This can be a good time for individuals to get their peers' perspectives on various issues and recognize that you are not the only one.

Wednesdays

Grief -Support 10:00 – 11:00 a.m. Contact: Dr. Norma Charles @ 392-1171

Coping with the death of a loved one can be one of the most difficult and challenging life experiences. The purpose of this group is to provide emotional support for those in mourning, a safe place to discuss thoughts and feelings, and provide skills for coping with the stress and pain of living without your loved one(s) during the grief process. You are not alone here! Start taking referrals Sept 24

Stop Procrastinating Now! 1:30-2:50 p.m. Contact: Dr. Barbara Welsch @ 392-1171

Are you sick and tired of suffering the stress caused by your constant procrastination? This 4 week long (repeating) group will help you stop this self-defeating behavior by exploring why it is necessary for you to procrastinate. Further, you will learn an innovative technique from the field of energy psychology to assist in your quick recovery. Pre-screening is required.

Discovering Your Authentic Self: Using psychological symptoms as a path to finding your true self. 2:30 – 4:00 p.m. Contact Dr. Roberta Seldman @ 392-1171 or Dr. Mike Murphy @ 392-1575

This is a group for people who want to discover more deeply who they are, what they want, and how to better work with feelings and their own "innate wisdom". This group is based on the idea that feelings are part of being fully human and alive and that many times, psychological symptoms (e.g., anxiety, depression, substance abuse, eating disorders, etc.) develop when we repeatedly fail to honor the message of our feelings. Becoming fluent with our emotional lives is central to being able to meet one's own needs and finding

enrichment and purpose in life. Symptoms diminish when feelings are understood and one's unique way of being is allowed.

Academic Confidence Group 3 pm to 4:30 pm. Contact Drs. Stephanie Ellis & Gizem Toska

Confidence Group is for bright students who have difficulty with their academic performance in various courses.

This is not a tutoring group, but a small informal and fun group which helps you gain confidence and helps you do better in math, statistics, and science classes you are taking this term.

General Women's Support Group 3:30 - 4:30 p.m. Contact: Dr. Norma Charles @ 392-1171

A weekly support and psychoeducational group for women. The group may focus on issues included but not limited to topics such adjustment to college life and academics, relationships, family, sexual assault/abuse, substance related problems, self-esteem/image, and oppression and discrimination concerns. The purpose of this group is to provide a safe, supportive, and non-judgmental atmosphere where women can improve their quality of life. The group is open to both undergraduate and graduate women. Start taking referrals Sept 24

International Student Support group (English) will be held on Wednesdays from 3-4:40pm lead by Drs. Choi and Suchman

These are common issues that international students face and you do not need to go through them all by yourself. Come to our support group. Through sharing thoughts, feelings, and concerns in this safe environment, you will gain skills, support and resources from other group members and the group facilitators.

USO-Wednesday- 2:30-4:00pm Contact Dr. Jennifer Stuart

Members explore and talk about patterns of relating to self and others with the aim of developing greater understanding and acceptance of themselves and others. Presenting issues vary widely from depression, anxiety, and difficulties relating to/accepting self or others, issues of family conflict or abuse, etc. Students who want to resolve specific concerns as well as those seeking personal growth are welcome. This can be a good time for individuals to get their peers' perspectives on various issues and recognize that you are not the only one

Thursdays

Getting What You Want from Relationships 10:00 – 11:00 a.m. Contact: Dr. Norma Charles @ 392-1171

This 8-12 week workshop is designed to assist students in developing healthy relationships with others, romantic or otherwise. Issues such as understanding self, attraction factors, types and stages of relationships, smart vs. foolish choices are just a few of the topics for discussion. Educational exercises and handouts are a part of the group experience. If you are interested in being a better partner, friend, spouse, sibling, or loved one this group is for you. The group will be conducted in a non-judgmental, supportive, and confidential atmosphere. Come and share but also hear what your peers have to say. This is an on-going open group. Sessions will be repeated. Start taking referrals Sept 24th

