UF Students’ Experience with Group Therapy at the Counseling and Wellness Center

GROUPS and WORKSHOPS

Fall 2015, Spring and Summer 2016

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.”

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.