

What is Group Counseling?

Groups provide a place for members to learn about themselves, to work on personal problems, and to learn methods of relating to others more effectively. There are three kinds of groups we offer at our Counseling Center: psychotherapy, support, and structured groups. Groups meet regularly and run on both a quarterly and yearly basis.

Q: What are psychotherapy groups?

A: Members meet to explore personal problems with others who can offer fresh perspectives and objective opinions. Members support and encourage each other in the personal growth process. Psychotherapy groups, in essence, become micro-learning labs wherein members can correct ineffective communication patterns while practicing more productive ways of interacting with others.

Q: What are Support Groups?

A: Support groups allow students who share a specific characteristic to discuss problems frequently encountered by others in their situation. Members offer the sort of support, empathy, and encouragement that can best be provided by those who have an insider's understanding.

Q: What are Structured Groups?

A: The format of these psychoeducational groups is well defined. Each session is similar to a mini-workshop. Pertinent information is provided via short lectures. Members participate in exercises designed to help them practice skills and/or gain greater insight into their problems. Structured groups are time-limited; they meet for a set number of sessions.

Group Counseling Ground Rules

The group sessions are **confidential**. Group members are asked not to disclose the contents of the group sessions or to reveal the identity of the members to others outside of the group.

It is expected that you will come to group **every week**. If there is an urgent matter that prevents you from attending please notify the group leader(s). Please be punctual. If, after a short period of time, you find that the group is not a good fit for you, please let the group leader(s) know of your decision.

There is no limit to the number of group sessions you can attend. If you are going to **miss a session**, please let the group leader(s) know. You can leave a message with the Counseling Center front desk staff.

If, after several sessions, you have decided that you have gained as much as possible from the group or that the group is no longer the most appropriate form of help for you, then we ask that you come to the group to tell group members of your decision, providing closure.

All prospective group members (except for the support groups) are required to attend a pre-group screening session. A pre-group screening and orientation session is a brief meeting with leader(s) before the group begins.

The group screening/orientation session:

(1) provides information about the group and (2) determines if group counseling is the best way to work on your concerns.

For more information, please contact:

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or

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Group Counseling Services



(949) 824-6457

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Together we heal

Psychotherapy Groups

• Understanding Self and Others •

This is a process-oriented group for students interested in learning more about themselves in a supportive environment. Connect with others who may understand your journey. Undergraduates only.

• Graduate Women's Therapy Group •

Many female graduate students have expressed feelings of isolation and loneliness when they juggle multiple roles. This interactive, process-oriented group will address general personal concerns along with an emphasis on the special needs and issues of female graduate students.

• LGBT Graduate Students Group •

The group will explore life issues such as relationships, academic life, family, career and managing one's identity in a heterosexist environment.

• Managing Depression Group •

This group provides support for students who are experiencing feelings of sadness and depression. Students will learn tools to develop an awareness of thoughts, feelings, and behaviors, to manage stress, and to develop supportive relationships.

• Relationship Group •

This group is for students who want to deepen their self understanding and to search for meaningful interpersonal relationships, find effective ways to connect and communicate with others, and also understand what may be getting in their way of achieving these goals.

• The Family Group •

In this small, supportive group, members will talk about their own difficult families; how past familial experiences impact current relationships and how they can overcome the negative effects of their difficult families while embracing the positive aspects.

Psychotherapy Groups Continued ...

• Making Peace With My Body •

If you are ready to explore, understand, and develop an active and satisfying relationship with yourself, body, and food, this group may be for you. Emphasis will be on enhancing body image and self-concept, assertiveness, confidence in relationships, and developing healthier coping styles.

• Sexual Assault and Intimate Partner

Violence Group •

This group, sponsored by Campus Assault Resources and Education (CARE), provides a safe and secure environment to discuss the ongoing needs of survivors of sexual assault and those involved in emotionally/physically abusive relationships. For more information, please contact Dr. Mount at 949/824-7273.



Structured and/or Psycho-educational Groups

• Health, Peak Performance & Self-Hypnosis •

This experiential group will teach members how to use self-hypnosis for improving health, reducing anxiety, and fostering optimal performance.

• Anxiety and Stress Management Group •

The goal of this group is to help students increase awareness of their personal reactions to stressors, learn anxiety management techniques, practice relaxation exercises, and gain support from others.

• Overcoming Social Anxiety •

This group is designed to help students overcome anxiety in a variety of social situations, including speaking in front of class, initiating conversations, etc. A 10-week, skills-focused, structured group.

• Dissertation Support Group •

This is an interactive and supportive group designed to help graduate students overcome psychological barriers to making progress. Psycho-educational skills will be utilized. Semi-structured.

Support Groups



• Women of Color •

Women of color have experiences that are unique to their individual backgrounds. This group hopes to provide a safe space in which we can discuss our collective struggles as well as celebrate our strengths, resources, and resilience.

• Estamos Unidas •

A support group for Chicana/Latina students that addresses cultural concerns in a university environment. Community-building, transitional issues between family and university life, ways to succeed academically and socially, and peer mentoring.

• International Coffee Hour •

Come and meet interesting students from all over the world. Relax and enjoy lively conversations and refreshments. New members are always welcome!!

• LGBTQ Discussion Group •

This drop-in discussion group provides a place to talk about issues related to our community. Topics may include coming out, dating and relationships, same-sex marriage, self-acceptance, the intersection of culture and sexual orientation, and more.

• "What's Going On?" •

A support group for African American and other students interested in discussing issues that are of importance to the African American community.

• A Gathering of Men •

A support group for exploring issues pertaining to masculinity and the challenge of university men's lives.