

Opportunities and Challenges in Offering Group Therapy

Attendance Check In Code

28372

Opportunities and Challenges in Offering Group Therapy



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Welcome and Introductions

Katherine Cascio, PhD, (She/her)
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Virginia Commonwealth University

Alia Fons-Scheyd, PhD, (she/her)
Florida International University

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Brandeis University

Learning Objectives

Participants will be able to...

- Identify models of group psychotherapy program delivery in a UCC setting
- Utilize tangible strategies to increase student participation in UCC therapy groups and enhance staff development as group facilitators
- Create an action plan to increase clinician and administrative buy-in related to group therapy

Group Therapy at UCCs

- Group therapy is known to be both effective & efficient for UCCs (Marmarosh et al., 2022; Rosendahl et al., 2021)
- Many UCCs have group therapy programs to offer their students options for interpersonal process, psychoeducational, and support groups
- As UCCs continue to see an increased demand for services and need to become increasingly creative with finite resources (Harris, et al, 2021), group therapy is an attractive tool to meet students' increasingly complex mental health needs (Pashak et al., 2024)
- Our panel today introduces successes and challenges in operating a groups program at a UCC in the current environment

Florida Atlantic University

Katherine Cascio, PhD

New Student and New Semester Paperwork

- When students attend their first appointment ever and when returning students attend their first appointment of a new semester, they are informed about the group therapy program and specific options automatically through required paperwork
 - Goal is to introduce and normalize group therapy referrals and provide an overview of the many available options
- Told to select at least one group in the form, but if they don't, they can still proceed with the forms

Spring 2026 Group Therapy Information

Research consistently shows that group therapy is an especially effective option for treating many mental health concerns. Group therapy is a great tool for reducing the impact of specific mental health issues, connecting with others, getting a wider variety of perspectives, gaining insight into yourself and others, and receiving support.

CAPS therapy groups typically have 4-10 students and 1-2 therapists.

We're sharing about our group options to gauge your interests to help make more personalized recommendations to address your needs, preferences, and style during your appointment.

CAPS determines our group offerings based on students' needs, clinical presentations, and data from previous semesters. We are open to expanding our group offerings based on student feedback. If you have an idea for possible future therapy groups, please share it in the textbox at the bottom of this form.

Select AT LEAST ONE of the following groups you're interested in or want more information about:

- ☐ Art of Processing
Relevant to students wanting to enhance emotional awareness, develop social skills, and increase personal insight through discussing art created in group. No art experience necessary.
- ☐ Black Healing and Empowerment Circle
Relevant to students exploring and/or seeking support related to racial/ethnic/cultural identities, areas of personal growth, and mental health
- ☐ DBT Skills
Relevant to students struggling with depression, anxiety, relationships of all kinds, and/or feeling overwhelmed
- ☐ Chronic Pain 4 Week Workshop
Relevant to students living with chronic pain who want to improve quality of life, academic engagement, and emotional resilience. Improves skills to relate differently to pain, reduce struggle and avoidance, reconnect with personal values, and take meaningful action even when symptoms persist.
- ☐ Family of Origin
Relevant to students with concerns about their family dynamics, relationships, boundaries, trauma, and/or communication.
- ☐ Gender Journey
Relevant to students wanting to discuss concerns related to gender identity and mental health.
- ☐ Latine
Relevant to students exploring and/or seeking support related to Latine/o/a or Hispanic racial/ethnic/cultural identities and mental health

