Counseling and Psychological Services (CPS)

Group Therapy

Please contact Barry Brady, Group Coordinator with group questions. (740) 593-1616, bradyb@ohio.edu

You can also be referred to any of the groups below by your drop-in counselor and/or individual therapist.

**Understanding Self and Others (USO)**
This group is appropriate for students who would like to improve their interpersonal relationships, communication skills, and increase their self-awareness. The group also offers support for individuals struggling with relationships, loneliness, grief, low self-esteem, trust, anxiety or depression.

**Sexual Assault Survivor Support (SAS) Group**
A safe environment for women survivors of sexual assault to receive support wherever they are in their process of healing.

**Graduate/Non-Traditional Student Group**
This group is appropriate for graduate students and non-traditional students from any program who wish to manage the stress of graduate/nontraditional study. The group also offers support for individual struggles with relationships, loneliness, trust, self-esteem, anxiety or depression.

**Spectrum Group**
A support group for transgender individuals or those questioning their gender identity. Members can find connections with others and help dealing with the practical issues associated with transitioning.

**ACT Your Mood**
A group that incorporates principles from Acceptance and Commitment Therapy (ATC) to help folks manage depressive and anxious symptoms.
Finding Balance Group
This group helps students to develop skills in learning to cope with upsetting thoughts and feelings, manage difficult emotions, and have more effective relationships.

Mindfulness Based Stress Reduction
This group will introduce ideas of mindfulness such as acceptance, being non-judgmental, and being present in the moment. Participants will also engage in several mindfulness activities and will be encouraged to incorporate mindfulness into their lives.

The benefits of group therapy often include:

- An increased sense of support and connectedness
- A decrease in self-criticism and negativity
- Renewed hope in one’s own abilities.
- Increased resourcefulness in finding solutions
- Greater ease in identifying feelings and self-disclosure
- A deepened trust for oneself and one’s instincts
- More confidence in trying out possible solutions