FALL 2020 THERAPY GROUPS

Current Groups:
- Understanding Self & Others
  - Women’s Group
- Eating Concerns Group
  - Anxiety Group
- Exploring Gender & Sexuality
  - Men’s Group

**Descriptions on our website**

What to know about group:
- It’s as helpful as individual therapy
- It can address most concerns
- All focus on improving relationships
- Some are themed for specific concerns
- Typically has 6-10 members
- Occur weekly for 60-90 minutes via Zoom

What most W&M students report experiencing in group:
- Increased psychological health and well-being
- Hope, inspiration about the future, and empowerment to make a difference in their lives
- A sense of belonging with and caring from other members
- Ability to securely express their emotions despite differences between members
- Understanding their impact on others and the importance of people in their lives
- Belief that they have something in common with people in and outside the group
- Enhanced ability to understand their personal patterns
- Learning by observing others

Call (757) 221-3620 to schedule a triage and request group
For more info: www.wm.edu/offices/wellness/counselingcenter/students/studentservices/index.php