- ☐ Men's Group
Relevant to students exploring and/or seeking support related to masculinity, male identity, experiencing relationship, anxious, depressive concerns and/or those seeking self-awareness, personal growth, interpersonal feedback, and mental health
- ☐ Mindfulness
Relevant to students dealing with stress, anxiety, feeling overwhelmed, and/or depression.
- ☐ Neurodivergent Support
Relevant to students who experience emotional, relational, and/or academic difficulties connected to Autism, ADHD, and/or Learning Disabilities.
- ☐ Peace with Food and Body
Relevant to students exploring their relationships with food, movement, and their bodies.
- ☐ Queerating Art
Relevant to students wanting to enhance emotional awareness, improve mental health, explore LGBTQ+ identities, and increase personal insight through discussing art created in group. No art experience necessary.
- ☐ Roll for Insight: A Dungeons & Dragons Inspired Therapy
Relevant to students wanting to enhance emotional awareness, develop self-regulation skills, improve communication and collaboration, explore identity, and create community. No gaming experience necessary and all materials provided.
- ☐ Stepping Stones
Relevant to students dealing with stress, feeling overwhelmed, nervousness, conflict with others, and/or sadness.
- ☐ Trauma Healing
Relevant to students who've experienced trauma at any time in their lives, which could include emotional, physical, and/or sexual mistreatment, violence, abuse, neglect, and/or assault. No requirement to disclose details of prior trauma to participate.
- ☐ Trauma-Informed Yoga
Relevant to students who've experienced trauma at any time in their lives; no prior yoga experience required
- ☐ Understanding Self and Others
Relevant to students experiencing relationship, anxious, depressive concerns and/or those seeking self-awareness, personal growth, interpersonal feedback
- ☐ Women's Group
Relevant to students exploring and/or seeking support related to femininity, female identity, experiencing relationship, anxious, depressive concerns, self-awareness, personal growth, interpersonal feedback, and mental health

YOUR idea(s) for a therapy group, if not listed above. We'll consider these ideas as we continuously work to best meet students' needs and interests.

- ☐ I have read through the group options and understand the clinician will discuss how group therapy may best meet my needs.

Flyers

All About Group Therapy

Group therapy offers you a unique opportunity to get **support, encouragement, multiple perspectives, and/or feedback** from other FAU students and therapists in a **safe and confidential environment**

Group therapy is a **powerful tool for growth and change**

Research shows group therapy is **as effective as, or more effective than, individual therapy** for many concerns

FAU CAPS groups usually have **4-10 students and 1-2 therapists**

We offer a **wide variety of groups** based on FAU students' needs and interests (see other side for schedule)

Group therapy provides you the chance to **deepen your self-awareness, learn more about how you interact with and affect others, develop new skills, and improve how you relate to yourself and others**

- What FAU students say about group therapy:
 - Helped them to **connect with other students**
 - **Reduced their distress**
 - Made them **feel heard and supported**
 - Offered a **safe and supportive environment**
 - Gave opportunities to **share their experiences**
 - **Positively impacted their FAU experience**

Responses from anonymous fall 2025 FAU CAPS survey of group therapy members

Spring 2026 Group Therapy Schedule

Mondays

- **Peace with Food & Body (11am-12:30pm):** An open, affirming, and healing-oriented space where members can safely explore relationships with food, movement, and bodies, and connect with peers with similar experiences. There is flexibility in this group for some structured learning activities as well as unstructured space for members to share, process and give feedback to one another.
- **DBT Skills (1:30-3pm):** This 6-8 week group is based on Dialectical Behavior Therapy, an evidence-based treatment that helps people create a more meaningful and worthwhile life. Learn mindfulness, distress tolerance, emotional regulation, and interpersonal effectiveness skills. Work to accept the current situation while also actively working on change.
- **FULL-Understanding Self & Others (USO) (2:30-3pm):** A safe place for students to learn more effective interpersonal skills, to become more comfortable having personal conversations with others, to learn how to give and receive honest interpersonal feedback, and to learn how to establish trusting, supportive relationships.
- **Family of Origin (3:30-5pm):** For those seeking healing and learning ways to cope with challenging family dynamics that impact how they view themselves and others. A safe space to gain insight, support, and learn ways to help you better manage the impact of family stress. Explore the influence of culture, generational differences, and communication patterns.
- **FULL-Trauma-Informed Yoga (4-5:30pm):** Trauma doesn't just affect the mind, it's often stored in the body. Learn skills through yoga poses and breathing exercises to increase body awareness in a safe and controlled way. Address nervous system dysregulation, dissociation, and disconnection from one's body and surroundings that often occur after trauma. No prior yoga experience required.