Yoga Nidra for Stress Reduction 11:45-12:45 p.m. Contact: Dr. Barbara Welsch @ 392-1171

There may be some Hatha Yoga but the focus will be on Yoga Nidra (meditative breath work with imagery) which is aimed at stress reduction and goal achievement. The sessions are open to newcomers and drop-ins with no pre-screening necessary. Home practice is a must. This group is also open to faculty and staff through the EAP. Meet in the Student Health Care Center Basement Conference Room starting Sept. 3. Please do not call with inquires, just come and see if you like it! No commitment required

Self-healing with Traditional Chinese Medicine 3:00 – 4:00 p.m. Contact: Dr. Barbara Welsch @ 392-117

Qigong (Chi Kung) has been shown to be a very effective self-healing practice. This group will focus on the self-treatment of stress-related/exacerbated medical issues, chronic pain and anxiety and depression. The practices will be tailored to individual needs. The sessions are open to newcomers and drop-ins with no pre-screening necessary. Home practice is a must. This group is also open to faculty and staff through the EAP program. Meet in the Student Health Care Center Basement Conference Room. Starts Sept. 3. Please do not call with inquires, just come and see if you like it! No commitment required.

Doctoral and Masters Students Support Group 1-2:00pm Contact Dr. Linda Lewis @ 392-1171

Struggling with writing a thesis or dissertation? Trying to find your way through the maze of the university or department bureaucracy? Ready to tear your hair out being a TA or instructor? Teetering on the balance beam of student and family lives? Wondering if you can make it through another meeting or lab session? Need a place to talk about the stresses (and joys) of your graduate school experience? If any of these sound like you, this support group is for you – designed to help you survive and flourish during the unique experience of graduate school.

Mental Health Meds 101 2:00 – 3:00 p.m. Contact: Nurse Practioners Rizan Yozgat or Nicole Karcinski @ 392-1171

Are you considering starting a mental health medication? Does someone you know take them? Or are you just curious about the way these medications work? Come to this drop-in group for information, and to get your questions answered about mental health medications. The group will evolve depending on the needs of the participants. Come once or for multiple sessions that may include specific topics such as: Anti-Anxiety agents, Anti-Depressants, Mood Stabilizers, Stimulants, & Sleep Aids. Open to students, faculty and staff. This is a psychoeducational group *only* and is not a substitute for an evaluation or ongoing care with a psychiatric provider. Group starts September 3rd

Taming the Anxious Mind- 1:30 – 3:00 pm. Contact Dr. Tina Tannen & Megen MacNamara@ 392-1575

In this 8 week group we will introduce members to Mindfulness Meditation and help them learn how to quiet their mind and get it to work for them instead of against them. Mindfulness Meditation is a time-tested method for helping people quiet their minds and feel more relaxed and focused. Each session will provide time for practice and discussion.

LGBT Empowerment Group- 3:00-4:30pm. Contact Dr. Carlos A. Hernandez & Philip Nelson @392-1575

This group will focus on the journey of being LGBT in college, as well as focusing on integrating an LGBT identity with other areas of life, such as work and family. Group is

interactive and will explore issues related to sexual orientation and gender identity, specifically coming out, transitioning, questioning, connecting with family and friends, and creating relationships.

Substance Abuse Group -3:00-4:30pm. Contact Drs. Dave Suchman & Carson Ham

If you'd like to look at your use, misuse, or abuse of alcohol or substances, this is the group for you. Membership is open throughout the semester.

USO-Thursday- 3:00-4:30pm Dr. Stephanie Ellis and Bob Merrell

Members explore and talk about patterns of relating to self and others with the aim of developing greater understanding and acceptance of themselves and others. Presenting issues vary widely from depression, anxiety, and difficulties relating to/accepting self or others, issues of family conflict or abuse, etc. Students who want to resolve specific concerns as well as those seeking personal growth are welcome. This can be a good time for individuals to get their peers' perspectives on various issues and recognize that you are not the only one

Fridays

International Student Support group (Mandarin) on Fridays from 2-3:30pm. Contact Dr. Choi