

Group Therapy

Georgia State University Counseling and Testing Center

Interpersonal Process Group: “Building Healthy Relationships”

- **Thursday 3:00-4:30**, Corey Arranz, Psy.D. & Abby Myers, M.A.

This groups provide a safe place for group members to explore their feelings and learn about their relationships with significant others, including friends, family members, and romantic partners. In group, members share common struggles, gain support, and give and receive feedback in a safe environment.

African American/Black Women’s Support Group: “In the Company of Sisters”

- **Monday 4:30-6:00**, Alaycia Reid, Ph.D. & Danielle Simmons, M.S.

This is a support group for African-American women. The group will provide an opportunity for members to discuss issues of personal power, self-esteem, academics, relationships, careers, family, sexuality, identity, spirituality, and other relevant topics.

Alcohol and Other Drugs Group

- **Monday 1:30-2:45**, Yared Alemu, Ph.D. & Kimber Shelton, Ph.D.

This group is for students wondering if their substance use is problematic, or students who want help in attaining/sustaining sobriety. Participation is open to students at any point in their consideration of use.

Body Image Support and Therapy Group

- **Wednesday 3:00-4:30**, Pegah Moghaddam, Psy.D. & Abby Myers, M.A.

This group is for students who are struggling with excessive pre-occupation and guilt centered on food, meals, dieting, weight or body shape, and who are also experiencing a perceived loss of control over their eating. Group is open to both males and females and is activity-driven.

Co-Ed African American/Black Students Support Group: “For Us, By Us”

- **Tuesday 4:00pm – 5:30**, Michelle Lyn, Ph.D. & Schekeva Hall, M.Phil.

This is a group where African American men and women get together and discuss issues such as interpersonal relationships, sexuality, cultural identity, family history, and future goals.

Graduate Students Support Group

- **Friday 1:30-3:00**, Kensa Gunter, Psy.D. & Schekeva Hall, M.Phil.

This is a support group for graduate and professional students and is designed to provide a safe and confidential place where students can share feelings and concerns as well as receive support and feedback from their peers. Topics discussed in group may include: personal and professional relationships, academic concerns, adjusting to and leaving graduate school, coping with stress, identity (personal and professional), self-esteem/confidence, career issues, & cultural influences.

Grief Support Group

- **Thursday 4:30-6:00**, Sandrine Bosshardt, Ph.D. & Pegah Moghaddam, Psy.D.

Grief is a natural reaction to loss, and typical feelings include depression, loneliness, anger, guilt, shock, denial, and hope. People often do not truly “get over” a loss, but learn to live with it. This group is a place for finding and connecting with others who care and have experienced similar feelings, which can be healing in and of itself.

Sexual and Gender Diversity Support Group

- **Monday 3:00-4:30**, Rachel Kieran, Psy.D. & Kimber Shelton, Ph.D.

This group is designed to provide a safe place for group members to explore their feelings. The group offers members an opportunity to discuss issues of self-esteem, academics, relationships, careers, family, sexuality, identity, spirituality and other relevant topics in an atmosphere of community and safety, with a special focus on the challenges regarding sexual and gender diversity.

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Why Group Therapy?

People join therapy groups for a lot of reasons. Some may be experiencing difficulties, while others are looking for personal growth. Group therapy provides a unique way to learn about oneself and one's relationships and to give and receive support and feedback from others.

Why Choose a Group Instead of Individual Therapy?

For many types of problems, group therapy is the treatment of choice. Groups provide the opportunity to observe others solving their problems. Groups provide the advantage of a network of support. Groups are also especially helpful in building trust, self-acceptance, intimacy, communication skills and empathy.



What are Some of the Advantages of Group Therapy?

If there are two organizing themes to all types of therapy, it would be that almost all problems come from problems relating and that for therapy to be useful, it needs to be applied outside the therapy room. Group therapy offers one of the most challenging and rewarding ways to learn and practice new ways of relating to yourself and others. Plus, participation helps remind people that they truly are *not* alone in their struggles.

What does Research say about Group?

Two published research articles combined the results of 32 studies that assessed the effectiveness of group therapy in comparison to individual treatment. The authors concluded that group therapy is either equally or more effective than individual treatment. *

Tillitski, C. J., A meta-analysis of estimated effect sizes for group versus individual versus control treatments. International Journal of Group Psychotherapy, Vol 40(2), Apr 1990.

McRoberts, C., Burlingame, G. M., & Hoag, M. J. Comparative efficacy of individual and group psychotherapy: A meta-analytic perspective. Group Dynamics, Vol 2(2), Jun 1998.