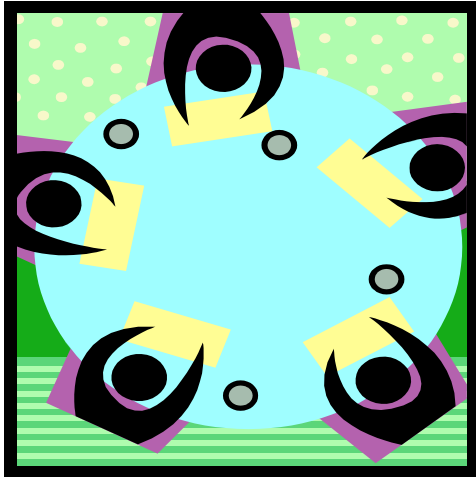


How does group counseling work at CaPS?

To join a group you must be a currently registered CSUEB student. There is no fee for group counseling at CaPS.

Each group will meet weekly on the same day and at the same time. Most groups meet either for one hour or for one hour and twenty minutes each week. Groups always start and end on time. Regular attendance is part of the agreement in joining a group.



Counseling and Psychological Services is the student counseling service at CSUEB, providing individual, couples and group counseling to currently registered CSUEB students. This is a free service for currently registered students.

CaPS Counseling Groups include:

(All groups are not offered every quarter, call us for details!)

Building Terrific Relationships Group is a group for men and women who are interested in improving their ability to effectively connect with others.

Family Issues Group is a group for men and women that explores family patterns and issues and how to make positive changes in current relationships.

Creating Connections Group helps students to work on a variety of goals involving creating positive relationships with others. Members give and receive feedback that can be useful in their daily lives.

Self Discovery Group is an experiential group for students on the path of self awareness and improvement.

All groups meet at CaPS in the Student Health Services Building.

If you would like to make an appointment at CaPS, or get more information about what groups are currently available, please call us at (510) 885-3690.

Group Counseling

Group Counseling

Counseling and Psychological Services, CaPS

(510) 885-3690

Supporting Student Success through Wellness

California State University East Bay
Division of Student Affairs

wwwsa.csuhayward.edu/~capsweb/

Counseling and Psychological Services

What is group counseling?

Group counseling is an effective and powerful activity that can help you make positive changes in your life. Like traditional individual counseling, group work can assist you in attaining your personal goals by providing supportive and challenging feedback from group members as well as from trained counselors. Group is place to try out new behaviors and make changes in a gradual way.

In group counseling, approximately 6-9 individuals meet weekly with two group counselors. During the group, members take responsibility for working on their own goals and ask for support from group participants. Members are encouraged to give and receive feedback. Feedback includes expressing your own feelings about what someone says or does. Interaction and support between group members is highly encouraged and provides each group member an opportunity to try out new ways of behaving in a safe and supportive environment. It also provides group members with an opportunity for learning more about the way they interact with others.

What makes group counseling unique is that it is a safe system where you can build trust and get honest, open feedback. Group participants make an agreement that the content of the group sessions is confidential, and that what is said in the room, stays in the room.

Who should come to group counseling?

Group counseling is for people who want to increase their abilities to both give and receive support and feedback from others. Group is a good place for people who would like to have a safe place to “try out” new behaviors and ways of dealing with issues and interact with others. Group counseling is good for people who would like to increase social skills and for people who want to increase their abilities to connect and bond with others.

Group counseling is an excellent place to work on family and personal issues that you feel comfortable talking about in a group setting, and where you might be open to both supportive and some more challenging feedback. Group counseling is a good place to continue working on issues when your individual session limit has been reached at CaPS, and it is good for people who might want to explore alternatives to the ways they currently handle issues in their lives.

What is a group consultation?

If you are interested in Group Counseling, you may either talk with your individual CaPS counselor or inquire at the CaPS front desk. If you have not been seen at CaPS before, you will meet initially with an individual counselor who will gather background information and help you decide if group is the best choice for your goals right now. If so, a “group consultation” is then scheduled with one or both of the group co-facilitators. During this meeting, the counselors will give you more detailed information about the group, and ask you what your hopes and needs may be for group counseling. This information will help you determine if group counseling is a good fit.

What happens during the group counseling sessions?

In the first group session, the group counselors are active in facilitating a discussion about safety, confidentiality, and about each member’s goals for this group. The counselors might ask you questions to help clarify your goals and needs, and you may receive some questions from group members about how they can help you reach your goals in group.

As the group continues to meet, trust and safety increase, and members usually become more comfortable in bringing their thoughts, feelings and concerns to the group. As you begin to trust the group more and more, you will be encouraged to work on your goals in group by talking about important issues in your life. You will receive feedback from both group members and group counselors. As you work on new skills, group counselors may ask you to consider different ways of getting your needs met and trying out these new behaviors right in group. Eventually you may feel like you can begin doing these things outside of group.

What does NOT happen in group counseling?

It is common for you to feel a little anxious about working on issues in a group setting. Making changes takes work and sometimes you may feel some discomfort. However, group counseling is NOT a place where you will be confronted harshly or treated in a judgmental manner. YOU decide what you will share and work on in group.