



Tuttleman Counseling Services



**Remote
Connecting and Relating
Interpersonal Process
Group Therapy
Offerings**

Fall 2021

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 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.
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 2:30-4 pm; Tuesdays 10:30-12 pm; Thursdays 1-2:30 pm; Fridays 1-2:30 pm

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 5-6:30 pm; 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 am

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

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



TEMPLE UNIVERSITY®

Find TCS:

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<http://counseling.temple.edu/>

Contact TCS:

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

Registration 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