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.

Sign-up groups require registration and members are asked to commit to attending for the full length of the group. The duration of each sign-up group varies but is often at least one semester. To join a sign-up group, students must go through Walk-In Clinic and attend a group screening appointment, in which the group therapists and student determine if the group is an appropriate fit for the student’s needs. Students do not need to be enrolled in individual services to join a sign-up group; however, some sign-up groups require that members also participate in individual therapy.

*Groups are cancelled when TCS is closed.
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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

Tuttleman Counseling Services
Drop-In Group Therapy
Spring 2019
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 January 14, 2019 (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 10am; Thursdays 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 11am; Fridays 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 11am; Wednesdays 4:30pm
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 4pm; Fridays 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 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

HEALTHY CONNECTIONS
This group helps students learn skills to better navigate interpersonal relationships.

When: Mondays 1pm; Wednesdays 3pm
Week 1 & 9: Healthy vs Unhealthy Relationships
Week 2 & 10: Healthy Communication
Week 3 & 11: Love Languages
Week 4 & 12: Fighting Fair
Week 5 & 13: Getting Your Needs Met
Week 6 & 14: Boundaries
Week 7 & 15: Endings
Week 8 & 16: Taking Care of You

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
02/05/19 & 03/19/19: Time Management & Goal Setting
02/12/19 & 03/26/19: Managing Distractions
02/19/19 & 04/02/19: Procrastination
02/26/19 & 04/09/19: Stress Management