Vassar College Counseling Service

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VASSAR COLLEGE COUNSELING SERVICE

@VCCOUNSELINGSERVICE

Considering Group Therapy?
What does a therapy group look like?

**Size**

Our groups tend to be relatively small, with about 5-8 members and 1-2 group facilitators. This is an ideal size for members to become comfortable, to interact with one another, and to get to know one another in a meaningful way.

**Duration**

Groups tend to meet weekly for 60-90 minutes, and run for the course of the semester. Group members are certainly welcome to continue in group from one semester to the next (and often do so), but there is no pressure or expectation to do so.

**Format**

The initial group meeting tends to be relatively structured, as facilitator(s) assist group members in the beginning to discuss what brings them to group and agree on group norms. As the group progresses in subsequent sessions, the focus is on strengthening skills and/or discussing relevant and pressing topics in the here and now. Central themes can develop and/or are established at the beginning of group, and are worked on over the course of the group.

Finding out if group is right for you

**Speak to your individual therapist about group therapy.**

Your individual therapist could provide you with information about the current groups and workshops that are available and offer insight about how groups can be specifically helpful to you.

**Visit VCCS website for more information about groups.**

The VCCS website provides information about group therapy and the groups that are being offered.

https://counselingservice.vassar.edu/services/group-counseling/

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

A pre-group meeting is a great opportunity for you to meet the group facilitator(s), learn more about the group, and to ask questions about how group therapy might be helpful. It can also help you and the group facilitator(s) decide if the group is the best match to meet your needs, and if not, help you find resources that could be more helpful to you.

Some concerns are particularly well-suited for group therapy.

Challenges with self-confidence or self-acceptance, balancing the needs of self and others, developing trust and intimacy, assertively setting limits, and openly expressing one’s feelings and reactions are especially well addressed in group therapy.

Confidentiality

In group therapy, it is important that members feel safe to discuss difficult and challenging topics. As such, group confidentiality is discussed at the beginning of the group where members agree to not disclose other group members’ information outside of the group space.

Give group a try!

It never hurts to try group therapy at least once. It might just be the best thing you do this semester!