

Considering **GROUP THERAPY**?

Some challenges are easier to tackle with the support of a group.

- Challenges with self-confidence or self-acceptance
- Balancing the needs of self and others
- Developing trust and intimacy
- Assertively setting limits
- Openly expressing one's feelings and reactions



SIZE

- Groups are intentionally kept small, with 5 to 8 members and 1 to 2 facilitators
- Comfortable and supportive environment
- Members can interact, build trust, and get to know one another
- Encourage connection and personal growth

DURATION

- Groups usually meet weekly for 90 minutes
- Groups run throughout the semester
- Members are always welcome to continue from one semester to the next (and often do), but there is no pressure or expectation to do so

FORMAT

- Initial group meeting is structured and facilitator-led
- Members share reasons for joining the group
- Group norms are established collaboratively
- Later sessions focus on skill-building
- Discussions center on relevant topics.

CONFIDENTIALITY

- Group therapy encourages open discussion
- A sense of safety is essential for sharing
- Confidentiality is addressed at the start of the group
- Members agree not to share information outside of the group

IS GROUP THERAPY IS RIGHT FOR YOU?

Schedule a pre-group meeting with the group facilitator(s).

Call: **(651) 962-6750** or Email: **centerforwellbeing@stthomas.edu**

- A pre-group meeting offers a chance to meet facilitators and learn about the group
- You can ask questions and explore how group therapy may support you
- Helps assess if the group is a good fit for your needs
- If not a match, facilitators will help connect you with other helpful resources

Center for Well-Being

