Selecting the right group...

- Attend counseling session or pre-group meeting
- Review group options, consider the following:
  - Schedule, consistent attendance is key!
  - What are your goals?
  - Are you looking for structure or open discussion?
- Select a group
- First time?
  - Yes
    - Schedule a pre-group meeting
      1. Talk with group leader about goals
      2. Ask questions
      3. Sign consent form
      4. Attend first group!
  - No
    - Pre-group meeting optional
      1. Review goals prior to group
      2. Sign consent form @ first group

GROUP @ COLGATE

Welcome!

"The best part about being with a group is that you don't have to do everything alone."

-Anonymous

Counseling & Psychological Services and Haven
315-228-7385
www.colgate.edu/counseling
What is group therapy?

- Groups typically include 6-8 students and 1-2 counselors; groups often are developed to support students with similar mental health concerns.
- Most groups meet weekly at the same time, with the same people.
- Group members often have similar concerns, and therefore can talk openly about the challenges that they are facing.
- Groups are one of the most popular treatment options for Colgate students.
- Group members benefit from:
  - Connecting with other students who "get it."
  - Having multiple perspectives vs. just one perspective from a counselor.
  - Brainstorming with Colgate peers.

How to get the most out of group:

- Talk openly with your counselor to pick the best group for your goals.
- Talk with the group about your reasons for coming to counseling and hopes for how the group can help you.
- Be aware of your feelings and thoughts, share reactions that you have with others in the group.
- Remember that you always have control over how much you share.
- Try something new! Group is a great place to try out different things in communication or relationships, and then ask others how it went.
- Share both positive and negative things.

Suggestions from students who have been there...

At the end of participating in group therapy, 150 Colgate students were asked what advice they would give to a friend who was about to start a group. Here is what they said:

- Be open.
  "Do it! People heal in different ways, but this has definitely been the most helpful thing in my healing process."
- Attend regularly.
  "Go to all of the meetings and try to participate even if what you say you don’t think won’t be useful (often it’s more useful to you and others than you’d think)."
- Only uncomfortable at first.
  "I would tell them that even if it is awkward at first, the group will eventually become very cohesive and a safe place. I would encourage them to share early and often to get the most out of it."
- Keep an open mind.
  "Go into it with an open mind. You may be surprised by what experiences and feelings you share with other members. Don’t be afraid to ask the group for what you need (advice, affirmation, etc.)."
- Share and participate.
  "Be open right off the bat— it helps others be open, which helps everyone be able to sort through their issues."
- Trust others.
  "Speak openly, and don’t be afraid to let your guard down, people in group respect privacy which is very comforting."

92% of students who attended group therapy in the last year say that they would do it again.