

What's it all about?



What is expected of a participant?

To be present each session and arrive on time.

To keep names of all group members anonymous and confidential.

To keep confidential all information introduced in sessions by members.

You will not be required to talk or reveal intimate issues if you do not wish to do so. However, it is clear that the more you can participate, be open, and talk with group members, the more you can gain from the experience.

Texas A&M
International University
Student Counseling Services

Group Sessions



**Spring 2009
Semester**

Texas A&M
International University

Student Counseling Services and
Disability Services for Students
5201 University Boulevard
Student Center Room 124
Laredo, Texas 78041

Phone: 956-326-2230
Fax: 956-326-2231
<http://www.tamui.edu/wellness>

Student Center Room 124
Extension 2230

What are Group Sessions?

Group sessions involve a small group of people (three to eight) who meet weekly to talk, interact, and discuss problems with each other. Group sessions are led by one or two counselors from the Student Counseling Center.

Some Benefits:

- Learn more about how you are perceived by others.
- Experience a sense of acceptance and belonging.
- Discover that you are not alone in the difficulties you are experiencing.
- Enhance your ability to make decisions and solve problems.
- Give and receive help.
- Learn to constructively express your feelings and ideas to others.
- The group can become a source of support and strength in times of stress.

Duration:

Six to 10 weeks
50 to 75 minutes per session.

Cost:

Like all of our Counseling Services, there is no charge for currently enrolled TAMU students.



Interested?

If you feel you can be helped by participating in a group, please contact us for more information.

(956) 326-2230
Student Center 124
Walk-Ins are welcome



Sample Groups

Let's Talk Group

Let's Talk about challenges we face in coping with life, family and relationship issues, academic concerns, peer pressure, drugs, and whatever issues we need to deal with.

Manage Your Life Group

This is a six-session psycho-educational group that will facilitate members' understanding and management of stress and anxiety. It will also allow members to share experiences and discuss issues of their concern.

Get to Know You Group

Do you feel rejected?
Lonely? Frequently depressed?
Misunderstood?

This is a 10-session group that will facilitate members to explore and gain self awareness on their feelings, emotions, and related outcomes.

Twosome Group

This is a 10-session group that provides couples a safe and supportive environment in which to discuss relationship challenges.