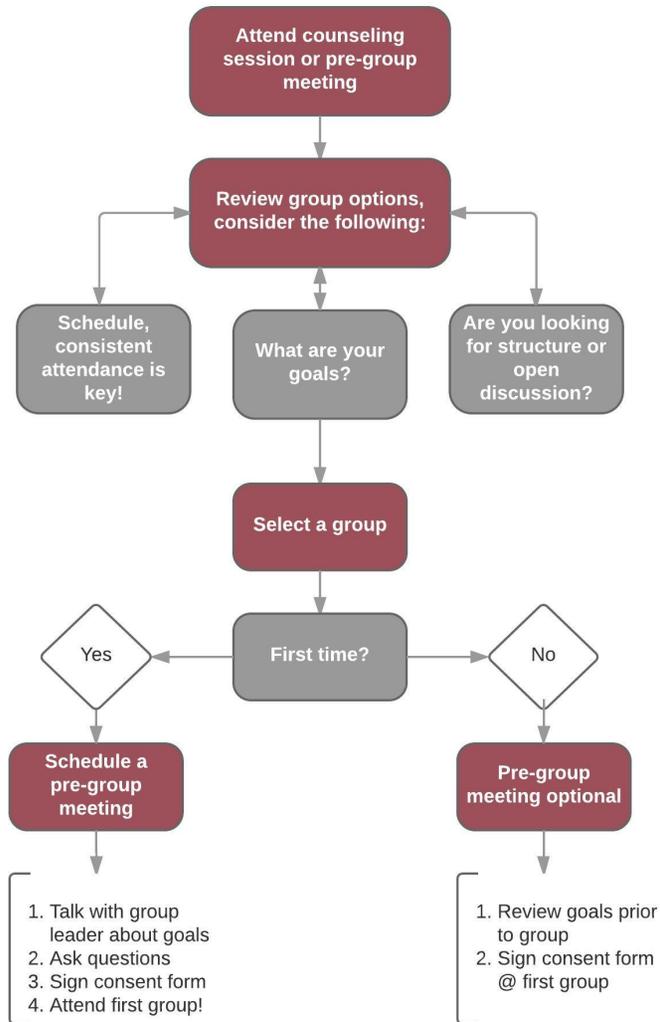


Selecting the right group...



Counseling & Psychological
Services and Haven
315-228-7385
www.colgate.edu/counseling

GROUP @ COLGATE

Welcome!

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

-Anonymous

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

Not having to be alone with their issue

Getting feedback that could help them to be successful

Having the focus of therapy shift to different people, "spotlight" is not on you the whole time

Watch others work through challenges, learn from others

87% of students attending the counseling center have a mental health issue that is best treated by group therapy



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.



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

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 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 space. I would encourage them to share early and often to get the most out of it. "

- **Keep an open mind**

"Go in to 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. "