Our General Services

The Psychological Counseling Center (PCC) offers a variety of services to the campus community ranging from individual and group counseling to campus-wide educational programs that contribute not only to the growth of individual students, but also to the benefit of academic programs in related disciplines, to campus life, and to the educational/cultural life of the region.

The PCC functions within the Division of Student Affairs and is located in the Student Health and Counseling Center. The PCC is staffed by doctoral-level clinical and counseling psychologists, a doctoral social worker, MA and MSW graduate student trainees. The Center is a training site for MA in Counseling and MSW trainees who provide mental health counseling under supervision.

The PCC has received accreditation from the **International Association of Counseling Services, Inc.**, an accrediting association for college and university counseling centers.

PCC client information is **confidential** within the American Psychological Association Ethical Standards, and New York state and SUNY legal guidelines.

PSYCHOLOGICAL COUNSELING CENTER

A Division of Student Affairs

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New Paltz
STATE UNIVERSITY OF NEW YORK

PSYCHOLOGICAL COUNSELING CENTER

SUNY—New Paltz

Group Therapy

It's more effective than you may think!

WHAT YOU NEED TO KNOW…

What is it?

Group therapy at SUNY New Paltz's Psychological Counseling Center is where a group of students come together to discuss difficulties they may be having. You can expect around six members and one to two counselors to be in each group.

What are some of the benefits?

Group members have the opportunity to share similar concerns, give and receive feedback, see that they are not alone, express feelings, offer and receive support, develop new behaviors, learn more about themselves, gain insight, and so much more.

Group therapy helps students see that they are not alone

Is it confidential?

Yes! Although group members, unlike counselors, are not required by law to keep what's discussed confidential, we ask that all members respect each other's privacy and not let what's talked about during group leave the room.

What is the time frame?

Groups typically meet once a week for about ninety minutes. Currently, groups run throughout the semester. It is important for members to attend regularly and show up on time. The time and day varies from semester to semester.

Is it as good as individual therapy?

Research shows that group therapy is just as effective as individual therapy and can actually be more effective when it comes to many student issues. It is important to remember that group is only recommended to students when it is believed to be the best option based on that student's presented issues and clinical assessment.

What if I am shy in groups?

Many people are initially anxious about having to discuss their issues in front of other people. For the most part, members have stated that they feel comfortable contributing after just a few sessions. Group facilitators are there to ensure a safe environment. They encourage members to take risks and share what they are apprehensive about, but ultimately the members are always in control of what, when, and how much information they disclose to the group.

How do I sign up?

Ask a counselor if group therapy might be right for you. All counselors are aware of what groups are running each semester, when they meet, and if they are still taking new members.

The next step is to call our center and make a brief appointment with one or both of the group facilitators to further confirm that a particular group is a good match. If you are already a client, you may speak with your clinician and he/she will assist you with setting that appointment up. Remember, just because a student meets with the group facilitators does not mean that he/she is locked into signing up for the group. The meeting is simply to give the student more specific information about the group.

Group therapy is just as effective as individual therapy