Coed Understanding Self and Others (USO) Group

Have you ever wondered why you keep repeating the same unhealthy relationship patterns over and over?
Do you struggle with feeling worthy of having people do nice things for you?
Do you often feel taken advantage of as a people pleaser?
Do you ever struggle with getting your own needs met in relationships?

If you are able to answer "yes" to any of the prior questions, USO group therapy may best fit your treatment needs. UWF students often prefer USO groups because they are provided with opportunities to learn about how other’s perceive them and experiment with new behaviors. Unlike individual therapy, USO group therapy offers students unique opportunities to interact with their peers in a safe and therapeutic setting.

CAPS offers two options for USO groups (Women’s and Coed). If you are interested in participating in group therapy, you can schedule a group screen appointment with the group facilitator(s). In order to get the most from your group therapy experience, please consider the two recommendations below.

- **Group therapy as primary form of treatment.** Quite often, students believe that they will expedite their growth by participating in multiple forms of treatment. However, usually the opposite is true. Students will, unknowingly, withhold their thoughts, feelings and secrets from the group when there is the option of sharing with their individual counselor. Theoretically, the more interpersonal risks you take in group, the more you learn and are rewarded by growth. As a result, participating in services other than group may hamper your personal growth. There are a few exceptions to this rule, and students who are struggling with issues related to trauma and/or severe depressive symptoms tend to fair better with combined individual and group therapy. When in doubt, consult with a counselor about what is recommended for you.

- **Commit to more than one semester.** The UWF USO groups are considered time-limited brief therapy process groups. This means that the facilitators work hard to explain the rules and function of group very early in the group process so that members can begin their journey toward wellness. Once the norms have been established, group members begin to trust each other and share their honest thoughts, fears, and reactions. The relationships that are formed become the agent of change. This means that group members grow as a result of the lessons that they have learned from the relationships that are built with other group members. This process may take time. As a result, students who participate in group for more than one semester often experience the most personal growth.