

# Trinity College Therapy Group

## What Group Therapy Offers:

- A safe environment to explore emotional issues and receive support and reassurance from others
- Unlimited attendance at weekly sessions
- A chance to learn from others about how to manage distress and the chance to be creative about resolving emotional issues
- An opportunity to achieve insight into repeated patterns of behaviour (both helpful and unhelpful) and increasing confidence in relationships with others
- Encouragement and awareness that one does not suffer alone (which can be a powerful source of comfort for group participants)

## About Group Therapy

Group therapy is a highly respected method of helping people to address a wide range of emotional distress. Depression, anxiety, self esteem difficulties, and many other problems are often intimately linked to discomfort in day-to-day relationships. Such problems often originate in the distress caused by relationships, past and present.

Given the importance of partnerships and group-living (family life, shared accommodation, sexual relationships, friendships and peer groups, seminars, work groups etc.), it is not surprising that many issues brought to counselling have a large interpersonal or social component. Group therapy is designed to reflect the social character of our lives. The characteristics of group psychotherapy enable a type of interaction that is not possible in one to one counselling.

### **What happens in therapy sessions?**

The power groups have to offer help with painful emotions comes from the fact that support is offered by, and within, the group. Individuals are encouraged to share difficulties they have experienced for the group to work with collectively. The facilitator aims to create a safe environment where people can talk freely about their lives. In discussion it is possible for a group to give support and reassurance that it is not wrong or unusual to experience problems and distress. Group members may see that others in the group are troubled by similar issues and can understand their pain and insecurity. In this discussion it is hoped that more creativity and support becomes available than is possible in one-to-one counselling. In addition, it can be powerfully healing just to listen and support others who are in distress.

As well as creating an atmosphere that is intentionally supportive, the group creates a situation in which it might be possible for group members to become more familiar with patterns within their own behaviour or life events. Significant relationship factors may well be recreated in the group, so that they can be identified and worked with directly. Interaction can be interrupted and exchanges examined for what is really happening 'here and now': in this way, feelings and beliefs (about self and others), that underpin an individual's difficulties, can be identified and addressed.

### **Trinity College Therapy Group**

The therapy group at Trinity College involves a group of up to ten students working with a group facilitator (counsellor) in weekly therapy sessions. There is no limit to the number of sessions each group member can attend and this will be decided on the basis of individual need.

### **Confidentiality**

Confidentiality is very important in all types of counselling. Group members agree not to discuss elsewhere things that happen in the group. They also agree not to disclose the identity of other group members. As in one-to-one counselling the facilitator may act on information that indicates risk of serious harm.

### **Time and Venue**

The group meets weekly on Tuesday evenings from 6:00 until 7:30pm during term time and on Tuesday afternoons from 2.30 until 3.30pm during the holidays in the Student Counselling Service, Group Room, 3<sup>rd</sup> Floor, 7-9 Sth. Leinster Street. For the sake of group consistency and to overcome any initial anxiety, new group members are asked to commit to a minimum of three sessions before deciding if this type of therapy suits them.

**If you wish to attend please inform your counsellor or counselling reception and an initial meeting with the group facilitator will be arranged.**