



What Students Say About Group Therapy

“ I was really anxious about joining a group, but this was really helpful. I really enjoyed the exercises and skills we learned. ”

“ It was nice to see that I am not the only anxious person. ”

“ It felt good to know that others have these problems too and the two leaders were really nice. ”

“ Group helped me get more comfortable talking in front of other people. ”



GROUP THERAPY

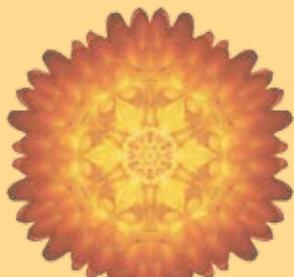
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**SYRACUSE UNIVERSITY
COUNSELING CENTER**



What is Group Therapy and How Can it be Helpful?

Therapy groups focus on developing insight, changing behavior, and improving relationship skills. Students struggling with similar concerns share feedback with each other and learn new ways of coping. Therapists facilitate the groups. Enrollment is free. Confidentiality is strictly respected.



BENEFITS OF GROUP THERAPY

Group therapy has often been shown to be a more effective treatment option than individual therapy among college students. Group helps individuals realize that they are not alone in facing a certain problem and also provides a safe and real world experience for practicing and improving interpersonal skills. Additionally, group provides a means for individuals to express their emotions more freely and have an opportunity to help one another, which can increase self-efficacy.

CURRENT GROUPS

Visit counselingcenter.syr.edu for the list of groups offered this semester.

HOW DO I JOIN A GROUP?

Call the Counseling Center to schedule an initial telephone appointment with a therapist to discuss your current concerns and interest in group therapy. If you and the therapist decide that group may be a good fit for you, a group orientation appointment with a group therapist will be scheduled. During the group orientation appointment, you will further discuss expectations for group and how to get the most out of group.

In a group, up to eight students meet with one or two group therapists. Most groups meet weekly for 90 minutes. Starting dates vary. All are open only to full-time students.

TYPES OF GROUPS OFFERED

Process Groups

- Members explore a variety of presenting concerns and increase self-awareness by exchanging genuine and honest feedback.
- Members practice assertiveness and other interpersonal skills to use in daily life.
- Members can develop more positive and meaningful relationships.
- These groups remain open during the semester until full.

Skills Groups

- Members learn certain skills to cope with and manage concerns such as anxiety, depression, emotional regulation, and stress management.
- Most groups meet throughout the semester and focus on learning skills to use inside and outside of group.
- Some skills groups are closed to new referrals after the group begins.

