Group Counseling

For many issues that bring people to counseling, group counseling is a more powerful path for change than individual counseling. Counseling groups give you the opportunity to share experiences, learn new perspectives, and experiment with new behaviors in a safe and supportive environment. Counseling Services offers a number of group therapy options to meet students’ needs.

Group Treatment is often the treatment of choice for people who experience:
- Troubled friendships and relationships
- Loneliness or alienation from others
- Depression
- Anxiety
- Grief issues
- Trust issues
- Low self-esteem
- Unresolved anger
- Family Concerns

Group allows us to experiment in a safe environment

If you typically relate to people by
1. Complying, giving in.
2. Always talking, filling any uncomfortable silence.
3. Holding your true feelings inside.
4. Playing it safe.

You might experiment in group with:
1. Saying No.
2. Being silent for a minute, admitting your discomfort.
3. Saying or showing your feelings.
4. Taking a few risks.

In trying these and other experiments in the safety of the group setting, the important thing is to do something that feels difficult. Old, familiar ways of behaving will probably not result in productive experiments. Moreover, a new behavior may seem difficult at first, but with practice, it gets easier. Then the new behavior may be added to your range of options for when you need it.
What types of groups do we offer?

**Process Groups** are for those who will benefit from sharing experiences, giving and receiving support/feedback, and experimenting with new interpersonal behaviors in a safe environment.

**Theme Groups** are for those who would like to give and receive support with others who are dealing with similar issues/common experiences.

**Psychoeducational Groups** are for those who want the opportunity to be educated, to increase knowledge of resources, and to build coping skills in certain areas of their lives.

**Wellness Groups** are for those who would like to learn skills to enhance wellness.

How do I get started?

- If you are not currently receiving counseling at UWRF Counseling Services, give us a call to schedule a brief intake appointment. In your first visit, the counselor will provide information about what to expect from the counseling process, discuss your presenting issues and concerns, and develop a plan for treatment that best meets your needs. At this appointment, please mention your interest in group counseling.
- If you are already receiving services at UWRF Counseling Services and are interested in joining a group, we invite you to talk about your interest with your counselor.
- You will then schedule a group orientation meeting with the group leaders to determine whether group is a good fit for your needs.

What can I expect from the group?

Most groups consist of five to eight students and one or two trained group therapists.

Most groups meet weekly for 90 minutes throughout the semester.

Group therapy has been proven effective in helping young adults deal with a broad range of issues, from mild adjustment and developmental concerns to severe or chronic mental health concerns.

What is a Process Group?

Group therapy is a powerful tool for growth and change. In process groups, five to eight individuals meet face to face to share their struggles and concerns with the facilitation of one to two trained group therapists. The power of process groups lies in the unique opportunity to receive multiple perspectives, support, encouragement and feedback from other individuals in a safe and confidential environment. These interpersonal interactions can provide group members an opportunity to deepen their level of self-awareness and to learn how they relate to others.

Process groups are typically unstructured. There isn’t a specific topic for each group session. Some of the groups may be focused on a particular theme, or the group may be focused on a specific group of individuals (e.g., women, men, or older students). Members are welcome to bring any issues to the group that they feel are important. The primary focus of therapy in the group is on the interactions among group members. Members are encouraged to give support and feedback to others, and to work with the reactions and responses that other members’ contributions bring up for them.

“My overall satisfaction with the group counseling experience is wonderful. It’s an important highlight to my week.”

UWRF STUDENT

“The best features of this group was the honesty and insight of the members.”

UWRF STUDENT