

Successful Group Therapy: Meeting  
Demands, Building Communities,  
Accomplishing University Mission

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# Agenda

- Evolution of Counseling Centers
- Current Practice of Group Therapy
- Successful Group Therapy Models
  - Eating Disorder Group
  - AAAPI Students Discussion Series
  - Anger Management Workshop Series
- Measuring Student Success in Group
- Meeting University Mission
- Q & A

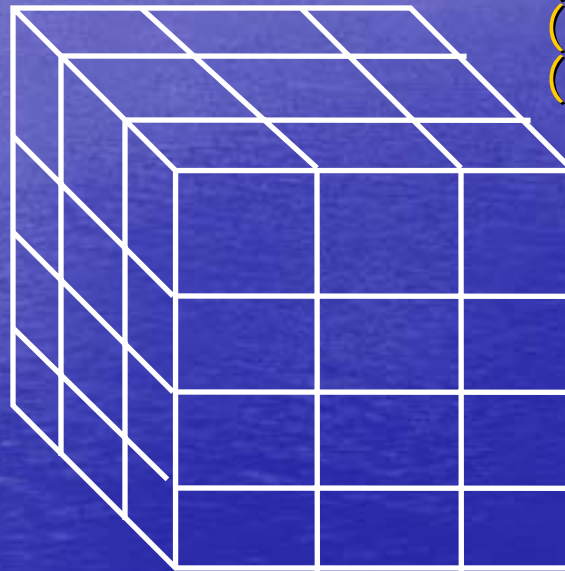
# Learning Objectives

- How group therapy can be beneficial to the CC and the university community
- How group therapy can be sensitive to diverse populations
- The strategies implemented in successful group therapy models
- How group therapy can meet a university's mission

# Evolution of the Counseling Centers

## A. Target of Intervention

- (1) Individual
- (2) Primary Group
- (3) Associational Group
- (4) Institution or Community



## B. Purpose of Intervention

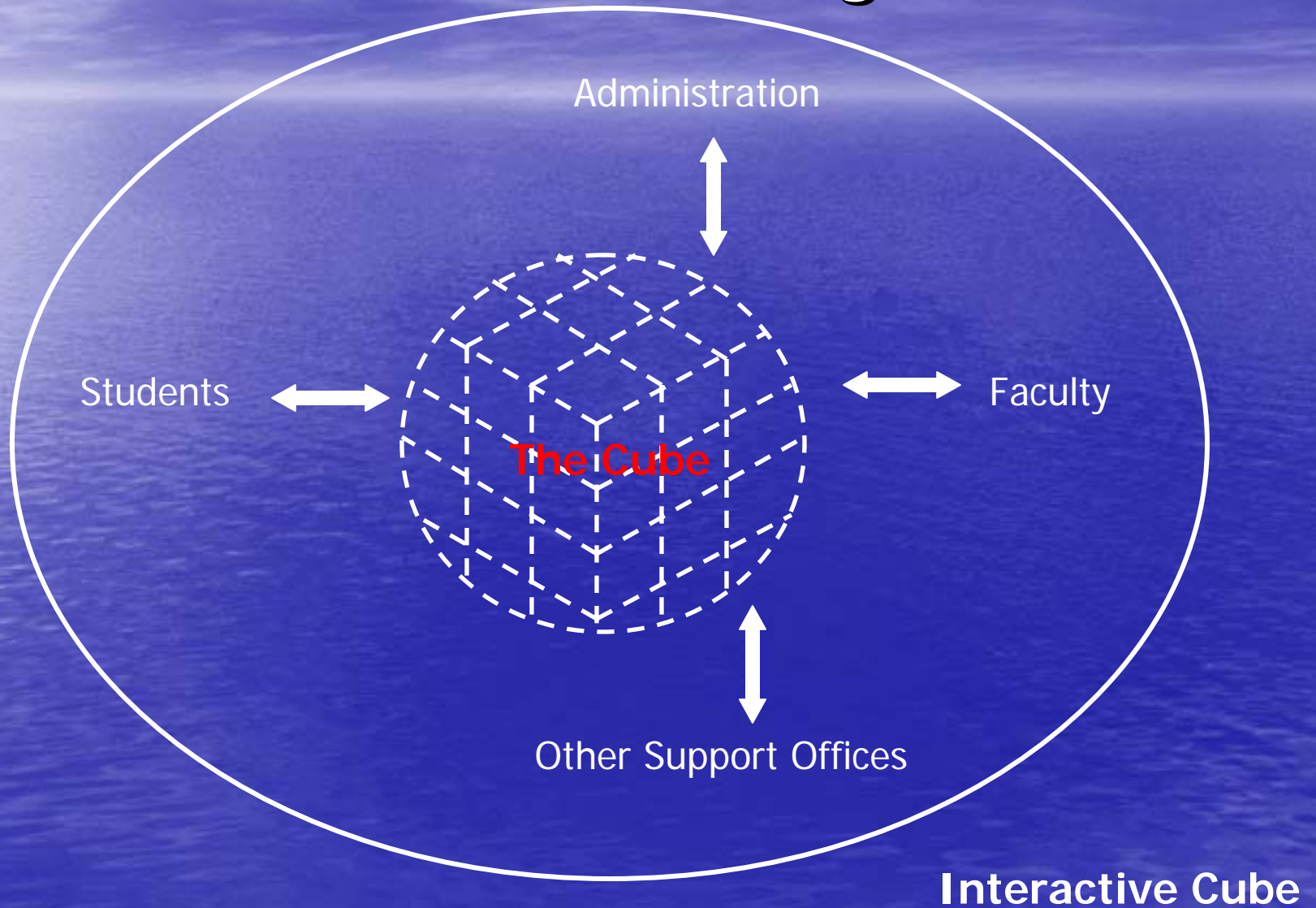
- (1) Remediation
- (2) Prevention
- (3) Development

The Cube Model

## C. Method of Intervention

- (1) Direct Service
- (2) Consultation and Training
- (3) Media

# Evolution of Counseling Centers



# Current Practice of Group Therapy

- More counseling centers with waiting lists
- More counseling centers are offering group therapy
- Low percentage of clients participate
- Negative attitude toward group therapy
  - Client resistance
  - Staff/Faculty resistance

# Eating Concerns Process Group

Carina Esteban, Psy.D.

