

GROUP THERAPY IS FOR EVERYONE!



DREXEL UNIVERSITY
Counseling
Center

GROUP THERAPY

Uokay?

WE FEEL IT TOO

Contact us:



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201 Creese Student Center

**IF YOU WANT DEEPER
RELATIONSHIPS. TO CONNECT
WITH PEOPLE WHO GET IT OR TO
TALK THROUGH THE CHALLENGES
OF LIFE AS A STUDENT.**

GROUP THERAPY IS FOR YOU!



GROUPS ARE LED BY TWO THERAPISTS AND USUALLY INCLUDE 4-8 STUDENTS. STUDENTS WILL HAVE THE OPPORTUNITY TO MEET WITH A GROUP THERAPIST TO DISCUSS GOALS, READINESS FOR GROUP, AND ANY CONCERNS.

OFTEN STUDENTS FIND RELIEF AND GROWTH THROUGH TRUSTING CONNECTION AND HONEST DIALOGUE WITH PEERS. GROUP COUNSELING INVITES STUDENTS INTO RESPECTFUL, OPEN-MINDED, AND AFFIRMING COMMUNITY CONVERSATIONS THAT SERVE TO INCREASE AWARENESS, RECOGNIZE STRENGTHS, GIVE SUPPORT, AND PROVIDE FEEDBACK WITH PEERS SHARING SIMILAR EXPERIENCES.

SOME GROUPS FOCUS ON BROADER, GENERAL TOPICS AND SOME ARE TOPIC SPECIFIC. OTHERS INTENTIONALLY CENTER ON THE SHARED EXPERIENCES OF FOLKS WITH MARGINALIZED IDENTITIES.



See ~~Separate Paper~~ insert
for Groups Currently
Running this quarter

UNDERSTANDING SELF AND OTHERS

A SPACE FOR UNDERGRADUATE STUDENTS WHO ARE INTERESTED IN EXPLORING CHALLENGES WITH ESTABLISHING OR MAINTAINING CONNECTION, AND ARE TRYING TO UNDERSTAND AND EXPRESS HARDER EMOTIONS.

UNDERSTANDING SELF AND OTHERS FOR GRADUATE STUDENTS

A SPACE FOR GRADUATE-LEVEL STUDENTS WHO WANT TO EXPERIENCE STRONGER EMOTIONAL CONNECTIONS WHILE ALSO WORKING THROUGH ISSUES THAT MAY BE UNIQUE TO BEING A PART OF A GRADUATE PROGRAM.

GROUPS AVAILABLE BASED ON STUDENT INTEREST:

FAMILIES LIKE MINE

A SPACE FOR EXPLORING AND MANAGING DIFFICULT OR CHAOTIC FAMILY RELATIONSHIPS. STUDENTS CAN SHARE THEIR EXPERIENCES, OFFER SUPPORT, AND LEARN MORE EFFECTIVE COMMUNICATION AND BOUNDARY SETTING. THIS GROUP MIGHT BE HELPFUL FOR INDIVIDUALS WHO CONTINUE TO FEEL IMPACTED BY THESE EXPERIENCES.

YOU ARE YOUR BEST THING

A SPACE FOR BLACK FEMME+ IDENTIFIED INDIVIDUALS TO PROCESS THEIR EXPERIENCE OF LIVING WITH INTERSECTING MARGINALIZED IDENTITIES (RACE, GENDER, AND MORE).

BLACK MEN ARE

A SPACE FOR BLACK MALE+ IDENTIFIED INDIVIDUALS TO SUPPORT EACH OTHER THROUGH THE JOURNEY OF NAVIGATING A PWI AND LIFE.

HEALING CIRCLE

A SPACE FOR FEMME+ IDENTIFIED FOLKS WHO ARE WORKING TO REBUILD THEIR LIFE AFTER A TRAUMATIC EVENT RELATED TO SEXUAL ASSAULT

LGBTQIA+ SUPPORT

A SPACE WHERE LGBTQIA+ AND QUESTIONING STUDENTS CAN EXPLORE, UNDERSTAND, AND CELEBRATE THEIR IDENTITIES TOGETHER IN A SUPPORTIVE COMMUNITY.

INTERNATIONAL STUDENT SUPPORT

A SPACE WHERE INTERNATIONAL STUDENTS CAN EXPLORE THOSE EXPERIENCES UNIQUE TO INTERNATIONAL STUDENTS, SUCH AS THE STRESS AND EXCITEMENT OF ADJUSTING TO A NEW CULTURE, SCHOOL, AND COUNTRY.

**EMAIL COUNSEL@DREXEL.EDU
FOR MORE INFORMATION**