

# GROUP THERAPY

## **Why is a counselor suggesting group therapy?**

If a counselor suggests group therapy, they believe that this is the best option for you to start feeling better soon. Group is often more effective than individual therapy for many student concerns.

## **What is group therapy?**

Group therapy is a way for students to work through concerns with the help of other students and trained group facilitators. In group students learn not only from what they bring to group, but what others bring as well. The basic idea behind group is that it is a safe place for us to try new ways of interacting with ourselves (ex: decreasing self-defeating thoughts, depression, anxiety, etc.) and others (ex: learning how to ask for what we need, trusting others, etc.).

## **Isn't that awkward?**

Group usually feels scary at first for everyone. So, during the first meetings the counselors will work to develop a safe, trusting, and confidential space for all students. It doesn't stay awkward all semester—we promise!

## **What do I talk about in group?**

We encourage students to talk about whatever brought them to counseling in the first place! If you don't feel comfortable at first, you can likely still relate to what others are talking about and can still learn and practice new ways of interacting which can lead to you feeling better.

\*Your counselor will schedule you for a Pre-Group interview. This is not a commitment to group, but a chance for you to talk with a group leader about if you feel like group is right for you. It may be a few weeks before a group starts, so we'll make sure to help you get what you need while groups are starting up.



## STUDENTS SAY...

**“It is a little weird at first, but is really beneficial and helpful.”**

**“Try it – it can’t hurt and could help. Knowing there are others struggling could be what you need.”**

## Spring 2018 GROUPS

**Rainbow Room:** Tuesdays 5:30pm-6:30pm      Email: [mjmanalo@email.wcu.edu](mailto:mjmanalo@email.wcu.edu) for info

Whether you are questioning your gender identity or sexual orientation OR you’ve already “claimed” your gay, lesbian, bisexual and/or transgender identity, sometimes it’s helpful to have a safe space where you can regularly connect with a small group of people with similar life experiences. Rainbow Room is a confidential, respectful, counselor-facilitated support group. Issues discussed could include coming out, gay life in rural communities, spirituality, handling discrimination and oppression effectively, and more.

**Grief/Loss Group:** Tuesdays 2:30-4pm      Email: [srkuppers@email.wcu.edu](mailto:srkuppers@email.wcu.edu) for info

This group is for students struggling with the loss of a loved one, either recently or in the past. The group will provide a space for students to safely share their experience with grief, explore coping strategies, and connect with others facing similar issues.

**Food/Mood Group:** Fridays 2:30-4pm      Email: [easpinwall@email.wcu.edu](mailto:easpinwall@email.wcu.edu) for info

This group is for students struggling with eating concerns that are significantly impacting their lives.

**Living Emotionally Healthy:**      Email: [pdemonet@email.wcu.edu](mailto:pdemonet@email.wcu.edu) for info

This group is for individual’s to Build skills and strategies to increase distress tolerance, interpersonal skills as well as understanding and managing emotions. The group will run for approximately 12 sessions.

**Mindfulness Group:** Email: [munger@email.wcu.edu](mailto:munger@email.wcu.edu) for info

The practice of mindfulness has been linked to happiness, health, and psychological well-being. Research suggests that as little as twenty minutes of mindfulness practice daily reduces stress. This group is designed to help you transition from living life on “automatic pilot” to living life in the present moment. This 5-week mindfulness group offers you the opportunity to develop self-acceptance, patience and compassion.