

Debunking Myths about Group Therapy

I don't want to share my deepest thoughts and feelings to a group of strangers.

You only share what is comfortable for you. Listening to others who struggle with similar difficulties is often immensely beneficial. With time, you may feel comfortable to participate more actively, and you do so at your own pace.

I won't get the same attention from the counselor. Group therapy is less effective.

Research showed that group therapy can be equally effective as individual therapy. In fact, many people benefit from group more than individual therapy. For example, you can learn from others' experience, support each other, and receive feedback about issues that were outside of your awareness.

What about confidentiality?

Group members must agree and commit to not discussing any group members or their experiences outside of the group. What happens in group, stays in group! This is the first rule of group therapy.

Other group members may be "weird," and I wouldn't be able to relate to them.

Groups comprise of SJSU students who experience common academic-related or personal stress. Issues often discussed in groups include discomfort in social situations, relationship issues, low self-esteem, anxiety, and depression.

My problems are not as bad as others', or they are worse than others'.

Members benefit from knowing that they are not alone in their struggle, regardless of how "bad" their situation. By helping and supporting others, you will contribute to feeling better yourself.