

**UCO PSYCHOLOGY CLINIC GROUPS – FALL 2020**

**Social Media Addiction Therapy Group:** Meets online Mondays from 4:30-6:00 p.m.
The Social Media Addiction Therapy Group is a group for college-aged students suffering with social media addiction, self-esteem, and confidence issues stemming from online social pressures. The manual is designed for approximately eight one-and-a-half hour sessions. The purpose of this therapy group is to create a safe place for coping with social media addictions and the negative effects of having an online presence. In this program, members will be educated on the danger of social media addiction and will learn how to deal with social pressure from online platforms. Throughout the process, the individuals will learn how to control and reduce internet use, reconstruct negative self-thoughts, and expand real life social contacts through a Cognitive Behavioral approach. **Co-facilitated by Jaira and Stephanie.**

**Group Therapy: Affirming LGBTQ+ Identity:** Meets online Wednesdays from 6-7:30 p.m.
**Topic:** Confronting internalized homophobia and affirming identity as an LGBTQ+ person.
**Description:** We will be focusing on managing internalized homophobia, building confidence and acceptance of identity, discussing challenges in sex-education for queer folks within a sex-negative culture, coming out to self and others, relationships with friends and family, self-esteem, and queer pride. This group is a safe space for individuals to discuss their sexuality and gain tools to help build esteem and combat negative self-thoughts. **Co-facilitated by Ashe and Hollie.**

**Pandemic Anxiety Group:** Meets online Mondays from 6-7:30 p.m.
This group will help members better manage stressors they may face due to the pandemic. Members will practice identifying, monitoring, and coping successfully with both generalized levels of tensions and anxiety. Members will focus on both the negative thoughts associated with anxiety along with the resulting emotions and behaviors (such as avoidance). One of our goals is to learn that social situations are not as threatening as they seem. This is a discussion based counseling group held virtually in order to maintain social distancing. **Co-facilitated by Elbin and Zac.**

**Effective Communication:** Meets online Tuesdays from 11 a.m. - 12:30 p.m.
Communication skills are typically learned early in life, however, as the skills required of us have become more complex we may have experienced difficulty adjusting to these unspoken rules. Many of us feel as if we were not taught effective communication skills, floundering through unsatisfactory encounters without feeling certain as to what went wrong. Others feel they were taught up to a point, but what should we do when those skills do not work as intended? Effective communication is complicated, and most of us are not born with the skills necessary to navigate this social world to the best of our ability without having first been taught. Therefore, this group will provide you with the necessary tools to engage in more fulfilling verbal interactions and relationships, more adequately meet your own needs, and more successfully listen to others through collaboration between the group members and leaders over the course of weekly sessions. **Co-facilitated by Gabe and Andrew.**

**Balanced Life and Insomnia Group:** Meets online Thursdays from 12:30 - 2 p.m.
This group’s focus is learning how to use time management, self-care, and good sleep hygiene to improve balance in your life: school, work, family, social life, and getting enough sleep. Considering what balance looks like for each individual person is an important part of the process. Techniques such as using sleep logs, active relaxation, time logs, and priority exploration will be used to encourage finding balance in a way that makes sense to the individual. **Co-facilitated by Samantha and Cheyenne.**

TO SIGN UP CALL THE PSYCHOLOGY CLINIC AT 405-974-7258 OR VISIT PSYCHCLINIC@UCO.EDU