Tuesdays

- **Gender Journey (12:30-2pm):** A supportive space to discuss concerns related to gender identity. Provides support and allows exploration of the challenges and joys of integrating one's gender identity.
- **Men's Group (2-3:30pm):** A safe place for students to learn more effective interpersonal skills, to become more comfortable having personal conversations with others, to learn how to give and receive honest interpersonal feedback, and to learn how to establish trusting, supportive relationships. This group offers a space to discuss concerns related to men's mental health.
- **Mindfulness (3:30-5pm):** This 5-week group utilizes a meditative way of being called "mindfulness" that research has shown to be effective at reducing stress, anxiety, and depression. Individuals learn how to be more present, slow-down, and pay attention to the moment while managing their hectic lives.
- **Black Healing & Empowerment Circle (3:30-5pm):** A supportive space to discuss mental health, relationships, barriers, belongingness, disconnection, autonomy, and purpose. Learn to become more comfortable having personal conversations, give and receive honest feedback, and how to establish trusting, supportive relationships.
- **Understanding Self & Others (4-5:30pm):** See USO group description above.

Wednesdays

- **Chronic Pain Workshop (11am-12pm):** Relevant to living with chronic pain who want to improve quality of life, academic engagement, and emotional resilience. Improves skills to relate differently to pain, reduce struggle and avoidance, reconnect with personal values, and take meaningful action even when symptoms persist. Emphasizes psychological flexibility, identity expansion, and coping strategies.
- **FULL-Art of Processing (12-1:30pm):** Promotes emotional awareness, social skills, and insight in a safe space to be vulnerable while creating and discussing art made during session. Focus is on the process rather than product, practice engaging in uncomfortable conversations, and transfer skills from group into everyday life. No art experience necessary and materials will be provided.
- **Roll for Insight-A Dungeons & Dragons Inspired Group (12:30-2pm):** Relevant to students wanting to enhance emotional awareness, develop self-regulation skills, improve communication and collaboration, explore identity, and create community. No gaming experience necessary and all materials provided.
- **Understanding Self & Others (3:30-5pm):** See USO group description above.
- **Latine (3:30-5pm):** A supportive space to discuss concerns related to Latine and/or Hispanic mental health and discuss experiences of Latinidad. The group offers connection and a sense of community as students explore themes that may include relationships with family, gender expectations, feelings of belonging, and the intersection of other identities.
- **Queering Art (4-5:30pm):** Relevant to students wanting to enhance emotional awareness, improve mental health, explore LGBTQ+ identities, and increase personal insight through discussing art created in group. No art experience necessary.

Thursdays

- **Understanding Self & Others (11am-12:30pm):** See USO group description above.
- **Trauma Healing (1-2:30pm):** Relevant to students who've experienced trauma at any time in their lives. Group focuses on gaining understanding of how trauma(s) impact them, creating a sense of safety, making meaningful connections, moving towards healing, and addressing feelings that follow trauma. No requirement to discuss specific trauma details in group.
- **Neurodivergent (3-4:30pm):** This group offers a supportive space to discuss concerns related to neurodivergent students, including those with autism, ADHD, learning/motor/communication disorders, as well as related neurodevelopmental differences. The group offers a safe space for members to share their experiences, foster connections, and access resources tailored to their needs.
- **Stepping Stones (4-5pm):** This 4-week group will include activities to help you practice skills to build up your toolbox to better manage stress, anxiety, depression, and/or relationship concerns. Each session will focus on one of 4 topics: mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness.

