

# Group Therapy FAQs

## What is group therapy?

Group provides a place where people with diverse experiences can share common concerns and learn from one another how to improve one's quality of life. By focusing on interactions in the group and interpersonal experiences outside the group, members change patterns that are creating difficulties in their relationships with friends, family, intimate partners, professors, colleagues, and roommates.

## How can group help me?

- Identify with others who face similar challenges
- Receive support in times of stress
- Increase awareness of interpersonal effectiveness by giving and receiving feedback
- Adopt more constructive and effective responses to life situations by practicing new behaviors and ways of relating to others
- Improve communication and connection with others by expressing feelings and thoughts that you have been hesitant to express
- Learn how to deal with your family and roommates.

## What if I'm nervous or anxious about joining or talking in groups?

Entering and participating in a therapy group can make some nervous or anxious. While group members are expected to be involved, we recognize that everyone has their own pace at which they develop feelings of safety, trust and comfort in the group, so you can participate when you are ready to do so. Group therapists are respectful of everyone's comfort zone and members assist each other in participating in a way that best promotes fellow members' personal growth.

## How many people are in a group?

Groups will typically have somewhere between 5-7 members with a maximum of 8 members.

## What kind of commitment do I have to make?

Group members are encouraged to be present each week and to arrive on time. Groups function more effectively when group members have made a commitment and show up regularly. Members usually commit to a minimum of one semester for therapy groups, but benefit more if they stay longer. If a group member decides to leave, 2-4 weeks notice is requested, depending on the type of group.

## Will it be confidential?

Confidentiality is critical to the success of a group - what's said in group, stays in group. Breach of confidentiality is grounds for dismissal from the group and illegal in the state of Colorado. Group facilitators will take steps to insure that no two members are from the same academic department.

## How do I join?

Schedule a pre-group screening interview to make sure the group you're interested in is the best fit for your needs. For existing PHP clients, talk with your therapist about the group you'd like to join and set up a pre-group screening. For clients who are new to PHP, call 303-492-5654 for information on scheduling an intake/screening interview.

Wardenburg Health Center

303.492.5654

[www.colorado.edu/healthcenter](http://www.colorado.edu/healthcenter)