

# USC COUNSELING & MENTAL HEALTH

Fall 2020 Group Therapy and Workshops | Updated 8.25.20

All Fall 2020 Groups and Workshops will be conducted via Zoom.

## GROUP THERAPY

## WORKSHOPS

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### WHAT IS IT?

**Therapy Groups** are a clinical service and treatment facilitated by a licensed therapist, and they provide a safe place to process challenges, learn skills, and build a community. Students typically feel less alone and more connected with others. All therapy groups and workshops are confidential with USC Student Health, and all fees are included in the USC Student Health Fee. *All Group Therapy facilitators are faculty in the Dept. of Psychiatry and Behavioral Sciences in the Keck School of Medicine of USC.*

Facilitated by Counseling and Mental Health clinicians and staff members, **Workshops** are an opportunity to learn about a mental health topic alongside other USC students. Workshops are different from Group Therapy, which is a very useful psychotherapy format as part of ongoing treatment. *Workshops are not psychotherapy*, but they are still a great way to gain information and learn coping skills to manage common concerns.

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### WHO CAN ACCESS IT?

All USC students currently **residing in California** are welcome to fill out a Group Interest Form on MySHR. From there, the student will meet with a counselor to determine if Group Therapy is the best option for them. *Group Therapy is made possible by the USC Student Health fee.*

All current USC students and recent graduates (May 2020) **regardless of current location**. No health fee needed to access these services for Fall 2020.

There are two *required* workshops offered by Relationship & Sexual Violence Prevention (RSVP): **Affirmative Consent: Trojans Respect Consent** for incoming undergraduates and **Healthy Relationships** for 2<sup>nd</sup> year undergraduates.

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### HOW DO I JOIN?

Contact Counseling & Mental Health, tell your Counseling & Mental Health therapist if you have one, or submit a **Group Interest Form** on MySHR under "Messages," which will go to the therapist who facilitates the group.

Read [Finding Your Flock: Surprising Facts About Therapy Groups that You May Not Know](#) for more information about Group Therapy.

**If you would like to sign up for a workshop**, check for days/times on MySHR under "Groups/Workshops." The only exception is RSVP's Healing Arts Workshop, which requires students to submit a Group Interest Form on MySHR.

**If you would like to request a workshop for a student group or campus partner**, please fill out the [Workshop Request Form](#) on our website. Workshop Requests typically require two weeks advance notice for scheduling purposes.



# GROUP THERAPY

## **Assertiveness Skills Group**

Thursdays 5:15-6:45pm

Charlie Padow, LCSW

This 8-week therapy skills course is designed for students wanting to learn how to be more confident in communicating their needs in their personal, academic and professional relationships. Learn how to find your voice and navigate conflict when dealing with annoying roommates, overbearing parents, difficult co-workers, and uncompromising professors.

## **Bipolar Support Group**

Wednesdays 3:15-4:45pm

Sarah Schreiber, LCSW

A space for students who are living with Bipolar Disorder to learn ways to cope, share experiences, and receive support from peers.

## **Building Social Confidence**

Wednesdays 3:30-5:00pm; Fridays 2:30-4:00pm

Broderick Leaks, PhD

A 5-week psychoeducational and support group that focuses on the needs of individuals with social and performance anxiety. Cognitive Behavioral Therapy (CBT) strategies will be employed as well as exposure exercises. Group topics include anxiety management, assertiveness, and communication skills.

## **Circle of Hope**

(Relationship and Sexual Violence Prevention)

Day/time based on student availability—please contact RSVP or submit a Group Interest Form.

Dianna Linares, LCSW

This is a therapeutic processing group for female-identified survivors that experienced sexual trauma between the ages of 16 years and/or older that are interested to begin or continue the process of healing. This is a closed group with the intention of building a safe space and supportive community to address common barriers individuals of sexual trauma experience throughout their healing process. We invite you to find your voice among students with shared experiences.

## **Connecting on the Spectrum**

Tuesdays 3:30-5:00pm

Susan Ramirez, PhD

This group combines skills and peer-centered support for students on the autism spectrum. Topics may include, but are not limited to, general social communication skills, self-advocacy, and feelings of loneliness and social isolation as a result of difficulties with social communication skills and maintaining friendships.

