GROUP COUNSELING GROUND RULES

- Group sessions are confidential. Confidentiality is discussed during the first group meeting and reviewed periodically. There are limits to confidentiality having to do with risk to your safety or the safety of others — these will be explained to you fully in writing.

- It is expected that you attend group every week. If there is an urgent matter that prevents you from attending please notify your Group Counselor.

- There is no limit to the number of group sessions you can attend.

About Group Counseling

- Group counseling is a powerful venue for growth and change. Students receive understanding, support, and encouragement from peers facing similar issues. The group experience provides an opportunity to gain different perspectives, ideas, and viewpoints. It is normal to feel apprehensive about joining a group, however, most students report that the experience was helpful far beyond their expectations. All groups are confidential and supportive, and offered at no cost to students.

For more information:

210-458-4140   FAX: 210-458-4141
https://utsa.edu/counsel/
Benefits of Group Counseling

- Group work draws on each member’s knowledge and perspective, providing a more insightful understanding of a problem being solved or a skill being learned.
- Groups are great for motivation; they encourage individuals to be responsible to others, which enhances self-reflection.
- Group work helps keep you on task. It’s harder to procrastinate when working with others.
- Group work helps you gain multiple perspectives on your concerns from different group members, pick up new skills, and internalize lessons.
- Groups provide an opportunity to give and receive immediate feedback.
- Groups help you to realize you are not alone in your struggles.

Current Groups

**MONDAY**
1:00 GRADUATE STUDENT SUPPORT GROUP
2:00 TIME MANAGEMENT AND CONCENTRATION
3:00 USING BIOFEEDBACK

**TUESDAY**
1:00 ASPIRE (Adult Student Processing Interpersonal Relationship Experience)
2:30 ASSERT YOURSELF
4:00 ART THERAPY
4:00 COPING WITH ANXIETY

**WEDNESDAY**
1:00 TRANSFORMING VICTIMS INTO SURVIVORS
3:00 WOMEN’S GROUP
3:00 UTSA “RoadVengers”
4:00 EQUALITY UTSA

**THURSDAY**
1:30 ASIA (All Student Issues Addressed)
3:00 INTERNATIONAL STUDENTS GROUP

**FRIDAY**
3:00 IPAD (Interpersonal Advancement and Development)

Common Myths

- **MYTH:** I will be forced to tell all of my deepest thoughts, feelings, and secrets to the group.
- **REALITY:** You control what, how much and when you share. Most people find that when they feel safe enough to share what’s troubling them, a group can be helpful and affirming. Even if you’re not ready to talk about something, listening to others can help. What they’re saying may apply to you.
- **MYTH:** Group therapy is second-best to individual therapy.
- **REALITY:** Group therapy is the most effective treatment approach for many issues college students face. When a group is recommended, it’s because your therapist believes it’s the best way for you to be helped. He or she can discuss the reasons for the recommendation with you.
- **MYTH:** My problems are not as bad as others or are worse than others—so I won’t fit in or benefit.
- **REALITY:** Group may provide a place for you to experience compassion for yourself and others, without having to decide who went through the worst experience.