

GROUP THERAPY

AT STUDENT COUNSELING SERVICES

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 offers different 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:

Dealing with Distress:

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

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.

First Generation Support Group:

This group, which is offered for first-generation students who are currently connected with the Office of Access, Opportunity, and Success, gives individuals the opportunity to connect with others who have shared experiences, offer and receive support, and work together in navigating the various aspects of the university experience to not only grow but thrive.

Veterans Support Group:

This group is for military-connected students and will offer the opportunity to come together and discuss various concerns associated with being connected to the military and being a student at MSU, along with learning to improve mental wellness.

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.

Living with Loss:

This group provides members of the fraternity and sorority life community a supportive environment to process the grief of losing a parent. It offers a safe space to share experiences, receive emotional support, and find guidance on navigating college life while coping with this loss. Members can connect with others who understand their challenges, foster a sense of community, and build resilience during a difficult time.

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 group screening. Location for groups are TBD.

HOW DO I GET INVOLVED IN GROUP THERAPY?

To speak to a clinician about your interest in group therapy, please visit our virtual waiting room at msuscs.doxy.me/msstatevirtualwaitingroom, Monday–Friday 9am–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.

