EXPECTATIONS

◊ Please show respect to fellow group members by being on time to session and attending consistently. Foreseeable obligations should be completed outside group time.

◊ If you are going to be late or miss a session, please call your group facilitators before group starts that day.

◊ Work with your referring clinician and group facilitators to develop and refine your goals for group.

◊ Group sessions are confidential. Members are instructed to maintain confidentiality, and facilitators are bound ethically and legally not to disclose the contents of the sessions in any way that could identify members of the group.

◊ If you decide not to continue in the group, we ask that you come to the group to say good-bye.

◊ Interactions between members outside the group can negatively affect relations inside the group. We ask that you discuss these interactions, if they occur, in the group. Most groups discourage forming relationships with members outside the group sessions.

FIND US

Student Service Center 1 is located at UH Entrance 6, next to the Cougar Village Residence Halls

226 Student Service Center 1
4365 Cougar Village Drive
Houston, TX 77204-3026

We are also located at:
University of Houston—Sugar Land
George Building, Room 119-C
14000 University Blvd.
Sugar Land, TX 77479

GROUP COUNSELING

UNIVERSITY of HOUSTON
COUNSELING & PSYCHOLOGICAL SERVICES

Facebook.com/UHCAPS
Twitter: @UH_caps

Information and answers to common questions about group therapy services offered at CAPS.

For group schedule and additional information, visit our website at: uh.edu/caps and click on the Services Tab to learn more about group counseling and other services.
WHAT IS GROUP COUNSELING?

In group therapy, typically four to seven people meet weekly with one or more trained group facilitators. Members give feedback to each other by expressing their feelings about what someone says or does. This interaction gives group members an opportunity to try out new ways of behaving and to learn more about the way they interact with others. What makes the situation unique is that it is a closed and safe system. The content of the group session is confidential; members are asked to not disclose what was discussed outside the group.

The first few sessions of a group usually focus on orientation to group counseling, goal setting, and establishing trust. During this time, members work to establish a level of trust that allows them to talk personally and honestly. Group trust is achieved when all members make a commitment to the group.

IS GROUP RIGHT FOR ME?

Group counseling is a great fit for persons with concerns with:

◊ Feeling lonely & disconnected
◊ Self-esteem, especially around feeling accepted by others.
◊ Difficulties forming trusting relationships
◊ Lack of positive relationships with friends, romantic partner and/or friends

WHAT DO I TALK ABOUT?

Talk about what brought you to counseling center in the first place. Tell others what is bothering you. If you are needing support, let the group know. If you think you need confrontation, let them know this also. It is important to tell people what you expect of them.

You can prepare for group by writing down answers for the following questions:

1. What is one thing you would like to change about yourself?
2. What are some things that you can do to bring about this change in yourself?
3. What are some of the barriers to making these changes?

BENEFITS OF GROUP COUNSELING

Research has shown that group therapy is highly effective in helping people:

◊ Feel supported as they face life’s challenges.
◊ Develop positive feelings through the act of helping others.
◊ Establish a sense of hope when they feel like giving up.
◊ Learn by receiving feedback and observing others.
◊ Change how they relate to others.
◊ Become more aware of their strengths and positive qualities.

GROUP OFFERINGS

Understanding Self and Others

This group is a good fit for those who may feel socially isolated, have difficulties connecting with others, suffer from excessive self-criticism, or have problems asserting themselves in relationships.

Navigating Social Waters

This group is for students who feel anxious about interacting with others or being the center of attention. Members will most likely benefit from learning about anxiety and learning tools to combat it, which is the focus of this group.

Rainbow Coogs

The Rainbow Coogs group provides a supportive, safe, affirming, and confidential space to explore sexual and gender identity, coming out, family concerns, cultural and spiritual concerns. This group also provides an opportunity to learn more about interpersonal relationships and explore new options for relating while in an encouraging environment with other students within the LGBTQIA community.

Our Compassionate Selves

This group focuses on learning and practicing self-compassion techniques, such as guided meditations, to learn cope with distressing thoughts, feelings and behaviors that can lead to feeling down, discouraged and frustrated.

See CAPS website for other groups available each semester: www.uh.edu/caps