## **Effective Life Skills: Regulate, Communicate, Tolerate**

Fridays 10:00-11:30am

Dani Gonzales, PsyD

For students who feel that it is difficult to manage intense emotions, this group teaches a variety of skills adapted from Dialectical Behavior Therapy (DBT) to assist individuals who struggle with emotional and interpersonal issues. Learning modules include regulating emotions, tolerating distress, increasing mindfulness, and improving relationships. Participants will support each other throughout this process in order to learn from one another.

## **Gender Spectrum**

Wednesdays 2:00-3:30pm

Mary Weber, LMFT, and Aydin Olson-Kennedy, LCSW

A supportive space to talk with other students about life and issues related to gender identity. Topics are based on students' interest and can include exploring your identity; trust and relationships; dealing with cisgenderism or internalized transphobia; coping with stresses of campus life; transitioning and (hormones; coming out; dating; family and societal expectations; and life in general.)

## **Graduate Rise and Shine: Cultivating Self-love, Healthy Relationships, and Leadership**

Tuesdays 4:00-5:30pm  
Hua Wen, LMFT

This 5-week skills group for graduate students utilizes cognitive-behavioral tools in combination with a mindfulness approach to foster self-care and self-love that can be applied to a fulfilling personal and professional life. Working from a strengths-based perspective, members will be able to explore their relationship with themselves and others in a safe space.

## **Graduate Support Group**

Mondays 5:00-6:30pm  
Parissa Nili, PsyD

This weekly group is a space for graduate students to connect with their peers, share their experiences, learn from other students going through similar circumstances, and practice healthy coping skills. Graduate students can discuss a wide range of topics, some of which might include academics, stress management, relationships, career, cultural concerns, and coping in regard to COVID-19 concerns.

## **Graduate Women Empowering Graduate Women**

Thursdays 4:30-6:00pm  
Erika Nanes, LCSW

This support group will provide women with a space to learn from one another about managing the demands of being in a graduate program. Specific topics of discussion may include balancing school and personal life, communicating effectively with advisors and/or peers, settings manageable goals, resisting imposter syndrome, developing and maintaining a support network, and any other topics the group decides to explore.

## **Increase Your Emotional Intelligence**

Tuesdays 10:00-11:00am  
Alice Phang, PhD

This is a 4-week skills group for students who often experience anxiety, depression, or any other difficult emotion. This group uses an evidence-based model to help students identify how thoughts, feelings, and behaviors are impacted by distress. Students will also be taught new and more effective ways to respond to their emotions.

## **International Tea Time (International Students Group)**

Tuesdays 10:00-11:30am  
Annie Hsueh, PhD

This support group provides a space for international students to share their experience here at USC. This is a chance to discuss anything that is confusing, difficult, or amusing. Themes commonly discussed include communication, relationships, homesickness, identities, and adjusting to USC in general.

## **Intro to Mindfulness for Graduate Students**

Tuesdays 12:00-1:00pm  
Tannaz Alagheband, LCSW

This 4-week graduate group focuses on developing and cultivating mindfulness skills to regulate responses to stress and enhance resiliency to face life's challenges. Students will learn skills to bring awareness, presence and self-compassion to relationship with themselves and others. Each week, students will engage in a different mindfulness meditation practices and have an opportunity to discuss their experience with the group. While students are participating in the group, they are encouraged to apply learned mindfulness skills to their daily life to experience the full benefits of the group.

## **Making Anxiety Your Friend**

Fridays 10:30 – 11:30 a.m.  
Melissa Pottash, LCSW

A 5-week structured therapy group for students experiencing anxiety. Group members will be able to share their experiences living with anxiety in a supportive environment. Using a cognitive-behavioral approach, the group will address negative thoughts and beliefs that contribute to anxiety and assist students in challenging and replacing negative self-talk. Students will learn skills and strategies, such as relaxation, breathing, and mindfulness techniques, to assist with managing anxiety symptoms.

## **Mindfulness Skills for Daily Living**

Fridays 2:00-3:30pm  
Yong Park, PhD

This is a structured and experiential group class using mindfulness techniques to reduce stress and to build relaxation and well-being skills. Students will learn ways to be more present, aware, accepting, and compassionate of their experiences. Students will have the opportunity to learn and engage in different types of mindfulness practices each week.

### **Mindful Self-Compassion**

Tuesdays 1:00-2:30pm

Robin Ward, LCSW

Self-compassion provides emotional strength and resilience, allowing us to admit our shortcomings, motivate ourselves with kindness, forgive ourselves when needed, relate wholeheartedly to others, and to be more authentically ourselves. In this six-session course you will have the opportunity to learn how to respond to difficult moments in your life with greater kindness, care, and understanding through mindfulness practice, group exercises, discussion, lecture, and daily life practices.

