

# Group Counseling

There are many times in people's lives when it would have been beneficial to clarify a relationship, to have been really honest about their positive and negative feelings, or to have gotten reciprocally honest feedback. The general structure of society, however, does not often permit such open communication.

A therapy group at DePaul, on the other hand, is a place where honest interpersonal exploration among group members is not only permitted but encouraged. It is meant to be a different type of social situation, one that hopefully will provide members with a clear opportunity to learn many valuable things about themselves. Working on relationships directly is not easy, in fact, it may be stressful. But it is crucial because if people can understand and work out their relationships with other group members, there will be enormous carryover into other areas of their lives.

At DePaul, we also offer psychoeducational groups and workshops that teach students skills and offer suggestions on how to more fully engage in their environment, better understand their own thoughts and emotions, and become more accepting and nurturing of themselves and others. These types of groups, which are less interactive and more structured than process and support groups, allow participants to have a more complex understanding of themselves and their ability to impact and manage the outcomes of their life experiences.

The different group formats and variety of topics offered at University Counseling Services are meant to serve a broad range of student needs and concerns. We hope that you are able to utilize these resources to fit your own unique circumstances, while still being able to connect with and benefit from the experiences of others.

## About Group Counseling at UCS

- ◆ Group counseling sessions are offered throughout the year at both campuses.
- ◆ If there is a particular group you are interested in, contact one of the facilitators to learn more about how to participate. Participation in some groups will require a brief meeting with the facilitators prior to attending a group to discuss the purpose of the group and your goals for participating, while other groups may simply require you to register in advance.
- ◆ Group sessions, like individual and couple's counseling, are \$5 a meeting, however there is no limit to the number of group sessions or workshops a student can attend.

- ◆ There are several *different types of groups* offered at UCS:

**Therapy/Support Groups** happen on a weekly basis, are generally unstructured (but may have a specific topic or focus) and students are asked to attend at least six sessions.

**Psychoeducational Groups** are structured, class-like experiences that have specific learning goals and objectives and often incorporate exercises or homework. Sessions are offered weekly over a 3-6 week period and each session typically builds upon the previous one. Participants are encouraged to attend all sessions, but are not required.

**Workshops** are similar to Psychoeducational groups, except that they are a single session, and may be repeated within a quarter. Students may attend a workshop more than once, although workshop do not typically have significant changes in their content.