

# 团体咨询 Mandarin Process Group

可以选择性出现吗？会不会被别人负面情绪影响？如果我觉得好多了，可以停止参加吗？

就如锻炼身体或吃药有疗程，规律的参与可以提高收获的可能性。在一个安全和信任的环境下，成员们能放心地分享困扰，且学习更有效的管理情绪。成员们的互动会对个人成长和技能提升起到有益的作用。

必须每次都发言吗？不知道该怎么说怎么办？

团体咨询师鼓励成员们的分享，但不会强迫大家。团体咨询师将促进讨论，因此成员不必担心不知道该说什么。

需付额外费用吗？别人会知道我来咨询吗？我使用咨询服务会显示在成绩单上吗？

在本校注册的学生，不须缴纳额外费用。除非经由本人授权，任何个人资料都是保密的。特殊情况请参考本中心的隐私条款。咨询中心记录不会出现在成绩单上。

*"Can I only attend when I need it? Will I be negatively impacted by others' negative emotions? Can I stop attending if I feel better?"*

*Just like the importance of following and completing the full treatment course when we are ill or going through physical training, regular attendance can increase the likelihood of the full benefits of the group. Group facilitators strive to create a safe and trusting environment for members to work towards their goals. Through sharing and working through concerns, members learn to improve their management of emotions.*

*"Do I need to talk all the time? I have so much trouble talking to people; I'll never be able to share in a group."*

*Group facilitators will encourage members to share, but will not force them. Facilitators will facilitate the discussion, so members do not need to worry about not knowing what to say.*

*"Is there extra cost? Will others know I'm attending? Will my service use be on the transcript?"*

*There are no additional charges for any of the services offered. Your records stay at the Counseling Center and can only be released to a third party with your consent, except under specific circumstances outlined in our Confidentiality Policy. The Counseling Center record will not become a part of your academic record.*

生活中总难免遭遇困难。在咨询师的辅助下，团体有效的相互回馈和支持。在此过程中，成员们尝试新的解决方案以及达成目标。 Some struggles in life are inevitable. In group therapy, members learn to effectively offer support and feedback to each other. In this process, members try new strategies and work towards their individual goals.

在场成员决定每次讨论的主题，比如：减压和负面情绪调节，沟通技能，学业困难，人际/家庭关系，跨文化交流等。 Group members determine the topics

of discussion, such as management of stress & emotions, communication skills, academic difficulties, interpersonal skills and family relationships, & cross-cultural communication, etc.

每周四 8-10 人的小团体形式

Every Thursday, 1:00 - 2:30 PM  
8-10 members

如有兴趣，请联系 if you are interested, please contact:

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