

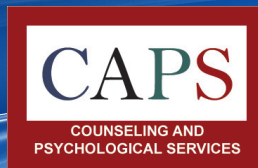
## Group Types

CAPS offers a variety of groups focusing on interpersonal development, mindfulness meditation, and groups on specific topics for undergraduate and graduate students each semester. Some groups are more structured than others, and focus on a specific theme or skill, while other groups are less structured and focus on relationships in general, intimacy, boundaries, and self-awareness. Both structured and unstructured groups provide a unique opportunity for honest exploration in an emotionally supportive environment. Members discuss issues that are concerning them and offer each other support and feedback.

## Group Offerings

Typical group offerings include Awareness of Self and Others, Mindfulness Meditation, Chaotic Backgrounds, Dialectical Behavioral Therapy, Coping with Anxiety, Friends and Families, Alcohol and Other Drugs Explorations, Dropping in and Coming Out, & Career Exploration. The specific groups available each semester vary in theme and time. Please refer to the website for a more up to date and detailed description of current groups.

Additional information can be found at  
**Counseling and Psychological Services**  
(631) 632-6720  
Or online at  
[www.stonybrook.edu/capsgroups](http://www.stonybrook.edu/capsgroups)



# CAPS

## Group Psychotherapy



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Stony Brook University

# Group Therapy

"Through group, I identified what I needed to work on as an individual and learned how to deal with other people better."

## What?

Group therapy is a special form of therapy in which a small number of people (between 5-9) meet together with a therapist weekly for 1-2 hours to help themselves and one another. It provides a safe and confidential space where you come together with others to share issues of concern, to better understand your own situation, and test out different ways of interacting with others. Group therapy helps people learn about themselves, improve their interpersonal relationships, and often discover they are not alone with their struggles.

## Why?

Group therapy offers students with common concerns an opportunity to meet in a nonjudgmental, confidential, and welcoming space to address important issues that may be affecting them.

- Get unbiased feedback, perspectives, and support
- Find a safe space to identify and examine your feelings
- Explore yourself through others
- Improve your understanding of yourself and others
- Learn new skills and ways of interacting that you can use the rest of your life
- Feel connected and know you are not alone
- Gain hope

## How?

- Make a commitment to attend group consistently
- Be engaged with the group and the process
- Be willing to take risks to share important things about who you are
- Work actively to shape the group to meet your needs
- Listen with respect and attempt to understand rather than fix others.
- Avoid blaming and /or judging others
- Think more about your motivations than about those of other group members

**Group Works.**  
In studies comparing group psychotherapy to individual therapy, group therapy has been shown to be as effective and sometimes more effective.