

# GROUPS and WORKSHOPS

Fall 2015, Spring and Summer 2016

**(307 students from 71 groups completed satisfaction survey )**

**99%** believed the leaders created a safe environment

**84%** think their communication skills improved

**93%** reported being satisfied with their experience

**94%** would recommend group to other students

**88%** saw improvements in their well-being

**86** therapy groups offered!

Offering group therapy allowed the CWC to offer **3,986** more clinical hours than if the counselors had been only offering individual therapy.

**8** weekly workshops offered  
**698** students seen in group

**5945** hours of group therapy provided  
**5.3** students seen in average of each group (Spring/Fall)

The CWC offers groups on topics like: mindfulness meditation, academic confidence, improving relationships, sexual assault recovery, coping with medical challenges, and bereavement. We also have groups for specific populations like: international, first generation college, and LGBTQ students.

## IN GROUP I LEARNED...

*"That I am not alone in my experiences, and that I am stronger than I think."*

*"That I have the capability to improve my mental health myself if I utilize these tools"*

*"To be patient and listen to myself"*

*"I have all the tools to overcome stress and anxiety on my own. I am no longer having panic attacks."*

*"I learned that the inner wisdom I am searching for is already inside of me. "*