



Tuttleman Counseling Services



**Remote and In-Person
Connecting and Relating
Interpersonal Process
Group Therapy
Offerings**

Fall 2022

Interpersonal Process Groups

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 Registration from the TCS website 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, *except for Social Xchanges and the Eating and Body Image Concerns Group, which will meet in person.*
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.
5. Process groups require weekly attendance.

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 2:00-3:30 pm; Tuesdays 10:30 am-12 pm; Fridays 2:00-3:30 pm (remote)

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:** Mondays 2:00 pm-3:30 pm (remote)

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:** Wednesdays 5-6:30 pm; Fridays 2-3:30 pm (remote)

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:** Thursdays 1-2:30 pm (remote)

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 (remote)

BIPOC Process Group: This group is for students who identify as a BIPOC individual (Black, Indigenous, Person of Color). The purpose of this group is to explore common issues of the BIPOC community including, racism, microaggressions, feelings of belonging, and racial identity development. Issues brought to this group do not have to be issues concerning race, though the group will serve as a safe space to discuss issues with individuals who may hold similar identities. **When:** Thursdays 2:30-4:00 pm (remote)

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 (*in-person*)

Mindfulness-Based Strengths Practice: This is an 8-session group that presents a unique angle to living one's best life, rediscovering happiness, achieving goals, finding deeper meaning in life engagement, and coping with problems. It includes discussions, meditation, strength practices, and weekly exercises. **When:** Thursdays 3-4:30 pm (remote)

Eating and Body Image Concerns Group: This group is a compassion-based process group for individuals who struggle with body image concerns. This group is intended to be supportive to those struggling to manage negative beliefs about their bodies. The group emphasizes the use of empathy and interpersonal support to develop attitudes of compassion and gratitude towards ours and others' bodies, freedom from harmful societal ideals, and kindness as our motivation for a healthy, sustainable life. **When:** Tuesdays 10-11:15 am (*in-person*)



TEMPLE

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Find TCS:

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Contact TCS:

T 215-204-7276
F 215-204-5419

Registration Hours

Mondays	10:00am - 3:00pm
Tuesdays	10:00am - 3:00pm
Wednesdays	10:00am - 3:00pm
Thursdays	10:00am - 3:00pm
Fridays	10:00am - 3:00pm