

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
F 215-204-5419

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
UNIVERSITY®



Tuttleman Counseling Services

Drop-In Group Therapy

Fall 2018



Skills-Based Drop-In Groups (50 min)

Students may choose to participate during these sessions as much or as little as they want.

Groups begin on August 27, 2018 (Week 1) unless otherwise noted.

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; Thursdays at 3pm

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

BE EFFECTIVE

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

When: Tuesdays at 11am; Fridays at 3pm

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

PEACEFUL

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

When: Mondays at 1pm; Wednesdays at 5pm

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

BREAKING FREE

This group focuses on learning to break away from negative thoughts and feelings by implementing behavior change and challenging negative thought processes. This ultimately results in a more balanced way of thinking as well as an increase in positive experiences and emotions.

When: Tuesdays at 4pm; Fridays at 9am

Week 1 & 9: Maladaptive Thoughts

Week 2 & 10: Core Beliefs

Week 3 & 11: Coping with Emotions

Week 4 & 12: Behavioral Activation

Week 5 & 13: Goal Setting

Week 6 & 14: Problem Solving

Week 7 & 15: Relaxation

Week 8 & 16: Increasing Positive Activities

LOVE YOURSELF

This group will help students develop understanding as well as skills to be kinder with themselves during times of suffering.

When: Wednesdays at 2:30pm

Week 1 & 9: Self-Compassion

Week 2 & 10: Be Kind to Yourself

Week 3 & 11: You Are Not Alone

Week 4 & 12: Be Mindful

Week 5 & 13: I Am Worthy

Week 6 & 14: Compassion for Others

Week 7 & 15: Emotional Resilience

Week 8 & 16: Personal Growth

FINDING YOUR FOCUS

This group offers education and techniques aimed to manage inattention, procrastination and stress, which helps increase productivity and academic success.

When: Tuesdays at 2pm

09/18/18 & 10/30/18: Time Management & Goal Setting

09/25/18 & 11/06/18: Managing Distractions

10/02/18 & 11/13/18: Procrastination

10/09/18 & 11/20/18: Stress Management