

GROUPS @ CMU

COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)

Why should I participate in a group?

- Group therapy is a highly effective form of treatment
- Find support and improve your relationships
- Decrease loneliness and isolation
- Diminish feelings of hopelessness
- Experiment with changing behaviors that get in your way
- Discover you aren't the only one who...(fill in the blank)



How does group therapy help?

By developing:

- ⇒ a base of support for sharing common concerns with a small group of students (approximately six to ten students)
- ⇒ the ability to transfer new behaviors to situations outside of the group
- ⇒ self-awareness in the context of social interaction
- ⇒ insight into the various ways one is perceived by others
- ⇒ adaptive patterns of relating to other people

What about confidentiality?

Groups are private and confidential; that is, what members disclose in session is not shared outside of the group. The meaning and importance of confidentiality are reviewed with group members at the first meeting and every time a new member joins the group.

Isn't individual therapy better?

Group therapy can be more efficient than individual therapy for two reasons. First, you can benefit from the group even during sessions when you say little by listening carefully to others. You may find that you have much in common with other group members, and as they work on a concern, you can learn more about yourself. Second, group members may bring up an issue that you relate to, but which you might not have been aware of or brought up yourself.

Will I be forced to share my deepest feelings and secrets to the group?

No one will force you to do anything in group counseling. You control what, how much, and when you share with the group. You do not have to share what you are not ready to disclose. You can be helped by listening to others and thinking about how what they are saying might apply to you. When you feel safe enough to share what is troubling you, a group will likely be very helpful and affirming.



I have trouble talking to people. How can group help me?

Most people are anxious about being able to talk in group. Almost without exception, within a few sessions people find that they do begin to talk in the group. Group members remember what it is like to be new to the group, so you will get a lot of support for beginning to talk in the group.

Spring 2019

Receive support to help with personal growth and address a variety of concerns that college students face.



Ph.D. Student Support Group (Thursdays, 3:30-5 p.m.)

Facilitators: Kym Jordan Simmons and Ashlee Wolfgang

This support group offers for Ph.D. students a safe, confidential space in which to talk about the stressors related to school and life, emotions, and relationships. Share your experience, get support, encouragement, and advice. Topics include: relationships with advisors and peers, navigating academic milestones, struggles with self-confidence, cultural adjustment concerns, and efforts to lead a balanced life.

Contact Kym Jordan Simmons at kyms@andrew.cmu.edu to schedule a pre-group screening.



Relating to Others and to One's Self: Undergraduate Therapy Group

(Mondays, 4:30-6 p.m.)

Facilitator: Mick Landaiche

Our relationships are one of the most important aspects of our lives and, at times, one of the most challenging. This confidential, personal growth group for 5-8 undergraduate students will offer a safe setting to explore and learn more about the experiences of relating to significant others: family, friends, and romantic partners.

To find out more about this group and to decide if it might be right for you, **contact** Mick Landaiche, mick@andrew.cmu.edu to schedule a pre-group meeting.



Understanding Self and Others – Graduate Student Therapy Group

(Thursdays, 1-2:30 p.m.)

Facilitators: Briana Root and Melissa Bilski

This interpersonal process group will help members identify patterns in how they relate to themselves and others, and explore the relationship between their interpersonal style and their emotional well-being. The group provides a supportive space for members to deepen their awareness and acceptance of themselves while also having the opportunity to practice new, more satisfying ways of connecting with others.

Want to join? **Contact** Briana Root at brianar@andrew.cmu.edu to schedule a pre-group screening.



When You Can't Even... – Skills Workshop Series (Tuesdays, 9:30-11 a.m.)

Facilitator: Kym Jordan Simmons

This group is for students who wish to gain a better understanding their emotions and how to manage them. Students will learn more about how thoughts, feelings, and behaviors intertwine. You will gain skills to be effective at experiencing difficult emotions without avoiding them, reducing intensity of overwhelming emotions, and understand the purpose of emotion and building emotional resilience.

The group is a 4-week series. Want to join? **Contact** Kym Jordan Simmons at kyms@andrew.cmu.edu to schedule a pre-group screening.



Women's Support Group (Fridays, 12-1:30 p.m.)

Facilitators: Allie Jedinak and Dorothy Cashore

This group for women offers a supportive and interactive environment to explore one's personal experiences related to relationships, academics, and stress. The group provides a safe and confidential space to receive multiple perspectives, feedback, and support from other women. The group will work towards further developing self-esteem, self-awareness, and relationship skills.

Contact Allie Jedinak at ajedinak@andrew.cmu.edu to schedule a pre-group screening.