### **Peace with Food: Eating Disorder Support Group**

Tuesdays 2:00-3:30pm

Dani Gonzales, PsyD

Provides support for students in managing the struggle with the relationship with food, their bodies, and themselves. Primary focus is helping students understand the function of the role of food in their lives, underlying emotional concerns, learning to name feelings, and alternative coping with feeling.

### **Queer and Questioning**

Tuesdays 4:00-5:30pm

Matthew Brinkley, PsyD, LMFT

This group addresses life and relationship issues related to sexual orientation. Talk openly with other students about being pansexual, asexual, gay, lesbian, bisexual, queer, or other sexual identities. Topics are based on students' interest and can include exploring your identity; trust and relationships; dealing with hetero-sexism or internalized homophobia; dating; family and societal expectations; and self-esteem.

### **Self-Compassion**

Tuesdays 10:00-11:30am

Matthew Goodman, PhD

Most of us are rock stars at showing compassion towards others. When it comes to ourselves, however, the opposite can be true: we tend judge, criticize, and treat ourselves more harshly than we would a good friend. Self-compassion changes the way we relate to our own experience. Research suggests this can greatly enhance our mental and physical well-being. This group teaches the foundational skills of self-compassion. Participants will learn these skills through didactic material, experiential practices, group conversation, and daily home practices. The goal is to develop more resiliency in the face of life's inevitable stressors.

### **Thriving with Depression and Anxiety**

Fridays 11:00am-12:30pm

J. Paul Zawacki, LCSW

This group is devoted to helping students learn to encounter depression and anxiety differently and create a more vital and meaningful life. Drawing on Acceptance and Commitment Therapy (ACT), the group will engage in experiential exercises, practice mindfulness, complete brief readings, and learn practical skills to help transform approaches to problems.

### **Trailblazers: First-Generation Student Support Group**

Tuesdays 5:00-6:30pm

Ekta Kumar, PsyD

This group is for first-generation college students who are navigating university life and academics during a challenging time. This group aims to provide a supportive space to share experiences, celebrate successes, and to discuss difficulties they've experienced along the way.

### **Undergrad Connecting with Self and Others**

Wednesdays 2:00-3:30pm

Elizabeth Reyes, PhD, and Psychology Doctoral Interns

This group focuses on improving quality of relationships including understanding your patterns in relationships; understanding how you may be misunderstood by others; what it means to have difficulty trusting others and how to practice taking risks; etc. Relating to others effectively and fulfillingly is an ability that can grow through practicing through the interactive nature of the group itself, and by giving and receiving authentic feedback about each other's style of relating.

### **We Got This!: Women of Color Support Group**

Thursdays 4:30-6:00pm

Kendra Archer, LCSW

This group is a supportive space for self-identified women of color/BIPOC to discuss the complexities of navigating personal and interpersonal spaces within and outside of USC. Participants can discuss feelings and experiences related to campus climate, stress/coping, resiliency/growth, racial/ethnic identity, racism/ internalized racism, oppression and privilege, intersectionality, self-esteem, relationships, family, and other topics of interest.

*For more information about Group Therapy, visit*

<https://studenthealth.usc.edu/counseling/group-counseling/>



# WORKSHOPS

## **Calm: Techniques for Managing Anxiety and Panic Attacks**

Check MySHR for days and times.

Jennifer Hsia, PhD

Participants will better understand the physical anxiety response and benefits of anxiety. We will delve into understanding the biological process and the role of thoughts in panic attacks. Coping strategies, a mindfulness exercise, and a deep breathing exercise are incorporated.

## **Sleep Skills: Rest and Renewal**

Check MySHR for days and times.

Jennifer Hsia, PhD

The goal of this workshop is to learn strategies to improve your sleep. This workshop will provide general information about sleep, review sleep hygiene tips, and provide strategies to address problematic thoughts about sleep.

## **Stress Less**

Wednesdays 1:00-2:00pm

Katie Bates, M.S.

Stress Less is a workshop that teaches one coping skills, and strategies to manage stress, build resiliency, and increase resources. Learning the necessary tools and practicing these skills is essential when we are faced with uncertainty, stress, and unexpected situations. Learn how to take control of your stress, thrive, and Fight on!

