

Group Counseling at the UCC

How to Join a Group: Students currently enrolled on APU's main Azusa campus are eligible for an unlimited number of free UCC group sessions per academic year. To join a group, simply schedule an intake meeting with a UCC counselor to discuss your current goals, mental health concerns, and options for service. Following this meeting, your counselor will provide you with a group referral to meet with one of our group counselors. Listed below are several descriptions of our psychotherapy groups, skill enrichment groups, and support groups.

Psychotherapy Groups: These groups are designed to aid students in exploring their relational dynamics and interpersonal strengths/deficits. In these groups, students are offered the opportunity to explore their intrapersonal and interpersonal conflicts, learn new social skills, get feedback from others, and try out new relational behaviors.

- **Relationship Therapy Group (Thursdays, 10:00am-11:30pm):** This group is designed for students who are interested in their own personal growth, who seek deeper understandings of themselves and their relationships with others.

Fall Group (Eight Weeks): October 15th – December 10th

Spring Group (Ten Weeks): February 18th – April 29th

- **Mental Health Providers Therapy Group (Fridays, 3:15pm-4:45pm):** This group is a process-oriented therapy group specifically for APU graduate students in the mental health fields (e.g., MSW, MFT, and Psy.D.). The group will focus on interpersonal process and providing members with the opportunity to learn about themselves through their interactions with other members in the group. Even though all the members will be mental health trainees, the focus of the group is self-exploration and personal development.

Fall Group (Eight Weeks): October 16th – December 11th

Spring Group (Ten Weeks): February 19th – April 30th

- **Peace With Food and Body Image Group (Fridays, 1:00pm-2:30pm):** This group is for people with concerns about their relationship with food, their body image, and the impact of food and body image on their lives. This group is designed to help members develop skills for creating a healthier lifestyle, understanding their situational triggers, and engaging relationships in a new way.

Fall Group (Eight Weeks): October 16th – December 11th

Spring Group (Ten Weeks): February 19th – April 30th

Skill Enrichment Groups: These are structured groups which focus on providing groups members a specific set of techniques and skills to improve the quality of their daily living. These groups often include didactic training, group discussion, and opportunities to practice a certain set of learned skills.

- **Stress Management Group (Tuesdays, 3:00pm-4:00pm):** This group is for individuals who would like to learn a comprehensive approach to improving mental health, enhancing energy, improving concentration, and coping with overwhelming emotions. Members will learn approaches to wellness and stress-reduction through mindfulness, contemplation, and relaxation.

Fall Group (Six Weeks): October 20th – November 24th

Spring Group (Six Weeks): February 16th – March 23rd

- **Social Confidence Group (Wednesdays, 3:15pm-4:45pm):** This is a structured group, which focuses on the needs of individuals with social anxiety, social phobia, or “shyness”. The group goal is to help members develop specific techniques and skills, which they can use to improve the quality of their social interactions. Group topics include dating, assertiveness, net-working, and anxiety management.

Fall Group (Four Weeks): October 28th – November 18th

Spring Group (Four Weeks): March 3rd – March 24th

- **Boundaries Group (Mondays, 1:00pm-2:30pm):** This group is designed to provide practical, non-theoretical exercises that will help members set healthy boundaries with parents, friends, coworkers, and even oneself. Being a loving and unselfish Christian does not mean never telling anyone no. This group will help you discover what boundaries you need and how to avoid feeling guilty about setting them.

Fall Group (Five Weeks): October 26th – November 23rd

Spring Group (Five Weeks): February 22nd - March 22nd

- **Managing Your Mood Group (Tuesdays, 9:30am-11:00am):** In this group learn to effectively cope with depression through new behavioral skills and cognitive strategies. This group is designed to reinforce skills learned in therapy and continue the therapeutic learning process.

Fall Group (Six Weeks): October 20th – November 24th

Spring Group (Six Weeks): February 16th – March 23rd

Support/Discussion Groups: Support groups offer many of the same benefits as psychotherapy groups and skill enrichment groups, including social support, the opportunity to identify with others, and the sense of belonging that makes group therapy effective for many. However, these groups specifically meet to share their common concerns and help one another cope. These groups focus more on support as opposed personal issues and interpersonal strengths/deficits.

- **International Students Discussion Group (Fridays, 10:40am-11:35am):** Come and meet interesting students from all over the world. This is a group for students living away from their home country to discuss issues related to their cultural identity.

Fall Group (Eight Weeks): October 16th – December 11th

Spring Group (Ten Weeks): February 19th – April 30th

- **Students of Color Discussion Group (Wednesdays, 1:00pm-2:30pm):** Are you a student of color? Join this support group for students of all ages that is designed to increase connection, self-empowerment, and advocacy for students in a multicultural world.

Fall Group (Eight Weeks): October 14th – December 9th

Spring Group (Ten Weeks): February 17th – April 28th

- **Grief Support Group (Tuesdays, 1:00pm-2:30pm):** This group offers members the opportunity to explore the process of grief and how to cope with losses in a safe and supportive environment. All who have suffered the loss of a loved one are welcome to join!

Fall Group (Eight Weeks): October 20th – December 8th

Spring Group (Ten Weeks): February 16th – April 27th

- **Children of Divorce & Difficult Families Support Group (Thursdays, 1:00pm-2:30pm):** In this small group, members will talk about their own difficult families, how past familial experiences impact their current relationships, and how they overcome the negative effects of their difficult families.

Fall Group (Eight Weeks): October 15th – December 10th

Spring Group (Ten Weeks): February 18th – April 29th