Fridays

- **Gender Journey (10:30am-12pm):** See Gender Journey group description above.
- **Women's Group (11am-12:30pm):** A safe place for students to learn more effective interpersonal skills, to become more comfortable having personal conversations with others, to learn how to give and receive honest interpersonal feedback, and to learn how to establish trusting, supportive relationships. This group offers a space to discuss concerns related to women's mental health.

Additional Information

- Experiential groups all filled very quickly and have been well-attended: Trauma-Informed Yoga, Art of Processing, Queer-ating Art, Roll for Insight: A D&D Inspired Group
- Traditional USO and support groups have harder to fill, but have still run starting later in the semester and with fewer participants
- Had to modify descriptions to comply with Florida regulations
- Had to change how we advertise groups
- Some groups started and now have multiple sections because the group day/time was determined after group interest was gathered

Florida International University

- Large (56,000+ students), sprawling campuses on suburban edge of Miami, Florida and on Biscayne Bay
- 2 campuses in same county (one bigger, one smaller)
- Traditionally commuter school turning more residential
- Country's largest Hispanic serving institution (HSI); Diverse student body
- Recent developments: Top 50 public research university, Carnegie R1 status



Florida International University

Facts about FIU CAPS

- Medium-sized CAPS staff located on both campuses
- 23 licensed clinicians (some are VEP staff)
- Trainees: 1 postdoc, 4 APA accred. doctoral interns
- 5 support staff
- Reduced staff size over last few years



Groups Program at FIU

- Group offerings: 8-10 groups per semester
 - Online and in person
- Training program (Doctoral)
 - Average 4-5 Trainees per year
- Types of groups
 - Psychoeducational groups (40% of appts, 36% of clients)
 - Interpersonal process groups (57%, 48%)
 - Cognitive-behavioral treatment groups (ERP) (0%)
 - Career group (3%, 16%)
 - Drop in support groups, topical –large decrease
- Concurrent group and individual therapy is allowed

Challenges for Groups Program at FIU

- Decrease in initial appointments
- Increase in perception of students in crisis
- Clinical Case Manager helps with referrals
- Process groups—we have had to offer fewer of those
- Staff wants to do more groups than we can fill
 - Decrease each year since pandemic—high of 400, low under 200
 - 60 groups/year high—now 30 groups/year

Group Successes at FIU

- Structured groups
- Use of art, storytelling, creativity
- Psychoeducation/learning objectives
- Providing unique enhancement to individual services
- Collaboration amongst individual/group provider
- Group case conference
 - Experience levels
 - Size
 - Not all doing group

Innovative Groups at FIU

Interpersonal Process:

- Art of Storytelling
- Art and Soul/Shine Bright Like a Diamond

Psychoeducational:

- ADAPT
- Career Crossroads

Trauma Information Group

*Special note: Groups were created by our past trainees and



Additional Groups Offered Within Last 5+ Years

Process: Relationship Goals, Grief, Body Acceptance, Grad Talks, USO International, USO Spanish

Psychoed: Finding Balance (Mindfulness), Uniquely Me (Social Skills)

Combo: Seeking Safety, Sober Curious

CBT: Defy Your Fears (Anxiety), Free Your Mind (OCD), Modify Your Mood (GAD and MDD)

Identity Based*: Women, Men, Black Men, Black Women, LBGTQIA+ Trauma, Men's Trauma, Queer/LBGTQIA+

* must be open to all identities

Areas for Growth at FIU

- Recruitment and retention
- Marketing for groups
- Psychoeducation about group therapy/media perceptions
- Decrease in clients/summer groups
- Avoiding emotions = avoiding group
- Fewer new staff members have process group training



**UNDERSTANDING
SELF & OTHERS**

CAPS offers a safe space
where you can experiment
with new ways of relating to
others and get support and
feedback from others

