

Wellness and Counseling Center



WEEKLY NEWSLETTER SPRING 2021



WHAT'S INSIDE THIS ISSUE:

- WHAT IS GROUP THERAPY?
- BENEFITS OF GROUP THERAPY
- HOW TO CHOOSE THE RIGHT GROUP FOR YOU
- RESOURCES AND OPTIONS

What is group therapy?

HARNESSING THE GROUP FOR HEALING

Group therapy involves one or more therapists who lead a group of roughly five to 15 patients. Typically, groups meet for an hour or two each week. Some people attend individual therapy in addition to groups, while others participate in groups only.

Many groups are designed to target a specific problems, such as depression, social anxiety, chronic pain, bereavement, or substance abuse.

Other groups focus more generally on improving social skills, helping people deal with a range of issues such as regulating emotions, loneliness and low self-esteem.



Wellness Center
789 Main Street

Access via path between the Reimert
Complex and IDC

Hours:

9 a.m. - 5 p.m. Monday through Friday
Closed 12 p.m. - 1 p.m.



Wellness Center

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“PEOPLE NEED PEOPLE - FOR INITIAL AND CONTINUED SURVIVAL, FOR SOCIALIZATION, FOR THE PURSUIT OF SATISFACTION. NO ONE - NOT THE DYING, NOT THE OUTCAST, NOT THE MIGHTY - TRANSCENDS THE NEED FOR HUMAN CONTACT.”— IRVIN D. YALOM, THE THEORY AND PRACTICE OF GROUP PSYCHOTHERAPY

Benefits of Group Therapy

1 Group therapy helps you realize you're not alone.

While it's true that each of us is unique and may have unique circumstances, none of us is truly alone in our struggles. Group therapy reduces isolation and alienation. It increases the sense that we're all in this together, and normalizes the whole experience of living, which involves experiences of joy, triumphs, grief, and suffering.

2 Group therapy facilitates giving and receiving support.

One misconception about group therapy is that members take turns receiving individual therapy from the therapist while others observe. However, members are actually encouraged to turn to each other for support, feedback and connection, instead of getting all of that from the clinician.

3 Group therapy helps you relate to others (and yourself) in healthier ways.

Often people don't understand why their relationships aren't working. In group therapy, members can get honest feedback from others who care about them to one degree or another. Groups provide the opportunity to see just how people relate to others in the moment, and how they relate to themselves.



When choosing a group, consider the following questions:

Is the group open or closed?

Open groups are those in which new members can join at any time. *Closed groups* are those in which all members begin the group at the same time. They may all take part in a 12-week session together, for instance. There are pros and cons of each type. When joining an open group, there may be an adjustment period while getting to know the other group attendees.

However, if you want to join a closed group, you may have to wait for several months until a suitable group is available.



Is group therapy enough?

Many people find it's helpful to participate in both group therapy and individual psychotherapy. Participating in both types of psychotherapy can boost your chances of making valuable, lasting changes. If you've been involved in individual psychotherapy and your progress has stalled, joining a group may jump-start your personal growth.

How alike are the group members?

Groups usually work best when members experience similar difficulties and function at similar levels.



How many people are in the group?

Small groups may offer more time to focus on each individual, but larger groups offer greater diversity and more perspectives. Talk to your psychologist about which choice is better for you.

How much should I share?

Confidentiality is an important part of the ground rules for group therapy. However, there's no absolute guarantee of privacy when sharing with others, so use common sense when divulging personal information. That said, remember that you're not the only one sharing your personal story. Groups work best where there is open and honest communication between members. Group members will start out as strangers, but in a short amount of time, you'll most likely view them as a valuable and trusted source of support.



For more information:
<https://www.apa.org/topics/group-therapy>



Groups to Consider



Support and Coping Group for Academic Success by Wellness and Counseling Center

Begins Feb 23rd, 1 P.M. (Email Wellness@ursinus.edu for more information and registration)

An open group for students to process and navigate the challenges and nuances of adjusting to college with the goal of learning coping strategies, developing growth-oriented mindset, and fostering resiliency.

Main Line Counseling and Wellness Center

COVID Pandemic Support Group (no charge)

Mondays 7-8:00 PM

A safe space to discuss the pandemic, isolation, emotions, and coping strategies.

Dialectical Behavioral Therapy (DBT) Skills Group (\$50 a session, accepts insurance)

Monday 6.30 PM starting Feb 15

8-week DBT Skills Group for ages 18-25 who struggle with managing intense emotions, that can lead to impulsive behaviors. DBT Skills Group will focus on building Mindfulness, Emotional Regulation, Interpersonal Effectiveness and Distress Tolerance Skills to help better understand and manage emotions.

Adjust Your Crown by Jazrael M Turner, Marriage & Family Therapist, MA, LMFT

Beginning February 2021 (\$25 a session)

Adjust Your Crown will be a 6 week virtual support group for Black Women ages 18-25. This group will offer empowerment, support and validation regarding issues related to the young black female experience, adjusting to adulthood, racial trauma, and self care.

Mazzoni Center

Peer Support Groups

Evolutions (no charge)

Thursdays 6:00 PM to 8:00 PM

A drop-in group for anyone identifying along the transgender spectrum (or questioning their gender identity), offering support and psycho-education.

LGBTQ SMART Recovery Meeting (no charge)

Wednesdays 5:00 PM - 6:30 PM

Our SMART Recovery meetings are designed for LGBTQ individuals experiencing addictive behavior with any substance or activity and help create.

The Center for Loss and Bereavement

Young Adult Loss (no charge)

Meets every other Wednesday, 7:00 – 8:15 PM (Meets Twice a Month)

For those ages post high school – 28 years who have experienced a significant loss.

Laurel House

Support Groups

Join with other survivors who have been impacted by interpersonal violence and learn about the dynamics of abuse and trauma, build trusting relationships, and connect with others in a support group facilitated by a counseling professional. To make an appointment, or for more information about counseling services, please send an email to info@laurel-house.org or contact **Minna Davis** at 610-277-1860 ext. 118.

Currently, all support group sessions are virtual.

Gender Neutral support group for adults is offered on Monday evenings.

Women Only support group is offered on Thursday evenings.

Mature Women's support group is offered on Monday evenings.

Witnesses to Domestic Abuse support group for high school and college-aged youth is offered on Thursday evenings.

Dating Violence support group for college-aged survivors is offered on Thursday afternoons.

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Ursinus College and the Wellness Center are not affiliated with the organizations above. This is just a snapshot of the various groups in the community that could be of service to you. If you are interested in the support/therapy groups listed above, please reach out to the respective organizations to find out more about the work that they do. If you have questions or need support in navigating the processes of joining a group, or wondering if a group will be a good fit for you, feel free to reach out to wellness@ursinus.edu and schedule a consultation with one of our clinicians to discuss your options.