

Connecticut College Student Counseling Services

Support Groups

Spring 2021

Mondays 4:00-5:00 Womxn's Group

Facilitator: Tina Forster, LCSW, CGP and Margie Watson, MA, psychology post-doc

Wednesdays 4:00 -5:00

Facilitators: Shelley Chenevert, LMFT, LCSW and Matt Monoco, doctoral psychology practicum student

Thursdays 4:00-5:00

Facilitators: Tina Forster, LCSW, CGP and Anthony Primavera, doctoral psychology practicum student

Fridays 1:30-2:30

Facilitators: Bryana White, PhD and Ashley Smith, doctoral psychology practicum student

All groups meet remotely

New members are welcome throughout the semester, however, registration is required.

For more information or to register, please contact Jill Pilgrim in the
Student Counseling Services, at 860-439-4587 or scs@conncoll.edu

About Group Psychotherapy at the CC SCS

Group therapy is a powerful tool for growth and change. Most of our groups range from 4-6 individuals who meet and ultimately share their struggles and concerns with the helpful facilitation of a group therapist. The power of psychotherapy process groups lies in the unique opportunity to receive multiple perspectives, support, encouragement, and feedback from other individuals in a safe and confidential environment. These interpersonal interactions can provide group members an opportunity to deepen their level of self-awareness and to learn how they relate to others. Individuals in group can develop new ways of relating to people, share experiences that others can relate to, and gain more awareness about how they relate to others and the interpersonal patterns they engage in. Further, group provides opportunities to learn about oneself through others and a safe space to experiment with, and practice, new behaviors and/or ways of communicating.

Groups range in terms of structure. However, most groups at the Connecticut College Counseling Services tend to be unstructured. The therapist provides an opportunity for a brief check-in at the start of group, but after this check-in, it is the group members' responsibility to bring any issues to the group that they feel are important. There isn't a specific topic for each group session. In addition, a primary focus of therapy in the group is the interaction among group members. Members are encouraged to give support and feedback to one another, and to work with the reactions and responses that other members' contributions bring up for them.

How You Can Get the Most from Group Therapy

- ✓ **Be yourself.** Start where you are, not how you think others want you to be. Change begins with whatever you feel comfortable enough to disclose.
- ✓ **Define goals.** Take time to define your goals before each session - yet remain flexible to the change that occurs throughout the group process.
- ✓ **Recognize and respect your pace for getting involved in the group.** Some members will always be ready to discuss their thoughts and feelings; others need more time to gain feelings of trust and security. By respecting your needs you are learning self-acceptance. If you are having a difficult time discussing your problems within the group, ask the group to help you.
- ✓ **Take time for yourself.** You have the right to take group time to talk about yourself. Many people feel that other's issues are more important, while some have a difficult time facing feelings, or have fears of appearing "weak." By recognizing the reluctances you are beginning the growth process.
- ✓ **Focus on what is important to you.** With time being limited, it is important to try focusing on the main ideas, thoughts, and feelings.
- ✓ **Recognize and express reactions and feelings.** Pay close attention to what you are feeling as you are sharing or others are sharing.
- ✓ **Be aware of censored thoughts and feelings.** Learn to express thoughts and feelings, without censorship, in order to enable exploration, resolution of interpersonal conflicts, self-affirmation, and assertion.
- ✓ **Give and receive feedback.** Giving and receiving feedback can be a major part of your experience in group therapy. The purpose is to help others identify patterns, personal presentations, unrecognized attitudes, and inconsistencies. Feedback can ultimately be one of the most effective ways to deepen a relationship.

