

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.

Interpersonal Process Groups

Interpersonal process groups often focus on sharing and connecting with peers, while exploring various topics. Interpersonal process groups require registration and members are asked to commit to attending for the full length of the group. The duration of each process group varies but is often at least one semester. To join a process group, students must utilize Walk-In Clinic and then 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.

Group Guidelines:

1. Group sessions will be held via HIPAA compliant Zoom.
2. It is important to have a secure internet connection, to be in a quiet, private space where others do not have access the group session or your device. Please use headphones for added privacy and protection.
3. Recording of group sessions or use of the chat feature for anything other than logistical issues (e.g., inability to access handout) is not permitted.
4. Video must be on during session.

Rev. 8/19/2020

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 | 10:00am - 1:30pm |
| Thursdays | 10:00am - 1:30pm |
| Fridays | 10:00am - 1:30pm |



TEMPLE
UNIVERSITY®



Tuttleman Counseling Services



Connecting & Relating Interpersonal Process Groups

Fall 2020

Understanding Self and Others (USO)

This group offers a powerful way to learn about ourselves and how we relate to others. Members will work through a variety of issues that lead to psychological distress, while gaining support and feedback from others.

When: Mondays 12:30-2 pm; Tuesdays 10:30-12 pm; Thursdays 12-1:30 pm; Fridays 10-11:30 am

Survivors Group

This is a group for women survivors of sexual violence who experienced sexual violence between 6 months and 4 years ago. This group gives students a confidential space to discuss the impact of these experiences and to receive validation and encouragement.

When: Wednesdays 3-4:30 pm

Queer-Identified Process Group

This group is for students who self-identify along the sexual and/or gender spectrum. The purpose of this group is to explore common issues of LGBTQ+ individuals including coming out, dating, sexuality, gender identity and expression, discrimination, and personal growth.

When: Tuesdays 10-11:30 am

Graduate Student Group

This group offers graduate students from any field an opportunity to discuss the challenges and struggles of graduate life while gaining support and feedback.

When: Tuesdays 5:30-7 pm

Sex, Love, and Relationships

This process group provides a comfortable, accepting, and safe space for members to explore topics related to intimate relationships such as dating, evolution of sexuality, and communication.

When: Thursdays 1-2:30 pm

Family Matters

This is a group for individuals who are struggling with difficult family dynamics. Some common issues may include boundary setting, conflict resolution, individuation, intergenerational issues, and lack of family support. This group will also help individuals understand how these dynamics impact other aspects of life.

When: Wednesdays 10-11:30

Stress, Substances, and Coping

This group offers students the opportunity to explore how substance use may impact interpersonal relationships, mental and physical wellness, and overall wellbeing. Harm reduction is emphasized and a willingness to explore the impact of substances on one's life is encouraged. Abstinence from substances is not required to attend this group.

When: Wednesdays 3-4:30 pm

Grief and Loss Group

This group is designed to provide a safe space for students who are grieving the death of a loved one. The group will address expectations of the grief process, coping skills and self-care, and common responses to loss.

When: Mondays 2-3:30 pm

Social Xchanges

This group addresses the recreational/leisure/social needs of students who carry a diagnosis of being on the Autistic Spectrum. The first hour is a discussion to help group members share their challenges. The second hour is an activity planned by the group members.

When: Fridays 4-6 pm

Mindfulness-Based Strengths Practice

This is an 8-session group that presents a unique angle to living one's best life, re-discovering happiness, achieving goals, finding deeper meaning in life engagement, and coping with problems. It includes discussions, meditation, strength practices, and weekly exercises.

When: Tuesdays 9-10:30 am

DROP- IN SUPPORT GROUPS

*These groups do not require registration and can be utilized on a weekly or as needed basis. These are open groups for Temple students to come together to discuss thoughts, feelings, and struggles, and to receive feedback and support from others. While these are *not* therapy groups, they are run by TCS counselors and are a supportive and therapeutic space.

Eating Concerns and Body Image Support Group

This open therapeutic support group is for all-gender students with mild-to-moderate body image and eating concerns. Participants will process their thoughts and emotions related to food and body image and develop a greater understanding of how these issues affect their lives. This group is not appropriate for individuals with severely disordered eating. If you currently meet diagnostic criteria for an eating disorder, you are encouraged to register for services through the TCS website to speak with a counselor.

When: Tuesdays at 2 pm

International Student Support Group

This group is a safe and supportive space for international students to share their stories and explore their challenges, stressors, and successes with one another.

When: Wednesdays at 3 pm