

# Group Therapy

*Q: What is group therapy?*

A: Group therapy is a setting in which a group of people support each other in making changes in their lives. Some common concerns explored are discomfort in social settings, depression, relationship issues, loss, anxiety, or trauma. Groups are facilitated by professional counselors, typically have 5-8 members, and meet weekly, usually for 1½ hours.

*Q: How does group therapy help?*

A: Groups facilitate change by inviting self-exploration, providing opportunities to give and receive feedback, and providing information about your concerns. People learn to recognize problematic thoughts and behaviors, gain comfort with their feelings, develop new ways of thinking and acting, and practice these skills in a safe setting.

*Q: Isn't individual therapy better than group therapy?*

A: Research has demonstrated that almost any concern that brings you in for counseling can be dealt with in group therapy as well or even better than it can in individual therapy. Still, group therapy isn't for everyone and counselors pay careful attention to your circumstances before referring anyone to group.

*Q: Why would I share personal information with other students?*

A: We have found that group members usually feel greatly supported by other students. They are often relieved to discover that the concerns they brought to counseling are shared by others. As in any therapy, no one has to share anything they do not want to share. ***(Confidentiality is an important part of the group process and will be discussed in each group.)***

*Q: How do I join a group?*

A: Prospective members meet individually with the group co-facilitators for about 30 minutes prior to joining a group to mutually determine if the group would meet the student's needs and goals. If you are not currently using center services, you will meet first with a counselor to determine the best way to address your concerns.

*Q: How do I start this process and who is eligible?*

A: Call 262-472-1305 or stop by the second floor of the Ambrose Health Center to schedule an appointment to discuss your concerns. Groups are available to full and part-time students

If you are interested in participating in a group, you will need to fill out a group interest form. While these forms are available at the counseling center, you can download, print, and fill out the form\* prior to your visit by clicking [here](#).