

What You Should Know About Group Therapy



Key Benefits

Support and Camaraderie via Shared Experiences

Sharing concerns, struggles, and possible solutions help people to see that they are not alone. Many times people feel that their problems are unique. A sense of relief can come from discussion with others who share similar challenges.

Group Size

Groups are limited to 6 participants with one therapist facilitator.

A Safe Environment

Your group is a community to share your thoughts or ideas and receive nonjudgmental feedback within a safe environment.

Progress and Motivation

Groups can propel you forward. Hearing how other members successfully cope with or overcome difficulties can be very encouraging and empowering. In addition to getting the help you need you may be able to help others!

Confidentiality is strictly respected!

All students sign a confidentiality agreement.

HOW TO GET THE MOST OUT OF GROUP:

- i) Talk openly with your therapist to pick the group for your goals.
- ii) Talk with the group about your reasons for coming to counseling and hopes for how group can help.
- iii) Be aware of your feelings and thoughts, share reactions that you have with other group members.
- iv) Try something new! Group is a great place to try out different things in communication.



HOW TO JOIN GROUP THERAPY

You can express interest in group by contacting Counseling Services at 910-814-5709 or by speaking to your therapist.

Counseling Services

233 Leslie Campbell Avenue
Beside Memorial Baptist Church & Across from Luby Wood Residence Hall