

## WHAT YOU SHOULD KNOW ABOUT GROUP COUNSELING

- free and confidential
- weekly sessions
- 45-50 minutes long
- some strictly skills-based
- led by professional counselors and/or Masters-level interns
- less than 10 students per group
- all members required to sign confidently agreement
- members only have to disclose what they are comfortable with sharing

### Group Topics May Include (but are not limited to):

- anxiety
- art therapy
- emotion regulation
- family issues
- grief
- healthy relationships
- LGBTQIA+
- Neurodivergence
- self-esteem
- social skills

### Potential Benefits of Group Counseling:

- receiving peer support
- realizing you are not alone
- forming connections
- supporting others
- hearing new perspectives
- expressing emotions
- learning about yourself
- practicing new skills
- gaining sense of belonging and acceptance

## WHAT YOU SHOULD KNOW ABOUT INDIVIDUAL COUNSELING

- free and confidential
- 45-50 minutes long
- both in-person and teletherapy offered
- length/frequency of treatment varies
- treatment goals re-assessed each semester
- counselors may refer to additional on-campus and/or off-campus resources

### Commonly Addressed Concerns:

- academic concerns
- adjustment
- anxiety
- depression
- family issues
- relationship issues
- employment/work issues
- grief & loss
- trauma
- self-esteem
- self-harm & suicidal ideation

### Potential Benefits:

- expressing emotions
- processing difficulties
- hearing new perspectives
- receiving feedback
- learning about yourself
- practicing new skills
- improving coping mechanisms
- acknowledging personal strengths
- feeling understood and accepted