Information About Group Therapy

Many people are hesitant at first about joining a group but quickly find that sharing their concerns with others, hearing about other people’s similar experiences, and giving and receiving emotional support can be very helpful. Groups provide a variety of perspectives and allow members to try new behaviors in a safe environment. Past group members shared the following about their experience:

- “Group is a good place to explore your thoughts and worries with people who can listen to you, laugh with you, and help you work through your problems.”
- “Group has helped me realize that I’m not the only one who is going through my situation.”
- “Group therapy has helped me to grow a lot. It has helped me to see aspects of my life from different perspectives, and to see things in a new way.”

What is group therapy?
Group therapy is a type of counseling that can be very effective in helping people solve problems and feel better about themselves and their lives. Group therapy typically consists of four to ten students and two counselors who meet for about ninety minutes once a week. All participants agree to keeping confidentiality about who is in the group and what is disclosed. Groups may be the sole treatment or complement individual therapy. Groups can also be a good way to continue to benefit from services after finishing individual therapy. All potential members of a group meet with a group leader in advance for a screening interview. The process helps to find a good fit between a student and a particular group.

Why do people join groups?

Groups are effective for achieving an array of personal goals. Please check off items that reflect your concerns:

- Expressing thoughts and feelings
- Learning to communicate better
- Increasing support system
- Working on social skills
- Decreasing social anxiety
- Improving personal relationships
- Learning to manage emotions
- Getting better at making decisions
- Becoming more independent
- Becoming more confident
- Learning more about oneself
- Coping with stress
- Supporting others
- Facing fears
- Controlling temper
- Increasing motivation
- Improving mood
- Learning to stop procrastination
- Improving academic performance
- Reducing anxiety and worry
- Talking about family problems
- Learning to make and keep friends

IF THESE GOALS REFLECT YOUR REASONS FOR SEEKING THERAPY THEN GROUP THERAPY MAY BE THE BEST OPTION FOR YOU!