

Group Therapy at TCS

Group therapy can be a powerful, highly effective way to learn new skills and address personal concerns while receiving support and feedback from peers. Students have the opportunity to gain personal insight, practice change, and connect with others. Groups at TCS are led by knowledgeable therapists who facilitate the growth of each individual member in addition to the group as a whole.

Types of Groups and How to Join

Skills-based psychoeducational groups primarily involve learning and practicing various skill sets to develop psychological wellbeing.

Interpersonal process groups often focus on sharing and connecting with peers, while exploring various topics.

Drop-in groups do not require registration and are available throughout the year. To join, students must go through Walk-In Clinic and obtain a referral. Students are encouraged to show up to our drop-in groups whenever they need some support, or want to learn and practice a skill to improve their mental health. Students do not need to be enrolled in individual services in order to attend. Drop-in groups may also be helpful for students awaiting their first therapy session or in between sessions.

*Groups are cancelled when TCS is closed.

Find us at:

1700 North Broad Street, 2nd floor
Philadelphia, PA 19121
<http://counseling.temple.edu/>

Contact us at:

T 215-204-7276
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Fall/Spring Walk-In Clinic Hours

Mondays	10:00am-1:30pm
Tuesdays	10:00am-1:30pm
Wednesdays	9:00am-12:00pm
Thursdays	10:00am-1:30pm
Fridays	10:00am-1:30pm
Saturdays	9:00am-12:00pm



TEMPLE
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Tuttleman Counseling Services

Drop-In Group Therapy

Spring 2018



Skills-Based Drop-In Groups (50 min)

Students may choose to participate during these sessions as much or as little as they want. These groups begin on January 16, 2018 (Week 1).

LIVE WELL

This group helps students learn how to move toward their values in life while lessening their suffering from difficult thoughts and feelings.

When: Mondays at 10am; Wednesdays at 6pm; Thursdays at 12pm

Week 1 & 9: Suffering is Optional

Week 2 & 10: The Mind Train

Week 3 & 11: Avoidance

Week 4 & 12: You Are Not Your Thoughts

Week 5 & 13: Observing Your Experience

Week 6 & 14: Willingness

Week 7 & 15: Choosing Your Values

Week 8 & 16: Committing to It

PEACEFUL

This group provides students with education and practice in mindfulness, which increases personal awareness and self-compassion while training attention.

When: Tuesdays at 11am; Fridays at 2pm

Week 1 & 9: Mindlessness

Week 2 & 10: Mindful Basics

Week 3 & 11: The What of Mindfulness

Week 4 & 12: The How of Mindfulness

Week 5 & 13: The Why of Mindfulness

Week 6 & 14: Reacting vs. Responding

Week 7 & 15: Decrease Your Suffering

Week 8 & 16: Increase Your Self-Compassion

STRESSLESS

This group helps you learn and practice an assortment of skills. Topics are based on the unique experience of college students.

When: Mondays at 12pm; Wednesdays at 4pm; Thursdays at 3pm

Week 1: Understanding Cognitive Distortions

Week 2: Introduction to Mindfulness

Week 3: Distress Tolerance and Coping

Week 4: Increasing Awareness and Acceptance

Week 5: Identifying Personal Strengths

Week 6: Connecting the Mind and Body

Week 7: Understanding the Multi-Faceted Self

Week 8: Motivation and Behavioral Activation

Week 9: Increasing Effective Communication

Week 10: Identifying Maladaptive Core Beliefs

Week 11: Relaxation Using Meditation

Week 12: Exploring Role Transitions

Week 13: Increasing Gratitude and Hope

Week 14: Living Life Whole-Heartedly

Week 15: Stress Buster, Part 1

Week 16: Stress Buster, Part 2

BE EFFECTIVE

This group offers specific strategies to cope with intense feelings, manage emotions, and improve relationships.

When: Tuesdays at 1pm; Fridays at 9am

Week 1 & 9: Crisis Survival

Week 2 & 10: Accepting Reality

Week 3 & 11: States of Mind

Week 4 & 12: Achieve a Wise Mind

Week 5 & 13: Decrease Your Sensitivity

Week 6 & 14: Decrease Your Vulnerability

Week 7 & 15: The 3 Interpersonal Goals

Week 8 & 16: Asserting Yourself

EFFECTIVE DECISIONS

This group helps students explore their substance use patterns and gain better understanding of the impact it has on them and those around them. Students will learn how to reduce harm and make effective decisions that align with their values and promote safety.

When: Fridays at 1pm

2/9/18 & 3/16/18: Safe Drinking

2/16/18 & 3/23/18: Understanding Emotions

2/23/18 & 3/30/18: Myths and Facts

3/2/18 & 4/6/18: Decisional Balance

3/9/18 & 4/13/18: Mindfulness and Substance Use

Process-Based Drop-In Groups (50 min)

Some group discussion is encouraged.

CREATIVE EXPRESSIONS

This group offers students the opportunity to learn more about themselves through creative expression (e.g., drawing, collage making, beading, coloring, etc.) and is intended to help members understand their thoughts, feelings, and experiences and help them learn creative ways to cope with difficult emotions. No artistic experience or skill required.

When: Fridays at 12pm

MINDFULNESS-BASED STRENGTHS PRACTICE

This group brings the practice of mindfulness and character strengths together and presents a unique angle to re-discovering happiness, achieving goals, finding deeper meaning in life engagement, and coping with problems. Students are encouraged to complete the Character Strength Survey (The VIA) before participating.

When: Wednesdays at 5pm, starting 1/24