GROUP COUNSELING
G31 SUITES ON MAPLE EAST

Sometimes a problem is better addressed through group counseling than with an individual counselor. Talking with other students who have similar experiences provides support and perspective.

Grad Student Group: A support-oriented group for students navigating the unique challenges of graduate school like the demands of coursework, anxieties about competition and career, and coping with the stress of a thesis or dissertation.

Understanding Self and Others: Do you have difficulty developing and maintaining close relationships with others? Would you like to learn about yourself and better understand your relationships? In this group you will practice new ways to express your thoughts and feelings in a safe and encouraging atmosphere.

Finding our Way: A group for female IUP students to discuss topics such as academics, relationships, families, body image, self-esteem, and other common concerns with a focus on self-awareness and interpersonal interaction.

To see full descriptions and contact information for facilitators, visit iup.edu/counselingcenter.

Fall 2015:
Graduate Student Group: Tuesdays 3:20-4:50 p.m.
Understanding Self and Others: Wednesdays 3:30 - 5:00 p.m.
Finding Our Way Thursdays 3:30 - 4:45 p.m.

Participation in these groups requires an initial meeting with the group facilitator(s), usually 30-45 minutes. To schedule this meeting or to ask questions: call the Counseling Center at 724-357-2621, stop by G31 Suites on Maple East, or email Karen Lemasters at lemaster@iup.edu.