

Counseling Support

Department: Counseling and Recreation

Priority: Elective

Overall purpose of class:

This is a general support group for those who recognize the power of the group process. These are students who have had counseling classes and may be taking one concurrently. They may be experiencing depression and fear and they know they need support. The direction of the group and the topics that are raised are entirely dependent upon the needs of the current members.

Number of classes held per week:

Two per week

Optimum class time:

Mornings are preferred but afternoons are possible.

Instructor requirements:

One skilled counselor

Number of students:

10-15, but less is better because of the amount of time required for individual communication processing

Student ability range and limitations:

Students in this group are self-selected. They are aware that they have issues that need addressing and they want group emotional support.

Space and Equipment requirements:

- Room that will accommodate 15-16 people.
- A minimum of 10 very comfortable chairs and space for 5 wheelchairs
- Television with DVD player
- Video capability to capture discussions of topics that will help other students.

Student Needs to be met from the perspective of the instructor:

Students are encouraged to join this group if the counselor knows they need to establish relationships and/or need emotional support.

Typical Student Goals that lead to placement in the class:

Students request this class if they feel they need to talk about what's going on in their lives and don't want to burden their friends and families. They also may request assistance in how best to interact with friends and families.