

Trauma Recovery Group

Frequently Asked Questions

Group FAQ Here are some frequently asked questions about the Sexual Assault Survivor Trauma Recovery Group. If you have questions not on this list, please call the K-State Counseling Services at (785) 532-6927 or the K-State Women's Center at (785) 532-6444.

Q: Is this group only for sexual assault survivors? For incest/childhood abuse survivors?

A: Trauma Recovery Group is designed for women who are survivors of sexual violence such as sexual assault, rape, or incest/child abuse and who have already worked through their initial stages of trauma in individual therapy. The goals of group are to gain support from peers, reduce shame/guilt/blame, promote empowerment, and develop skills to maintain healthy relationships.

Q: What is available for men who are survivors?

A: We acknowledge that men also experience sexual violence. If you are needing support, please call K-State Counseling Services to set up an individual counseling appointment. You may also want to contact our group coordinator, Dr. Katie Brown, to express interest in a men survivors' trauma recovery group.

Q: Is this support group only for college students?

A: Yes; members need to be currently registered K-State students to attend.

Q: Do I need to sign up or let some one know that I am coming?

A: Yes. To register or to address questions regarding the Trauma Recovery Group, please call Dr. Heather Trangsrud or your current therapist at K-State Counseling Services (785-532-6927).

Q: When does the Group meet?

A: The Trauma Recovery Group Meetings time will be decided by the group members and the group facilitators [at Counseling Services](#) at the start of each semester. The goal is to find a time that matches for most members.

Q: Where does the Group meet?

A: The Support Group will meet in the English/Counseling Services building, room 232.

Q: Where can I park?

A: The area right behind the counseling services building is available for student parking but you may need to park at the Union garage or elsewhere on campus if spaces are not available here. If a session is held after regular office hours, students may also utilize Wildcat Walk and be escorted to and from the group by calling (785) 395-SAFE (395- 7233).