What is group counseling?

Group counseling is a form of “hands-on” learning where you can:

“Great to hear what someone else would do!”

Share your concerns | Try out new strategies |
Learn more about how you interact with others | Make specific changes that you would like to see in yourself

If you want to gain any of these experiences, you may want to consider joining group!

Benefits of group counseling:

• Many people report feeling less alone once beginning group therapy. It can be encouraging to hear that other people are dealing with similar issues.
• Trained group leaders AND group members can help you. This can be a safe place to work on your goals with other students. You do not have to do all of the work by yourself.
• You will not only receive help and feedback, but are also able to give help to other members.
• Groups can help us to be more effective in our relationships with others and with ourselves.
• You will get honest feedback and new perspectives.
• You will learn new skills.

What are the specific groups provided by the UNCW Counseling Center?

Personal Explorations [Tuesdays at 11:00am]
Gain support and hear how others manage challenging situations. Group will focus on how problems in your life influence day-to-day activities and relationships.

Thriving with Anxiety [Mondays at 2:00pm]
Learn to live with anxiety and thrive! You will learn about: your anxiety and how trying to control anxiety can keep you stuck; finding your values; and making choices based on your values.

I have Anxiety?? [Wednesdays at 2:00pm]
Anxiety; do you manage it or does it manage you? In this 2 session workshop, you will learn skills to manage anxiety, including participation in relaxation exercises and learning cognitive strategies.

Modern Family [Thursdays at 3:30pm]
Struggles with families is an inevitable part of everyone’s life. In this group, you will talk about difficulties with family members and better understand the impact of family dynamics on your well-being while providing a place to practice new relational strategies.

Please speak to your counselor if you are interested in joining a group, or call 910-962-3746 for further information.