

The Counseling Center

Our Mission

“Support, education, and advocacy for the personal and academic success of our diverse students.”

Our Services

- Counseling
- Consultation
- Self-help Resources
- Psychiatric Services
- Workshops
- Trauma/Grief Support



Hours of Operation

(while school is in session)

Monday: 8:30—5:00

Tuesday: 8:30—5:00

Wednesday: 8:30—5:00

Thursday: 8:30—6:00

Friday: 8:30—5:00

After business hours, please call the

Crisis Services (24 Hour Hotline)

716 834-3131 or contact the

National Suicide Prevention Lifeline

1-800-273-TALK (8255)

THE COUNSELING CENTER

Weigel Health Center 219

1300 Elmwood Avenue

Buffalo NY 14222-1095

Phone: 716-878-4436

www.buffalostate.edu/counselingcenter

Buffalo State
State University of New York

BUFFALO STATE

THE COUNSELING CENTER



**What to Expect:
Groups**

Your Success Is Our Priority!

219 Weigel 2nd Floor

Phone: 716-878-4436

What to expect during Groups



So you have met with your individual counselor and it was suggested that you may benefit from participating in group counseling. What does that mean? Well, The Counseling Center offers many different types of groups and it is our belief that participating in a group, any kind of group, can be beneficial to help with your particular problems and be a place to practice new found skills in a safe, accepting atmosphere.

When dealing with any problem, it is common to feel like you are alone; that no one can possibly understand what you are going through. That is the wonderful thing about groups. You are not alone and you will work with other students who are struggling with similar issues!

What is group therapy?

There are two types of groups: skills groups and process groups. Skills groups teach you different types of skills to help you overcome specific deficits (e.g., anxiety) while increasing your ability to cope with uncomfortable situations. On the other hand, in a process group, members explore personal issues and are provided a safe place to share feelings and overcome personal obstacles.

Your counselor can help explain the difference further and can discuss what will be most beneficial for you.

What groups are offered?

The Counseling Center offers multiple groups per semester. Some of these include:

- Women's Personal Growth
- Cognitive Behavioral Skills Group*
- Inside Out Group
- Men's Group
- Body Image Group*
- Peaceful Minds Group*

How do I get started?

For the most part, those who wish to join a group will first be asked to come to a group screening appointment. This is a time you will meet with the group facilitator(s) (and perhaps a few group members) to talk about the purpose of the group, expectations, confidentiality, etc. After the screening, you will be notified about when the group will start.

If I participate in a group, do I still need to see my counselor?

Yes. It is our policy that all group members be linked with a counselor. Issues or topics may come up in group that you wish to talk about in private.

If you agree that group therapy may be beneficial to you, we encourage you to give it a try. Groups are a wonderful place to practice skills and feel supported in your personal struggles. Good luck!

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