

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.*



225 Bird Building
Cullowhee, NC 28723
tel: 828.227.7469

Western
Carolina
UNIVERSITY

Counseling and
Psychological Services

STUDENTS SAY...

MADE ME FEEL **LESS ALONE** AND ALSO GAVE ME WAYS TO DEAL WITH **INTENSE FEELINGS.**

TRY IT - IT CAN'T HURT AND COULD HELP. KNOWING THERE ARE OTHERS STRUGGLING **COULD BE WHAT YOU NEED.**

SPRING 2019 **GROUPS**

▶ **PSYCHOEDUCATION GROUP**

COPE:

Monday-Friday, Various Times @ CAPS

▶ **SPECIAL TOPICS GROUPS**

LIVING EMOTIONALLY HEALTHY:

Tuesday, 3PM-4:30PM @ CAPS

RAINBOW ROOM:

Tuesday, 4PM-5PM @ CAPS

SISTER CIRCLE:

Friday, 2:30PM-4PM @ CAPS

VETERAN'S GROUP:

Friday, 3PM-4PM @ Veteran's Resource Center

▶ **PROCESS GROUP**

INTERPERSONAL PROCESS GROUP:

Thursday, 3:30PM-5PM @ CAPS

