

Consent to Participating

Skill-Based Groups groups are 50 minutes in length and primarily involve learning and practicing various skill sets to help you manage your current level of distress. Groups are facilitated by TCS counselors and held online via Zoom for the Fall 2021 semester.

By participating in these groups, you are consenting to the following:

1. We are using Zoom for group sessions, which meets HIPAA standards of encryption and privacy protection.
2. It is important to have a secure internet connection rather than public/free Wi-Fi.
3. It is important to be in a quiet, private space during group sessions.
4. It is imperative that no family member, friend, or other individual is in hearing or visual proximity to you or to your electronic device during group sessions. Please use headphones for added privacy and protection (when appropriate).
5. 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.
6. Your video must be on during session. We ask that your video not be muted unless necessary.
7. Please use a computer or device that has access to Microsoft Word and YouTube.
8. In order to be punctual, please set up for the session at least five minutes before it is due to begin. You will be admitted to a virtual waiting room. **Access to group will close after 7 minutes.**

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 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

*****PLEASE MAKE SURE YOUR COUNSELOR HAS SIGNED YOU UP FOR A GROUP BEFORE ATTENDING*****

LIVE WELL

This group helps students learn how to move toward their values in life while lessening their suffering from difficult thoughts and feelings.

Mondays 11 AM

Topics:

Week 1 & 9: Getting Good Sleep
Week 2 & 10: Intimacy and Relationships
Week 3 & 11: Self Compassion
Week 4 & 12: The Mind Train
Week 5 & 13: Avoidance
Week 6 & 14: You Are Not Your Thoughts
Week 7 & 15: Choosing Your Values
Week 8 & 16: Committing to It

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.

Tuesdays 2 PM; Thursdays 9 AM

Topics:

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

HEALTHY CONNECTIONS

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

Tuesdays 9 AM

Topics:

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

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LETTING GO

This group is based on the work of Brené Brown and focuses on cultivating wholehearted living and authenticity, and *letting go* of the following:

Thursdays 10:30 AM

Topics:

Week 1 & 9: What People Think
Week 2 & 10: Perfectionism
Week 3 & 11: Numbing & Powerlessness
Week 4 & 12: Scarcity & Fear of the Dark
Week 5 & 13: Comparison
Week 6 & 14: Exhaustion
Week 7 & 15: Self-Doubt & “Supposed To”
Week 8 & 16: Always Being in Control

BE EFFECTIVE

This group offers specific strategies to cope with intense feelings, manage emotions, and improve relationships.

Wednesdays 3 PM; Fridays 12:30 PM

Topics:

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