

What You Should Know About Group Therapy

100%

of surveyed Pitt students who were initially hesitant about group therapy, responded that the experience was helpful or more helpful than they thought it would be.

Key Benefits

Support and Camaraderie via Shared Experiences

Sharing concerns, struggles, and possible solutions help people to see that they are not alone and can be helped. Many times people feel that their problems are unique. However, a sense of relief can come from discussion with others who experience similar challenges.

Group Size

Groups are intimate, and limited to 6–10 people.

A Safe Environment

Your group is a community to share thoughts or ideas and receive nonjudgmental feedback within a safe environment.

Progress and Motivation

Groups can propel you forward. Hearing how other members successfully cope with or overcame difficulties can be very encouraging and empowering. In addition to receiving the help you need, you may be able to help others!

Confidentiality Agreement

All participants sign a confidentiality agreement prior to starting group therapy. Confidentiality within the group setting is a shared responsibility of all members and leaders, based on mutual trust and respect.

86%

of Pitt students agreed or strongly agreed that their well-being improved via group therapy.

95%

of Pitt students agreed that they were able to talk about what they needed to with others in the group.

How to Participate in Group Therapy

- 1. Contact and Brief Screening:** You can express interest in group therapy online — counseling.pitt.edu (listed under counseling services). You will be contacted for a brief screening session (15 minutes) to take place via phone or in person at the Counseling Center. Or call us directly at 412-648-7930 for your screening.
- 2. One-On-One Intake Appointment:** You will be scheduled for an appointment with a therapist (45–60 minute meeting) to discuss your needs and goals for the group.
- 3. Full Participation:** If it is found that your participation in the group would be helpful and appropriate, you'll begin regular attendance.



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University Counseling Center | 412-648-7930
www.studentaffairs.pitt.edu/cc/services/group/

Wellness Center, Nordenberg Hall Second Floor, 119 University Place