*For more Student Health Workshops, visit*

<https://studenthealth.usc.edu/workshops-single-session/>

## **RELATIONSHIP & SEXUAL VIOLENCE PREVENTION (RSVP) WORKSHOPS**

### **Healing Arts Workshop for Women**

Tuesdays 4:00-5:00pm

Nancy Sandoval, LCSW

The Healing Arts workshop is a safe environment for women, and follows a trauma-informed approach, acknowledging that trauma is prevalent, and the impacts are far-reaching. Hands-on creation of art has been shown to be healthy coping skills, increase self-reflection and self-awareness, have positive physical effects, and build resilience— all of which play a key role in life transformation. Submit a Group Interest Form on MySHR under “messages” if you are interested in this workshop.

### **Community Resiliency Model (CRM)**

Tuesdays 5:00-7:00pm

Milena Lukic, LMFT

CRM’s goal is to help to create “trauma-informed” and “resiliency-focused” communities and individuals that share a common understanding of the impact of trauma and chronic stress on the nervous system and how resiliency can be restored or increased using this skills-based approach. CRM Skills Workshops will introduce the six wellness skills designed to help individuals learn to track their own nervous systems in order to bring the body, mind, and spirit back into a greater balance. While workshops are a helpful resource, it is not psychotherapy. Register on MySHR under “Groups/Workshops.”

## RSVP WORKSHOPS CONTINUED

### Setting Healthy Boundaries

Fridays 12:00-1:00pm  
Milena Lukic, LMFT

This workshop will provide skills and strategies about how to maintain healthy relationships with your family, friends, significant others, and yourself. We will discuss the importance of boundaries, assertive communication, and staying connected during this time of social distancing and self-isolation.

### Sexual Harassment Prevention Workshop

1 session/week. Check MySHR for days and times.  
Facilitated by professional Violence Prevention Educators

This 90 minute workshop is designed for graduate/professional degree students navigating their academic careers and professional networks. Participants will gain a better understanding of what rape culture is, identify what sexual harassment looks like, and be able to demonstrate ways to intervene and respond to sexual harassment.

Registered graduate student organization leaders are also able to secure additional funding from Graduate Student Government by attending this workshop. Students can sign up for this workshop through the event page. If you need any accommodations, please email [eshcrsvp@usc.edu](mailto:eshcrsvp@usc.edu) as soon as possible.

### Trojans Act Now! A Bystander Training Workshop

1 session/week. Check MySHR for days and times.  
Facilitated by professional Violence Prevention Educators

Trojans Act Now! is a 90 minute workshop that empowers undergraduate students to intervene when they witness a situation that may lead to gender- and power-based harm including sexual harassment, stalking, dating violence, and sexual assault. Participants will gain skills in identifying potentially risky situations, safely intervene, and help create an inclusive and respectful campus community.

Registered undergraduate student organization leaders are also able to secure additional funding from Undergraduate Student Government by attending this workshop. Students can sign up for workshop on the event page. If you need any accommodations, please email [rsvptrojansctnow@usc.edu](mailto:rsvptrojansctnow@usc.edu) as soon as possible.

### Affirmative Consent: Trojans Respect Consent

6-7 sessions/week. Check MySHR for days and times.  
Facilitated by professional Violence Prevention Educators

For new incoming undergraduates, this 90 minute workshop provides an opportunity to understand how to clearly communicate permission, boundaries, and consent in intimate encounters. Discussion is limited to new USC students and is conducted in small groups, so participants can ask questions and have a frank conversation.

*Trojans Respect Consent is a required workshop for all incoming undergraduate students during their first semester.* If you need any accommodations, please email [sconsent@usc.edu](mailto:sconsent@usc.edu) as soon as possible.

### Healthy Relationships

6-7 sessions/week. Check MySHR for days and times.  
Facilitated by professional Violence Prevention Educators

Designed for undergraduate students who have completed "Trojans Respect Consent," this workshop covers power dynamics and mutual respect in intimate partner relationships. Participants explore skills for setting expectations that are foundations for healthy and mutually supportive partnerships, and learn to recognize and manage unhealthy or abusive relationships.

*Healthy Relationships is a required workshop for 2<sup>nd</sup> year undergraduate students.* All students with sophomore standing and above are welcome to take this workshop. If you need any accommodations, please email [sconsent@usc.edu](mailto:sconsent@usc.edu) as soon as possible.

**For more information about RSVP, visit**

<https://studenthealth.usc.edu/sexual-assault/>

**We're Here to Answer Your Questions:**

Call (213) 740-WELL (9355)

Email [studenthealth@usc.edu](mailto:studenthealth@usc.edu)