Group Therapy Frequently Asked Questions

What is Group therapy?

Group therapy involves a small number of people meeting together on a regular basis under the guidance of a professionally trained therapist to help themselves and one another. Experiencing counseling in a group setting is helpful when trying to understand your own situation by giving you an opportunity to learn from others. It can be therapeutic to understand there are others experiencing similar situations.

Group therapy is a powerful treatment approach that facilitates positive growth and change. Group members can deepen self-awareness, enhance relationship skills and experiment with new ideas and ways of relating to others by practicing these skills with one another in the group.

What are the benefits of group therapy?

- an opportunity to give and receive support to/from others
- realize you are not alone with your struggles, thoughts and feelings
- better understand how you relate to others
- practice and try out new ways to interact with others
- learn about others' views and get feedback about yourself
- learn how to better cope with difficulties

How do I join a group?

You can call Counseling & Psychological Services at 856-256-4333. Prior to getting started you will meet with the group leader. During this meeting, you will have the opportunity to discuss the group, ask questions, and identify goals so that you will feel more comfortable starting group.

What groups have been offered at CPS?

Call Counseling & Psychological Services at 856-256-4333 to see what groups are currently being offered. The following are examples of groups that have been offered to Rowan University students:

The General Therapy Group – This is a process oriented group that is open to students with a broad range of concerns including depression, anxiety, stress management, and relationship issues. This group offers students the chance to practice social skills, improve self-esteem, and discuss issues in a safe and supportive environment. The group is facilitated by two CPS professional staff members who act as co-leaders and typically includes 8-10 students. Contact CPS at 845-256-4333 for more information.

Interpersonal Skills Group – Understand yourself and others with this insight oriented group. It provides students with a safe environment for exploring yourself and your interpersonal style. Common themes include social anxiety, trust, intimacy, assertiveness, learning and practicing social skills and dealing with relationship. Contact CPS at 845-256-4333 for more information.
Mindfulness-Based Stress Reduction – This eight-week group is open to Rowan students for stress management and focuses on mindfulness meditation, mindful eating, mindful movement, visualizations for relaxation, body scan, gentle yoga, techniques to manage anxiety and depression, deep relaxation and stress management skills. Learn to feel emotionally calmer! Contact CPS at 845-256-4333 for more information.

Mindfulness Skills Group - This experiential group offers the opportunity to learn to listen to, heal and accept yourself. We will be practicing mindfulness skills that include meditation, body scan, relaxation breath work, gentle yoga and stress reduction practices. The benefits of mindfulness include feeling emotionally calmer, awareness and acceptance of the present moment, clear and creative thoughts, taking responsibility for your well-being, develop your own inner stress management and cultivating kindness and compassion for yourself and others. Contact CPS at 845-256-4333 for more information.

DBT for Eating Disorders Group - As part of the Counseling & Psychological Services Eating Disorders Treatment Track, a DBT for Eating Disorders Group is offered for primarily binge eaters and bulimics. A one-hour process group is in which members discuss any issues affecting them during the preceding week is followed by a skills group that teaches emotional regulation, distress tolerance, acceptance and mindfulness. Members have in common concerns with bulimia, binge eating and drinking, purging or restricting behaviors. For most members, this two-hour group combining therapy with learning new skills, takes the place of individual therapy as part of their comprehensive treatment plan. Others will continue with the support of individual therapy as needed. Students are referred to this group by their individual counselors; if you are interested, feel free to first discuss this with your counselor who will schedule a screening.

The Body Image Group - For women interested in changing their relationship with their bodies, food and weight, Counseling & Psychological Services is offering two sections of the Body Image Group. Breaking through the isolation, this group helps students who want to develop better self-esteem and confidence to set and achieve personal goals with the support of women who share the struggle. Students interested in joining one of the two groups should contact CPS at 845-256-4333.

The Transition Group – This is an open, “drop in”, support group held in the Student Center for new students, transfer students or any other student struggling with adjusting to university life. Roommate issues, socialization issues, loneliness, homesickness and any other issues impacting your college experience can be processed in a safe, confidential environment. This group is designed to be a peer support group, open to all who feel the need to share and learn ways to adjust and cope with the general transition into the Rowan community. For more information contact Bob Logan at 856-256-4500 ext. 5716.

Substance Abuse Group - Counseling & Psychological Services is offering a combination Psycho-Educational / Process Oriented Substance Abuse group with a Motivational, Stages of Change format for students who have concerns about their own use or abuse of alcohol, and other drugs. A combination of education on substance misuse and exploring one’s readiness to change is the basic theme of the group. The group offers students a safe environment to explore their relationship with substances and insight to make appropriate changes that can help avoid consequences resulting from abuse. For more information contact Bob Logan at 856-256-4500 ext. 5716.

Gender and Sexual Diversities Support Group - Counseling and Psychological Services is offering a therapy group focused on providing a safe space for all gender and sexual diversities. The group will focus on issues particular to students whose experiences of gender and/or sexuality are within the minority of the university community. This may include students who identify as lesbian, gay, bisexual, transgender, queer, questioning, intersex, asexual, or pansexual. Students at all stages of identity exploration and expression are welcome. The group will support students as they explore their concerns about self and community with an emphasis on strengthening self-esteem, relationship skills, and social support.