

Why Group?

Group approaches to personal growth are frequently the most effective way to explore and support changes you may wish to make in your life. CAPS hosts a variety of groups in which students can gain specific skills and strategies to meet personal goals, explore interpersonal challenges and gain support and encouragement from other students. If you would like help with any of the following, you might benefit from working in a group:

Building Healthy Relationships	Coping with a Break Up and Moving On
Addressing Self Doubts and Building Self Worth	Difficulties with Academic Success, Study Skills and Motivation
Eating Disorders	Anxiety
Depression	Alcohol or Drug Concerns
Dealing with Family Stressors	Coping with Major Illness
Lack of Support around Sexual Orientation	Lack of Support around Cultural Identification
Major Transitions: Finding your Niche as an Undergrad	Moving Ahead: Life after Graduation

What is group?

- ✦ Four to nine students meet face to face weekly for 60 or 90 minutes.
- ✦ One or more trained professionals assist the members in helping themselves and each other.
- ✦ There are many types of groups and each is conducted somewhat differently.

How will group help?

- ✦ Some groups focus on personal growth through interpersonal relationships, where much of the learning comes from the interaction of the members themselves.
- ✦ Others focus on building skills and address how to control self defeating thoughts and alter troubling behaviors.
- ✦ Still others may focus on providing a place for individuals working through similar circumstances to provide support and understanding for one another.

How do I get the most out of group?

- ✦ It is normal to feel nervous when starting a group. You can test the waters while challenging yourself to open up.
- ✦ Use the group to “try out” new behaviors and take the opportunity to hear others’ reactions to it.

- ✦ Help create a sense of trust and safety by honoring each others’ confidentiality.
- ✦ People often have thoughts about the group after the meeting. It is much more helpful to hold on to those thoughts and discuss them during the next group rather than discussing them outside of group.
- ✦ Be honest and direct about your feelings in the moment.
- ✦ Listen and contribute. Share the time and the work.

How do I join?

- ✦ If you are interested in one of the groups listed here, want more information about how to join a group, or are curious about which group will be the best fit for you, please contact us at 243-5150 for an intake interview.
- ✦ You will also have the opportunity to meet with the group co-leaders before making a decision to commit to a group. They can answer any questions, prepare you for what to expect and how to get the most out of the group experience, and explain the guidelines of the particular group in more detail.
- ✦ All groups are FREE to full-time students.
- ✦ Groups work! In studies comparing group psychotherapy to individual therapy, group therapy has been shown to be as effective and sometimes even more effective!