

Nervous about Group?

The idea of participating in group can be daunting. In fact, most individuals experience some anxiety when first starting group. Although many students are initially intimidated and hesitant about participating in group, group members consistently describe group therapy as a very helpful and positive experience. The Health and Wellness Center staff are confident that group therapy is one of the most effective and beneficial treatments to address common issues faced by our students. If you are intrigued, set up an appointment to talk to us more about it. We are happy to answer questions and determine if it is a good fit for you!

How do I join a Group?

If you are curious about group, contact the Health and Wellness Center in person or by phone or schedule a counseling intake appointment through the patient portal. In the initial intake appointment you will discuss your goals and concerns with one of our therapists. This will help to determine whether group fits your needs and which group would be the best fit for you. You will also have an opportunity to meet with the group leader(s) to discuss the group and answer any questions you have before committing to participate.



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[Health and Wellness Center](#)
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Health and Wellness Center Counseling Groups Fall 2025



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The Health and Wellness Center is proud to offer group therapy to help you improve your well-being and achieve your goals. If you are curious whether group is a good fit for you, know that nearly anyone can benefit from group! Please consult this brochure for a list of our current group offerings.

For more information or to learn how to participate in group therapy, call the Health and Wellness Center at 847-735-5240, stop by Buchanan Hall, or email healthandwellness@lakeforest.edu.

What is Group?

Group therapy consists of 4-8 individuals discussing their concerns with the facilitation of 1-2 counselors or psychologists. Group can be especially powerful because it provides the unique opportunity to receive multiple perspectives, support, encouragement, and feedback from others in a safe and confidential environment. Structured/psychoeducational groups are centered around a theme and often are focused on developing certain skills. Process groups tend to be less structured and are primarily focused on the interactions among group members. Most groups meet weekly for approximately 1.5 hours for 4-12 weeks.

What can I get from Group?

- Discover that you are not alone in your struggles
- Learn from other students facing similar problems
- Develop effective ways of building and maintaining relationships
- Become more self-aware through genuine feedback from others
- Feel more connected to others
- Gain different perspectives on your concerns
- Pick up new skills that you can use in your daily life
- Internalize lessons you've learned by helping others in the group
- Experiment with new ideas and ways of being



The Health and Wellness Center is located in Buchanan Hall.

Understanding Self and Others

Do you want to improve your relationships or feel better about yourself? Are you interested in connecting in a deep and meaningful way with others? Are you noticing a pattern in your experiences that you'd like to change or understand better? Would you like honest feedback about how you relate to others? The Understanding Self and Others interpersonal process groups provide a supportive space to explore your feelings, connect with others, and practice new behaviors that can ultimately lead to more fulfilling relationships and increased confidence/comfort with yourself.

Monday Group, 4:10pm - 5:30pm

Open to students of all identities

Facilitators: Rhea Bhatia, MS & Kasey Schultz-Saindon, PhD.

Thursday Group, 4:10pm—5:30pm

Open to students of all identities

Facilitators: Anagha Inamdar, MA & Mary E. Grigar, Ph.D.