

Group FAQs:

1. What is group counseling and how can it help me?

Each semester, the Health and Counseling Center (HCC) offers different group therapy experiences. Groups can provide a source of support in members developing relationships and exploring new ways of relating to others. Students have reported many benefits to group therapy, including feeling less alone, having a confidential space to openly talk and receive feedback, and gaining a deeper understanding of themselves.

2. What is the difference between individual and group counseling?

Both individual and group counseling are beneficial forms of treatment and can help students in a number of ways. One difference is the number of people involved in the process. Individual sessions include the student and the therapist, while group can include 4-10 members and 1-2 group facilitators. Another difference is the duration of services. Group sessions last about 90 minutes and average about 10-12 weeks in a given semester, while individual therapy operates on a short-term model at the HCC.

3. What does a group session look like?

Depending on the type of group (structured or open processing), a typical session may begin with a brief check in by the facilitator. The discussion can then progress to a specific topic of that week or allow for open conversation about issues important to group members. Members are encouraged to give each other feedback and to pay attention to their reactions. Members are also encouraged to take risks by being open and sharing within the group.

4. Is group confidential?

All services at the HCC are confidential, including group. Group facilitators are bound to confidentiality by the laws and ethics of their profession, and all group members agree to protect the confidentiality of one another by never sharing information that could reveal their identities to people outside the group. If you have particular questions or concerns about confidentiality, please refer to the group facilitator.

5. What if I am not comfortable sharing in front of others?

It is common for group members to initially feel uncomfortable or nervous sharing in group. However, as sessions progress, most members develop a sense of trust and safety with each other. This often happens as they see other members open up and realize that the group can be an accepting place. While members typically get the most benefit by participating actively, even silent members gain a lot by listening to others and paying attention to how they feel about what is being said.

6. What role do the group facilitators play?

The primary role of a group facilitator is to foster a member's personal growth and ensure a sense of safety within the group. Group facilitators guide and enable self-exploration, give feedback and support, challenge at times, and encourage members to take risks. Depending on the group's needs, some facilitators take an active role, while others tend to give group members more responsibility for self-exploration.

7. What if a group member is my friend or classmate?

We recognize that it might be awkward to be in the same group with a friend or classmate. Please let the group facilitator know immediately if you have an existing relationship with someone else in the group or if you feel particularly uncomfortable with this situation. The group facilitator will talk with you to determine if anything needs to be done to change the situation and maintain each member's confidentiality.

8. How long do groups last?

A group session generally lasts about 90 minutes. Most groups average about 10-12 weeks in a given semester and usually end the week before final exams. Please contact the HCC for specific group day and time information.

9. How do I join a group?

For a person to join group, they must be an enrolled student at SEU. Enrollment during the summer is not required as long as the student is expected to return the following fall semester. The student can contact the HCC to schedule an initial consultation and/or complete a pre-group interview in order to participate in a group.

10. What groups are currently being offered?

The groups offered at the HCC change every semester. You can check out our most current group list [HERE](#) and/or contact the HCC directly at 512-448-8538 for more information about group options.