

Group Offerings

Personal Exploration (PE) Groups

These groups are appropriate for students who would like to improve their interpersonal relationships, communication skills, and increase their self-awareness. These groups also offer support for individuals struggling with relationships, loneliness, grief, low self-esteem, trust, anxiety, or depression.

Finding Balance

Helps students to develop skills in learning to cope with upsetting thoughts and feelings, learning to manage difficult emotions, and having more effective relationships.

Not the Perfect Family

This group is appropriate for students experiencing significant family distress and/or struggling with their role in the family and unhealthy family dynamics.

Healing Connections: A Trauma Support Group

This group is for anyone who has experience a sexual assault. The goal is to create a safe, inclusive space for people who have experienced trauma to begin healing. Members can expect to gain support and guidance from peers while also learning coping skills to manage unsettling emotions related to their traumatic event.

Spectrum Group

Transgender individuals or those questioning their gender identity can find connection, support, and help in dealing with the practical issues associated with transitioning.

Grad/Non-traditional Student Circle

A group for grad/professional/nontraditional students in any program. Members can connect with others who are also trying to manage the stress of graduate/nontraditional study.

Sexual Assault Survivor Support Group

A safe environment for women survivors of sexual assault to receive support wherever they are in their process of healing.



Counseling and Psychological Services (CPS) Group Counseling Program

Ask your drop-in counselor and/or therapist about a referral to one of our groups!

*Groups start based on student interest and referrals; therefore, some groups may not be offered every semester.



For more information about groups please contact:

Dr. Angela L. Harris, Group Coordinator

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Helpful Information about Group Counseling

WHAT IS GROUP COUNSELING?

- A form of treatment that involves 6-10 individuals meeting face-to-face with trained group therapists.
- Members take responsibility for talking about their situations and what is troubling them.
- Members also give each other feedback by expressing their own feelings about what is going on in group.
- The interaction allows group members the opportunity to try out new behaviors and to learn more about the way they interact with others.
- Group therapy is like other groups in that members come together with each other to share issues or concerns, to better understand themselves and their situations, and to learn from each other. It is different in that group therapy provides a safe and confidential place to explore issues.

WHAT ARE THE ADVANTAGES OF GROUP-COUNSELING?

- Provides opportunities to learn from other people and to understand your own patterns of thoughts and behaviors.
- Allows you to receive genuine support, honest feedback, and useful alternatives from therapists and peers.
- Helps you to experiment with new attitudes and new ways of coping with life's stressors.
- Provides an opportunity to benefit through active participation and observation.
- Can help individuals deal with relationship concerns and general difficulties with others, like dealing with confrontation or being more assertive.

HOW DOES CONFIDENTIALITY WORK?

- Group therapists are legally obligated to maintain your confidentiality, though this obligation does not extend to other group members.
- However, everyone who participates in group is asked to sign a confidentiality agreement stating they agree not to discuss information pertaining to other group members that is shared during group.

WHAT WOULD I TALK ABOUT IN GROUP?



- Talk about what brought you to CPS in the first place.
- Tell people what's bothering you.
- If you need support, let the group know.
- If you need to be challenged to examine things differently or want to be confronted when you are thinking irrationally,
- Revealing your feelings, or self-disclosing, is an important part of group and directly affects what you get out of your experience.
- You control what, how much, and when you share with the group. If you are not ready, you don't have to share.

DOES IT COST A LOT?

- Group counseling services are covered by the Well-Being Fee and *does not* count toward your individual session limit for counseling!

HOW DO I KNOW IF I SHOULD PARTICIPATE IN GROUP?

If you answer **"YES"** to **ANY** of the following statements, group therapy may be most helpful for **YOU!!**

- My relationships with others are frustrating, disappointing, or unsatisfactory.
- People don't react to me the way I expect them to OR the way I would like them to.
- I feel stuck in a particular pattern or role in my relationships with others (ex: caregiver, rescuer, etc.).
- I am afraid of conflict and avoid addressing disagreements OR whenever I address disagreements, it turns into a hostile conflict.
- I don't like myself very much and would like to change the way I think and feel about myself.
- I have a hard time trusting people and I feel like people let me down all the time.
- I've had trouble adjusting to college and sometimes feel overwhelmed by all the changes in my life.
- I get really anxious about being in new/unfamiliar situations, meeting new people, or having to talk in groups.

GROUP SCREENINGS

- Required for any student interested in participating in one of our groups.
- A 30 minute orientation with your group leader/s to receive information about confidentiality, group expectations, participation in group and for you to ask any questions about your group of interest.