Types of Groups

Support Group
Members in similar circumstances can share in an open and unedited fashion. Support groups allow members to find self-acceptance as they are; these groups validate and normalize each person's experience. They are a place for encouragement from other group members and group facilitators.

Process Group
The power of process groups lies in the unique opportunity to receive multiple perspectives, support, and feedback from other individuals in a safe and confidential environment. Process groups are typically 5-10 members and are generally unstructured; the primary focus of therapy is on the interactions among group members. Discussion flows according to what members would like to talk about — the group leaders do not, for the most part, assign topics for discussion. Members are encouraged to give support and feedback to others while also working with their own reactions to feedback that is received. These interactions can provide group members an opportunity to deepen their self-awareness and to learn how they relate with others.

Skills Group
Group members have the opportunity to learn and develop their abilities in a particular realm of mental health. These groups are geared toward empowering students to better cope and care for themselves and are often experiential.

Interested?!
As a student, you have the opportunity to receive weekly support at the Counseling Center through a therapeutic group. Register for your group of choice by scheduling a brief, in-person group screening appointment with the group facilitator at the Counseling Center. Plan to attend your group weekly for 4-7 weeks throughout the quarter. See you in group!

Contact the Counseling Center:
Old Main 540
360-650-3164
8:30am-4:30pm Monday through Friday

Western is an equal opportunity institution. To request this document in an alternate format or for disability accommodations, please contact (360) 650-3164.
Support Groups

Queer Connections
W 2-3:20pm
Students looking for a confidential space to discuss issues related to LGBTQIA identities. All welcome, including those questioning their identity.

Breaking Free
W 3:30-4:50pm
Open to all students who experience disordered eating. A space for students to share experiences, thoughts, fears, hopes, and emotions regarding food and body image.

Strength Forward
Th 2-3:20pm
A weekly group to support injured student athletes while they learn and improve their ability to cope with injury-associated struggles.

Grief Group
F 2-3:20pm
For students who have experienced the death of a loved one and are still actively struggling with grief. This group offers opportunities to learn about bereavement, connect with others who are going through a similar experience, and participate in activities for furthering healing.

Process Groups

Understanding Self and Others
M 2-3:20pm
Students of all identities can learn more about themselves, relationships, and connecting with others in an experiential setting.

Women's Group
M 3:30-4:50pm
Students who identify on the feminine gender spectrum connect and discuss issues relevant to their lives, identities, and well-being to increase self-awareness and interpersonal functioning.

Men's Group
Th 3:30-4:50pm
A setting where students on the masculine gender spectrum connect and discuss issues relevant to their lives, identities, and well-being to increase self-awareness and interpersonal functioning.

Skills Groups

Build Your Social Confidence
T 2-3:20pm
Learn and practice new strategies to reduce fear and discomfort in social situations that contribute to feelings of loneliness and isolation.

Mindfulness
T 3:30-4:50pm
Introduction to basic mindfulness skills to start building a foundation from which to train your mind, work with difficult thoughts and feelings, and access innate wisdom and intelligence.

Yoga for Resilience
W 2:30-3:50pm
A trauma-informed, gentle yoga series designed to give students an introduction to yoga philosophy and to increase self-awareness and inner strength through body-centered practices.

After Silence
Th 2-3:20pm
A confidential space for students who identify on the feminine gender spectrum to learn coping skills and connect with others after experiencing interpersonal violence.

What Students are Saying

“I feel more confident and secure in supporting myself.”

“This has been something that has continued to benefit my life in so many ways.”

“This has been so healing.”

“I love the consistency and the community.”

“It’s been an anchor for me throughout the quarter.”