



**Groups** are one of the supports offered by Student Counselling Services

Group support is a **highly effective** therapeutic tool, but **many people find groups daunting**, especially if they've never done it before.

And yet **no human thought or action lies fully outside the experience of another.**

Group support is a powerful way to feel **connected, accepted and valued.**



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**Office hours: Mon-Fri, 9am-5pm**

**Email us or call today to learn which group might be right for you**



# Group Support

**a quick guide**

**We saved you a seat.**



## what exactly is group support?

Group Therapy consists of **a small number of students** and up to **2 experienced facilitators**.

Members are free to **share as much or as little as they'd like**. They **listen to each other** and are invited to reflect on what it's like to listen and to share in this way.

Everyone agrees to **confidentiality** so that **what people share in group, stays in group**.

## sounds nerve-racking...

### It can be!

It's completely normal to feel nervous speaking in front of a group. In fact, **everyone else is nervous too!** but most feel more at ease after the first session.

And **it's worth it** - facing that fear is a powerful tool for building **connection, community, and compassion** for yourself and others.

*I've done a lot of individual therapy, and I decided to give the Social Anxiety group a shot. It was really special. Sharing those parts of myself with other students, and realising that others felt the same way, it made me feel really human.*

- undergraduate student

## what are the benefits of groups?

Research shows that groups can be as effective as individual therapy for improving symptoms of **depression, problematic worry or self-criticism, social anxiety, panic, and disordered eating**.

*“It helped me feel less alone.”*

- postgraduate student

Group therapy has been found to be particularly effective for issues involving **shame, stigma**, or feelings of **isolation** by helping members:

- **Build Meaningful Connections**
- **Reduce Isolation**
- **Gain new coping strategies**
- **Feel understood and accepted**

Groups provide a space to find **support** and **solidarity** with others, and to feel **valued and accepted** within yourself.



## Interested?

### for drop-in groups

- just show up on the day!
- no need to sign up or register
- no need to commit to every session, come when it suits you
- just email us and we can add you to a reminder list confirming the time & location each week

### for closed groups

- attend a SNAP appointment first and register your interest
- commit to a 6-8 week course of weekly or bi-weekly sessions
- see the same group every session

### some are for specific experiences

like rainbow group, ethnic minorities, addiction recovery and wellbeing.

### some groups are more broad

like drop-in group therapy, compassion-focused therapy, and mindfulness drop-in.

scan the QR code to view current group schedules or book in for a SNAP appointment