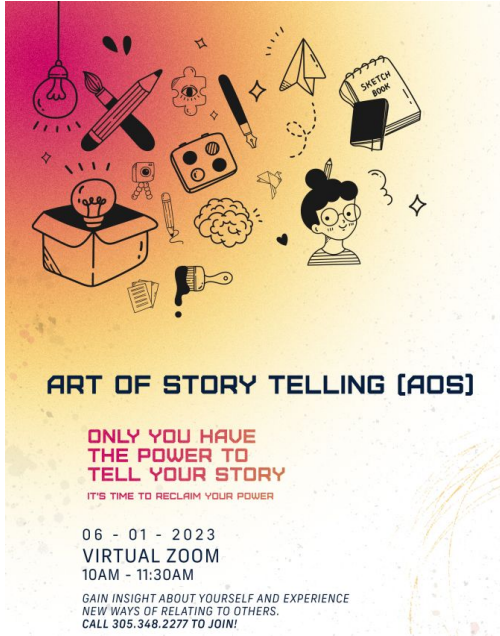
LEARN MORE:
[GO.FIU.EDU/CAPSGROUP](https://go.fiu.edu/capsgroup)

Marketing for Groups at FIU

- Dedicated Marketing Team for Student Health and Wellness
- Social Media
- Screens Across Campus
- Website



Some Group Marketing Examples

A poster for 'Art of Story Telling (AOS)'. The top half features a collage of hand-drawn icons on a yellow background, including a lightbulb, a pencil, a flower, a paper airplane, a sketchbook, a camera, a paint palette, a brain, a paintbrush, and a person's head. The text 'ART OF STORY TELLING (AOS)' is in bold black letters. Below it, in red, is 'ONLY YOU HAVE THE POWER TO TELL YOUR STORY' and in smaller red letters 'IT'S TIME TO RECLAIM YOUR POWER'. The date and time '06 - 01 - 2023 VIRTUAL ZOOM 10AM - 11:30AM' are in black. At the bottom, in small black letters, is 'GAIN INSIGHT ABOUT YOURSELF AND EXPERIENCE NEW WAYS OF RELATING TO OTHERS. CALL 305.348.2277 TO JOIN!'.

ART OF STORY TELLING (AOS)

**ONLY YOU HAVE
THE POWER TO
TELL YOUR STORY**

IT'S TIME TO RECLAIM YOUR POWER

**06 - 01 - 2023
VIRTUAL ZOOM
10AM - 11:30AM**

GAIN INSIGHT ABOUT YOURSELF AND EXPERIENCE
NEW WAYS OF RELATING TO OTHERS.
CALL 305.348.2277 TO JOIN!

A photograph of three people (two women and one man) sitting outdoors on a grassy area, smiling and talking. They are holding drinks.

**COMPRENDERSE
A SI MISMO Y A
LOS DEMÁS**

Ofrece un espacio seguro donde puedes experimentar con nuevas formas de relacionarte con los demás y obtener apoyo.

2:30pm - 4:00pm
En línea

MÁS INFORMACIÓN:
GO.FIU.EDU/CAPSGROUP

**THERE IS
NO RIGHT WAY
TO GRIEVE**

Grief is something we are likely to experience at different points in life.

Whether it is losing a loved one, having a breakup, or losing an opportunity, it is important to know that guilt, sorrow, numbness, and anger are all common responses.

These feelings are likely to decrease over time but *it is important to engage in proper self-care after a loss.*

EVERYONE GRIEVES DIFFERENTLY!

Don't be afraid to seek support.
Remember, you are not alone.
Reach out to Counseling & Psychological Services:
caps.fiu.edu
305.348.2277

Groups Brochure: Previous Campaign

DO GROUPS REALLY HELP PEOPLE?

Group therapy is widely used and has been a standard part of treatment programs for years.

Studies comparing group counseling to individual counseling show that group counseling is as effective and sometimes even more effective than individual counseling.

HOW GROUP THERAPY WORKS

Group therapy is based on the idea that many of the difficulties that people have in their lives can be understood as problems in getting along with other people.

As children, we learn ways of getting close and talking to others and ways of solving issues with others.