# Development of the: Eating Concerns Process Group (ECPG)

- 2003 Eating Disorder and Body Image issues were added to SJSU Counseling Services' presenting concerns checklist
- 2003 Groups Survey
  - Eating issues identified as a topic students wanted a group for
- Student Health Center staff started to see more students with eating issues, and requested services for these students.
- Request from Housing Department
- Eating Disorders Awareness Week



# Collaboration with the University Community

- Student Health Center
  - Physicians
  - Nurse Practitioners
  - Campus Nutritionist
- N.E.A.T (Nutrition Education Action Team)
- Students
- CS Colleagues and trainees
- Other Sources of Referrals:
  - Professors
  - Athletic Department
  - Housing

# Target of the ECPG

- SJSU students who are engaging in disordered eating behaviors (e.g., binge/purge, restricting, compulsive eating, over-exercising, laxative abuse, etc.)
- Students who are in need of additional support
- Highly motivated students
- Exclusionary criteria:
  - Severe eating disorder warranting hospitalization
  - Severe psychopathology, personality disorder

# Purpose of the ECPG

- To meet the needs of students and the University community for this service
- Increasing insight into the nature of eating concerns
- Development of new skills (done informally) necessary to make changes in their lives
- Provide an opportunity to practice new skills (e.g., interpersonal effectiveness, mindfulness)
- Prevention of the further development or continuation of disordered eating behaviors
- To maximize students' potential for personal and academic success

# Characteristics of the ECPG

- Group is process oriented
- Group has consisted of 4-6 members
- Is co-led with a psychology trainee
- Runs for 1hour 20 minutes, weekly
- Potential group members are screened
- Members sign a group agreement form
- Feedback from students is informally solicited re:  
group

# Tailoring to a Diverse Population

- Group time is determined from the students' schedules as this is a commuter campus
- Being aware of gender and being open to admitting men into the group (although none have participated to date)
- Assessing eating issues in people of color since historically they have been overlooked
- Being aware of issues that may trigger disordered eating in people of color

# Group Success

- Group was picked up again this semester
- Group is at full capacity
- Continuing to receive interest re: group from students

# Future Plans

- Continue collaboration efforts within the University community re: the ECPG
- Continue to solicit feedback re: the group, perhaps more formally (e.g., evaluations); customer driven interventions
- Assess the need for other types of groups in consultation with the campus community (e.g., a psychoeducational workshop series re: eating disorders, a body image group)



Asian/Asian American/  
Pacific Islander Students  
Discussion Series

Ellen J. Lin, Ph.D.



# Purpose of Discussion Series Intervention

- Remediation
  - Those already in counseling; referred from other counselors
  - Including those on academic probation
- Prevention
  - Those that may not necessarily seek personal counseling or seek help in general
- Development
  - Life skills

# Collaboration with Other Campus Entities

- MOSAIC Cross-Cultural Center
- Division Committee on Oppression Issues
- Asian Pacific Islander Coalition
- Asian American Studies Professors
- Student Life and Leadership Center

# Solicited Feedback

- Feedback from previous groups members
- Student leaders
- Previous individual clients
- Colleagues from Asian American Psychological Association

# Structured, Directive Workshops

- Time management
- Stress management
- Communication skills
- Family relationships
- Study skills
- Dating
- Social skills

# Other group characteristics

- Open group; drop-ins
- Topics advertised in advance
- Held in conference rooms
- Away from Counseling Services
- Free food!
- Sometimes different language is used

# Future Plans

- Continue to build relations with more student groups and professors
- Different topics
- Find another space
- Reach more Southeast Asian and Pacific Islander students
  - Perhaps conduct focus groups



# Anger Management Workshop Series

Kell Fujimoto, Psy.D.

# Purpose of the workshop series

- To meet demands and requests
  - University Housing
  - Judicial Affairs
  - Colleagues
  - Students
- Remediation
- Prevention
- Development
  - Processing and communication skills



# Collaboration with other Departments/Professionals

- University Housing
- Judicial Affairs
- Student Health Center
  
- Students
- Trainees
- Colleagues

# Format of the Workshops

- Directive
  - Each week addressing a different topic related to anger
    - Awareness of feelings
    - Awareness of thoughts
    - Awareness of behaviors
    - Communication skills
  - Processing of week
- Open workshop
- Held away from CS (classroom atmosphere)

# Future Visions

- Workshop to faculty, staff, departments to increase attendance and build partnerships
- Brief outreach presentations to students on anger
  - Promote awareness

# Measuring Student Success

- How do we measuring success in group therapy?
  - Look at the demand of the groups
    - How often is it provided
    - How many students participated
    - Is it continuing to receive interest?
  - Evaluate the service
    - Did the student find the service helpful
      - Client satisfaction
  - Did the group meet the University's Mission?

# Meeting University Mission

- San José State University's Mission
  - “To enrich the lives of its students, to transmit knowledge to its students along with the necessary skills for applying it in the service of our society, and to expand the base of knowledge through research and scholarship.”
- WASC Accreditation had departments look at how they were meeting the mission of the university
  - Students complete an evaluation that asks specifically if the service they received assisted them in their academic success and overall development.

Thank you.  
Please complete an evaluation for  
this presentation.

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