

GROUP THERAPY



MISSISSIPPI STATE UNIVERSITY™
STUDENT COUNSELING SERVICES

What is group therapy?

A form of psychotherapy in which individuals share and grow with a group of other people with similar concerns. For many presenting concerns, research has shown that group therapy can be as effective as individual therapy. Group therapy also offers a key component that is not available in individual therapy: social support. Group therapy can help reduce stigma, isolation, and feelings of alienation.

What types of groups are offered?

SCS has a different menu of groups each semester, and we are open to creating new groups to meet student need and interest. Some examples of groups we have offered are:

Build Your Social Confidence

Increase your ability to overcome social anxiety using cognitive behavioral strategies in a supportive and welcoming atmosphere.

Dealing with Distress

Manage chronic negative emotions and/or behaviors through distress tolerance, emotion regulation, and mindfulness skills.

Family Matters

For students who are experiencing complex family dynamics and relationships within their family of origin. By connecting with peers who have shared experiences, individuals will work together to navigate the challenges of these significant relationships. Participants will acquire coping skills to manage distress related to family matters while in a supportive group environment.

Feeding Your Feelings For individuals with disordered eating, body image issues, and perfectionistic thinking.

Journey to Wholeness

A skills-based group that will help survivors of sexual assault or abuse cope with symptoms of trauma, feel empowered in their relationships and receive support from fellow survivors.

LGBTQ+ Group

For lesbian, gay, bisexual, trans*, questioning, or other students coping with coming out, adjusting to campus, relationships, or other concerns.

Mindfulness Meditation Group

An experiential group aimed at introducing its participants to various modes of meditation as well as learning about the many ways mindfulness and meditation can be an aid in reducing emotional distress, increasing self-compassion, and improving well-being and overall connectedness.

Understanding Self & Others

Enhance your self-knowledge and explore how you relate to others in a space that fosters growth.

How much does group therapy cost?

Like all of our services at SCS, group therapy is completely free!

Is group therapy confidential?

Group facilitators guarantee their own confidentiality, with an exception if the facilitator has sufficient reason to believe that someone is in danger. In this case, the facilitator has a professional obligation to take direct action in order to keep everyone safe. Each group has its own rules and guidelines, but all groups have the rules that group members will keep what is shared in the group by other group members and the identities of other group members confidential.

When and where do groups meet?

Each group has a different meeting schedule, but typically groups meet once weekly for between 6 and 14 weeks. This schedule will be shared with you by the group facilitator at the time of or after group screening. Most groups meet in the SCS group room.

How do I get involved in group therapy?

To speak to a clinician about your interest in group therapy, please utilize our walk-in service consultation system, Monday-Friday 9:30 am – 3 pm. We are located in Hathorn Hall under the maroon awning. Group screening with the group facilitator(s) is required before group involvement can begin, to ensure that the group is a good fit for your concerns. For more information, please visit counseling.msstate.edu, e-mail scsgroups@saffairs.msstate.edu, or call 662-325-2091.

For more information, e-mail:

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