Often these early patterns are then applied in adult relationships. Sometimes these ways are not as effective as they could be, despite good intentions. Groups offer an opportunity to learn more about these patterns, and how to make effective changes to them.



@fiu_vop @FIUCounseling

caps.fiu.edu



Modesto Maidique Campus

SHC 270
305.348.CAPS (2277)

Discaigne Bay Campus

WUC 320
305.919.5305



COMMON MYTHS ABOUT GROUP

"Being in a room with other people with difficulties will make everyone worse."

The process of discussing your problems with others is helpful and can reassure you that you are not alone.

"Too much conflict arises in groups."

Conflict rarely occurs in group therapy. However if tensions present, the therapists provide opportunities for members to practice healthy ways to navigate difficult interactions.

"Group therapy is not as effective as individual therapy."

Studies show that most talking therapies are about equally effective.

"There won't be enough time for me to talk."

Group members find that they have plenty of time to talk in the group, and the difficulty is actually creating space for themselves amongst others. Group therapy provides a space for group members to practice the skill of making room for their concerns while still supporting others' needs.

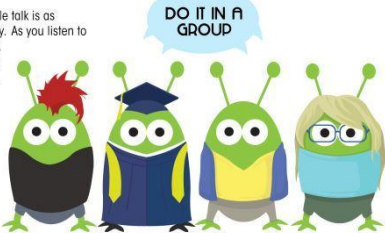
"Group therapy is like a forced confessional where you will have to reveal all the details of your life."

Group members develop trust at their own pace. You are in complete control of what you decide to share.

HOW TO GET THE MOST OUT OF GROUP

- Try to be as open and honest as possible.
- Listen intently to what others share. Help others by stating your understanding of what they said and how it affected you. Listen carefully to what others say to you about your role in the group.
- Think of it as a "living laboratory" of relationships. It is a place where you can try out new ways of talking to people, a place to take some risks.
- Verbalize your inner reactions. It is a place to explore the meaning of what goes on and the reactions that get stirred up.
- Remember that how people talk is as important as what they say. As you listen to yourself and others speak, think beyond the words to the messages being sent.
- Try to apply what you learn in group to outside situations.

- Learn from the experience. Notice what is happening inside the room between the members and between each member and the leader. Often understanding these relationships sheds new light on outside relationships.
- It is normal to feel anxious about being in groups. Talk about it!
- It is all right to be emotional.
- Allow time to think about your ideas and talk about them in the group before making important life decisions.



Groups at Virginia Commonwealth University

VCU

- urban campus in Richmond, VA
- student population = 29,288
- main campus and health sciences campus
- growing percentage of first generation college students

University Counseling Services

- 17 full-time clinicians (w/ 9-11 p/t & f/t trainees) across both campuses



VCU's group offerings

- **9-11 interpersonal process therapy groups**
 - Staff-staff or staff-trainee leadership teams
 - Most groups have process observer
 - Weekly group supervision of IPT group for 1.5 hours
- **2 skills groups**
 - DBT skills group (8-12 week models)
 - ACT-based group for coping with anxiety (5-week)
- **6 peer support groups**
 - Grief
 - Student Survivors
 - Neurodivergent students
 - Adjustment to college/VCU
 - Chronic Illness
 - Rainbow group for LGBTQIA+ students



Support Groups

at University Counseling Services



Support groups offer a safe, welcoming space for VCU students to connect with others who may be navigating similar experiences. Support groups can foster a sense of community, reduce isolation, and encourage personal growth through shared reflection, empathy, and support. The groups are facilitated by trained staff at UCS.

Current group offerings:

Rainbow Group

Neurodivergent Support Group

(in partnership with SAEO)

Voices of Strength: Support for Survivors of Sexual Violence

Chronic Illness Support Group

(in partnership with SAEO)

Grief Support Group

VCYou: Finding Your Path

To learn more about each group and sign up, visit counseling.vcu.edu or scan here:



Students do **NOT** have to be enrolled with UCS to participate in a support group. All students are welcome to attend.

