



Groups

Counselling Groups Information

Group Qualities

- Facilitated by trained, professionally accredited counsellors
- Therapeutic and skills building
- Validating peer support. You are not the only one!
- Learn a lot in a little bit of time. Life changing.
- Commitment: 1.5 hours attendance per week, plus skills practice / application for 4 weeks. Must be present for the first day and available to attend all four weeks as each session builds upon the previous week.

Types of Groups – the Healthy Emotions Group (DBT)

These groups are for students who want to learn skills to better manage anger, dysregulation, past trauma, mood disorders, anxiety, impulsivity, addictions and /or excessive behaviours etc. It is based in Marsha Linehan's Dialectical Behavioral Therapy (DBT).

- The Healthy Emotions Group (DBT) - Mindfulness and Distress Tolerance (Anyone can attend)
- The Healthy Emotions Group (DBT) - Mindfulness and Distress Tolerance for BIPOC (Culturally adapted for Black, Indigenous, and People of Colour or BIPOC / IBPOC)

- The Healthy Emotions Group (DBT) – Emotional Regulation and Interpersonal Effectiveness (Anyone can attend)
- The Healthy Emotions Group (DBT) – Emotional Regulation and Interpersonal Effectiveness (Culturally adapted for Black, Indigenous, and People of colour or BIPOC / IBPOC)

Cognitive Behavioral Therapy is an evidence-based therapy. These groups are designed to help students manage mild-moderate depression and anxiety. CBT has many roots, but is often credited to the work of Aaron Beck.

- Cognitive Behavioural Therapy (CBT) Group: Changing Behaviours
- Cognitive Behavioural Therapy (CBT) Group: Changing Thoughts

The Benefits of Groups

- Groups are normalizing, validating and reduce isolation
- Groups help members learn coping strategies / skills faster than in individual therapy
- Groups can provide useful information / skills that can be applied right away
- Short to no waitlists at George Brown College and FREE – but have long waitlists and / or cost money outside of George Brown College
- Groups instill hope, a sense that “If they can make it, so can I.”



How to Join Groups

- Visit [our website](https://www.georgebrown.ca/current-students/services/counselling/accessing-counselling-at-gbc) (https://www.georgebrown.ca/current-students/services/counselling/accessing-counselling-at-gbc) for dates, times, and to setup an appointment with a counsellor to determine if groups are a right fit for you.
- Facilitators will reach out to student to confirm attendance in group close to start date



Times when groups are not the best option – ask about other options

- Safety issues- suicidal or homicidal thoughts
- Severe emotion dysregulation
- Recent trauma
- Explosive anger / aggression that cannot be controlled around others
- Experiencing acute psychosis
- Unable to be sober for the day of the group



External Groups offering DBT and / or CBT

- Mood and Anxiety groups offered at CAMH through the Mood and Anxiety Program 416-535-8501
- Addictions groups offered at St. Mikes and CAMH
- Safety and stabilization groups offered at CAMH (DBT, Trauma group)
- DBT groups offered at Stella's Place
- DBT groups offered through the Mindfulness Clinic as well as fee for service groups
- DBT at Loft



Questions?

Feel free to reach out to your intake counsellor or any of the group facilitators!

Thank you for your interest in attending our therapeutic groups.