GROUP OPPORTUNITIES

CONNECTIONS
Connections groups are safe spaces for LGBTQ students to share experiences and connect with others. The groups are well suited to meet the needs of students who are 'out', as well as students who are questioning their sexual and/or gender identity.

GRADUATE WOMEN'S GROUP
A group that allows Georgia Tech women graduate students to connect with others around personal, academic, and relationships issues.

GRIEF AND LOSS GROUP
A support/therapy group designed for individuals who have experienced a significant loss in their lives.

INTERNATIONAL SPOUSE/PARTNER GROUP
A support group for the spouses/partners of international students. It will allow international spouses to connect with one another and will provide support as they navigate living in the US.

INTERNATIONAL DISCUSSION GROUP
This group provides a forum for Georgia Tech students to explore the process of cultural adjustment and relating across cultures. This will be a safe environment for students to discuss different experiences of stress, emotions, and relationships with peers and family. Graduate and undergraduate students are welcome.

STUDENTS OF COLOR
This group is designed for Georgia Tech students who are underrepresented at technological institutions. It provides a place for ethnic minority students to process their experiences, explore personal goals, and increase their potential for academic, individual and social success.

DOCTORAL THESIS SUPPORT GROUP
The group provides a supportive environment for doctoral students to address academic, professional, and personal challenges involved in completing a doctoral thesis. Common topics include: maintaining motivation in the face of obstacles, setting achievable goals, and working effectively with one's advisor.

MEN'S FORUM
This weekly group allows Georgia Tech men to discuss a range of issues in their lives. The group will address issues pertinent to male students on campus: romantic relationship concerns, academic struggles, concerns about professional future and relationships with others.

MEN'S & WOMEN'S THERAPY GROUPS
These mixed gender groups will provide opportunities for students to meet weekly to discuss issues and concerns that create road blocks to success. These groups will examine relationships, communication styles, stress management and general life concerns. There are several mixed gender therapy groups that are offered at various times.

MIND OVER MOOD GROUP
This group is open to students who have attended the Mind over Mood workshop and want to gain further principles of cognitive therapy to overcome problems such as depression, anxiety, low self-esteem and perfectionism.

UNDERSTANDING THE IMPACT OF SUBSTANCES IN YOUR LIFE
This group is for undergraduate and graduate students who are wondering if their substance use is problematic, or for those who would like help in attaining or sustaining sobriety. The group will provide education and support about the impact that substances have on students' academic performance, relationships and physical and emotional well being. The group is open to students at any point in their consideration of use of alcohol or other drugs.

WOMEN'S INTERPERSONAL PROCESS GROUP
This interpersonal process group is open to undergraduate and graduate women. Group members who struggle with adjustment, transitions, stress, anxiety, depression and other common challenges will benefit from the opportunity to gain supportive feedback on making positive changes in their life. The group will explore and process issues related to family, social and romantic relationships.

For more information, contact us at:

Georgia Tech
Counseling Center
353 Ferst Drive, Suite 238
Student Services-Flag Building
Atlanta, Georgia 30332
404-894-2575
www.counseling.gatech.edu

Office Hours
Monday - Friday
8 am - 5 pm

Other groups will be added as needed throughout the year.
For more information, please contact:
Rome Lester
Group Coordinator for the Georgia Tech Counseling Center @ rome.lester@vpss.gatech.edu

The Georgia Tech Counseling Center is a unit of the Division of Student Affairs. The Center is dedicated to enhancing the academic experience and success of all students by providing a variety of counseling and psychological services to individuals and the campus community. We provide short-term counseling services to address a wide range of personal and career concerns. Our services are available at no charge to currently enrolled students.

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GROUP GUIDELINES

Members commit to confidentiality and treat information gained in the group with the utmost privacy, respect and care.

Members commit to attend all regularly scheduled meetings. If a member is not able to attend a session, he/she will notify one of the group leaders prior to the scheduled session.

Membership in the group is always voluntary. If a member decides to leave the group prior to the end of the group, the member agrees to let the group leader know and to come in for a final session to say “goodbye” to the group.

Scheduled group sessions will begin on time and end on time.

The group experience offers an opportunity to explore oneself in relation to others, as opposed to being a gathering for social purposes. If used only in this way, the group often loses its therapeutic effectiveness.

Members are encouraged to participate in the group at their own pace. It should be noted that the more one participates, the more one is likely to benefit from the experience.

The intention of the group is to provide a safe environment for members to communicate and explore their feelings. The group leaders are committed to protecting the emotional and physical well being of the group members. In this regard, all members must also be committed to honoring and respecting the input of fellow group members.

WHY JOIN A GROUP?

A group experience is an opportunity to explore oneself in relation to others. It allows one to connect with others and share common experiences. Participating in a group can reduce feelings of isolation and can create a sense of belonging.

In groups, individuals benefit by observing the interactions, relationship styles and problem-solving skills of other group members. Students at Georgia Tech join groups for a variety of reasons, including some of the following:

- Enhancing one’s skills in areas such as communication and coping with stress.
- Developing coping strategies to meet challenges presented by a competitive academic environment.
- Exploring relationship issues and gaining honest feedback regarding how one is perceived by others in a group.
- Developing insight into family relationship patterns and how they influence current relationships.
- Enhancing ways we connect with others around common experiences and issues.

ABOUT GROUP

Human Beings are socially and group oriented. We begin in small groups like our families, and we continue to live and work in various groups throughout our lives. The formation of our personalities and our ways of behaving and interacting with others are influenced by our experiences with the different groups in which we interact. The opportunities for growth, development, insight and change are very much affected by the groups in which we are involved.

Participating in one of our counseling/therapy groups can provide a safe environment to learn more about oneself and others, to develop new skills and to receive and provide support. The group dynamic offers unique opportunities to experience and work on a variety of issues that college students may face. Groups generally meet for ninety minutes once a week over the course of a semester.