Questions? Call us at 804.828.6200



Interpersonal Group Therapy

UNIVERSITY COUNSELING SERVICES

Group Therapy is a place to work on improving relationships, and learning new skills to manage one's mental health needs. It reminds us that we are not alone in an environment of trust and support.

What is Group Therapy?

- It's a safe, confidential space.
- 8 to 12 students meet either virtually or in person with trained therapists to talk about what is troubling them.
- Members give feedback to each other and learn together.
- Feedback allows group members an opportunity to experiment and try out new ways of behaving and relating to others.



What do you talk about in Group Therapy?

- Whatever brought you to UCS for help: Anxiety, depression, relational concerns, trauma, stress, etc.
- Tell group members what is bothering you.
- Ask for support from other members.
- Express feelings and reactions to the group.

You control what, how much, and when you share with the group!

Interested?

<https://counseling.vcu.edu/>
[@vcucounseling](https://twitter.com/vcu_counseling)



SCAN ME



VCU University Counseling Services
Student Affairs

Student Commons | Rm 238 | 828.6200
VMI Building | Room 412 | 828.6200

What's going well

- **IPT groups**

- Long-standing culture of prioritizing IPT group as a core offering
 - staff buy-in; expectation for all clinical staff (besides leadership team and case managers)
- Long-term treatment option for students
- Dedicated training
 - Orienting new staff and trainees to benefits of group - “Why not group?”
 - Focus on how to approach “selling” group to clients for new staff and trainees
 - Multi-part training series on IPT group facilitation throughout the year
 - Group supervision of IPT group, showing tape each week

- **Support groups**

- Steady engagement across (some!) support groups from year to year
- Staff satisfaction

Challenges

- Skills group engagement
 - Students sign up but then never come, or stop after 1 session
- Support group engagement
 - Struggle to get engagement for some of our groups

Future considerations:

- More intentional marketing of skills and support groups
- Collaboration with mental health-focused student groups and peer health educators

Groups at Brandeis University

Brandeis University:

- 4,696 (3,342 undergraduate, 1,354 graduate)
- “Private research university with a liberal arts focus”
- Waltham, MA (9 miles west of Boston)

Brandeis Counseling Center (BCC)

- 13 Clinicians (~11 FTE)
- 2 Psychologist (1 FTE)
- 3–4 trainees
- BCC Utilization: 17%
- Bill insurance



BCC Groups 2025-26

- Offered 5-7 groups this year
 - 4-10 group members
- Clinician and trainee can co-lead
- Support and skills groups are the most consistently successful
 - DBT, ACT, Healthy Relationships, Transcend
- All in person, primarily in the BCC
- Primarily internal referrals
- Group offerings and enrollment decreasing



BCC Group Successes

- Shorter skills-based groups
 - 5–6 week cycles
- Ongoing support groups*
- Unique offerings, student/campus partner requests
 - “Get the Wiggles Out”
 - “Supporting Accessibility”
 - Music PhD program support
 - Heller CT workshops
- Marketing
 - Admin staff support
 - Campus partners



BRANDEIS COUNSELING CENTER

SPRING GROUPS

More Social, Less Anxiety
Nancy Kwan, Tuesdays at 1pm

Grieving Forward: Bereavement Group
Julia Horvitz, Tuesdays at 1pm

DBT Skills (Emotion regulation & coping skills)
Amy Armstrong, Wednesdays at 10am

Transcend: A Space for Trans, Nonbinary, Gender Questioning
Students and Allies
Sarah Reilly, Wednesdays at 1:15p, in the GSC Rainbow Room

Performance Anxiety ACT Group
Wenhui, Thursdays at 10am

Art It Out: Self Care Through Art
Anna Meilman, Fridays at 2:30pm

LGBT+ Grad Student Support Group
Leslie LaFollette and Becca Van Spall-Hood,
Thursdays at 5:30pm in the GSC Rainbow Room

