

**Dissertation Support Group**

**LGBTQ Support Group**

**Interpersonal Group:**

**Connecting on Campus**

**Grief and Loss Support Group**

**Interested in joining a group? Please come by or call University Counseling Services to schedule a group interest interview.**

***A 30 minute screening interview is required with a group leader.***

*Occasionally students feel nervous or uncomfortable with the idea of joining groups. This is normal. Pursuing or confronting the things that cause us to feel uneasy can sometimes be the most beneficial way to facilitate change. The staff at UCS recognizes this and, as such, efforts are made to ensure that group environments are supportive and safe.*

 *Group Leaders:*

* Emilie Stuber, Psy.D.

Group Coordinator

* Jinhee Kang, Ph.D.

Multicultural Coordinator

* Bonita Johnsen, Ph.D.

Assistant Director

* David Neale-Lorello, M.A.

Pre-doctoral Intern

* Niveen Soliman, M.A.

Pre-doctoral Intern

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What Is Group Counseling Really Like?

 Groups are typically composed of 5-8 members. These members meet weekly for 90 minutes. The issues discussed in the group are generated by the group members, with guidance and facilitation by the group leader(s). Some of our groups are time-limited and topic focused. Other groups are open-ended with regard to time and not focused on a particular topic.

* A group provides opportunities to learn with and from other people and to understand your own patterns of thoughts and behaviors (as well as those of others).
* Other people can often see attitudes and behavior patterns that are limiting and that may be difficult to see in yourself.
* A group is an opportunity to receive genuine support, personal feedback, and useful alternatives from peers.
* A group is an opportunity to experiment with and work toward new attitudes and new ways of coping with life’s stressors.

What Are The Advantages Of Group Counseling?

Group counseling can often be the best approach for addressing a variety of student concerns. The goal of this handout is to explain a bit about group counseling so that you may learn more about this frequently recommended form of therapy.

**University Counseling Services**

Student Development & Success Center

www.umbc.edu/counseling

410-455-2472

About Group Counseling

at the

**UMBC** Counseling Center