



GROUP THERAPY

WHAT IS GROUP THERAPY?

A form of psychotherapy in which individuals share and grow amongst others 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. Groups offered this semester are listed below:

- **Dealing with Distress** - Manage chronic negative emotions and/or behaviors through distress tolerance, emotion regulation, and mindfulness skills.
- **Mother to Mother** - This therapy group was formed for collegiate mothers to have a unique, safe, and affirmative space to process feelings and experiences specific to their role. College mothers often feel isolated, ignored, and/or guilty due to their responsibilities as students and as mothers, this group will validate those experiences and provide coping skills that may be helpful for this population of students
- **Journey to Wholeness** - This is 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.
- **ACT UP** - A group for lesbian, gay, bisexual, trans*, questioning, or other students coping with coming out, adjusting to campus, relationships, or other concerns.
- **Ideal** - This group will provide psychoeducation about healthy vs. unhealthy relationships, conflict resolution, and learning assertive communication. The individuals will also discuss unhealthy patterns and attempt to disrupt patterns that have caused a break down in a relationship.
- **Tabletop Talks** - Travel to strange places. Meet interesting people. Fight unspeakable horrors together. Members of this group will engage in weekly installments of the tabletop role play game "Monster of the Week", followed by a process discussion regarding their interactions in the game setting.
- **A Place to Meet** - Students will receive education concerning social cognition, attraction and exclusion, and how emotions inform and affect social interactions. This is a place to explore human relationships, practice social skills, reality test perceived social deficits, receive support, and learn to connect honestly with other people.
- **EMERGE** - Experiencing, Making sense, Equipping, and Reinvesting after your Grief Exposure. This group will provide a place to explore, along with others, your grief experience as you work toward acceptance, healing, and wholeness after the loss of a significant person in your life.

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 between 6 and 14 weeks. This schedule will be shared with you by the group facilitator at the time of or after group screening. All groups will be held virtually excluding Journey to Wholeness.

HOW DO I GET INVOLVED IN GROUP THERAPY?

To speak to a clinician about your interest in group therapy, please visit our website counseling.msstate.edu and click on Mississippi State Virtual Waiting Room, Monday through Friday, 9:00 am – 4 pm. 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 e-mail scsgroups@saffairs.msstate.edu or call 662-325-2091.