📧 bcc@brandeis.edu 📞 781-736-3730 📱 @brandeiswellness

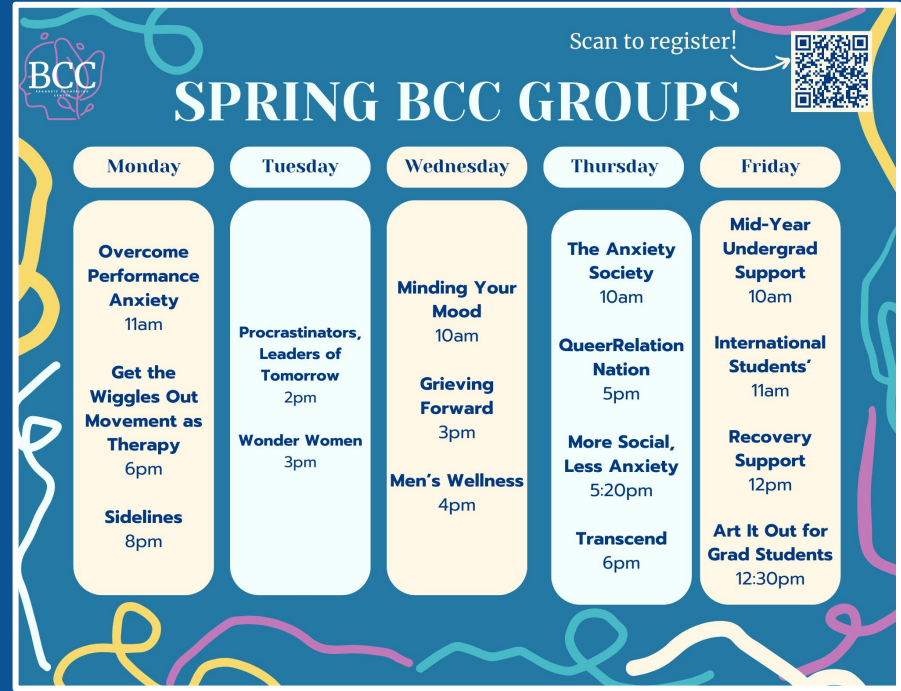
BCC groups are free, confidential, and open to all Brandeis students

Scan for more info



BCC Group Challenges

- Decrease in students self-referring
- Increase in student declining referral
- Financial pressure
- Lower attendance in drop in groups (self-fulfilling)



A colorful poster for 'Spring BCC Groups' with a blue background and decorative swirls. It features a BCC logo, a QR code with the text 'Scan to register!', and a grid of group activities for Monday through Friday. The activities are listed in colored boxes: orange for Monday, Wednesday, and Friday; light blue for Tuesday; and white for Thursday. Each box contains the group name, a brief description, and the time.

Monday	Tuesday	Wednesday	Thursday	Friday
Overcome Performance Anxiety 11am		Minding Your Mood 10am	The Anxiety Society 10am	Mid-Year Undergrad Support 10am
Get the Wiggles Out Movement as Therapy 6pm	Procrastinators, Leaders of Tomorrow 2pm	Grieving Forward 3pm	QueerRelation Nation 5pm	International Students' 11am
Sidelines 8pm	Wonder Women 3pm	Men's Wellness 4pm	More Social, Less Anxiety 5:20pm	Recovery Support 12pm
			Transcend 6pm	Art It Out for Grad Students 12:30pm

BCC Group Opportunities

- Continue utilizing campus partners for new referrals and feedback on topics
- Workshops and Programs as single-session opportunities
- Campus partner locations
- Piloting “funnel” for anxiety groups



Break Out Groups: Discussion

What type of group(s) are most popular at your center?

What barriers have your groups program faced, and how have you tried to overcome those?

Are there opportunities at your center for addressing those barriers?

References

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