

## 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

Skill-Based groups last approximately 50 minutes and primarily involve learning and practicing various skill sets to develop psychological wellbeing. In these groups, students may choose to participate during these sessions as much or as little as they want.

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 go through 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. Students do not need to be enrolled in individual services to join a process group; however, some 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, 2<sup>nd</sup> 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



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# Tuttleman Counseling Services



## Connecting & Relating Interpersonal Process Groups

Spring 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: Tuesdays 3-4:30pm; Thursdays 10-11:30am

### **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 3:30-5pm

### **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 5-6:30pm

### **Building Social Confidence**

This group is ideal for individuals who experience anxiety in social situations. Group members will learn and practice various skills and process issues related to their social anxiety. The group will take a strengths based approach and will touch on self-compassion, belief systems, assertiveness and mindfulness. This will be done in a safe environment with others who may share similar difficulties.

When: Thursdays 1:30-3pm

### **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: Mondays 1-2:30pm

### **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: Mondays 10-11:30am; Tuesdays 5:30-7pm

### **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 4-6pm

### **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: Wednesdays 5:30-7pm

### **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: Wednesdays 11-12:30pm

### **Eating Concerns and Body Image Group**

This group is for all-gender students to process their thoughts and emotions related to negative body image and disordered eating, and to develop greater understanding of how these issues affect their lives.

Medical stability is required.

When: Thursdays 11-12:30pm

### **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: Fridays 1-2:30pm

### **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 3-4:30pm