

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

Skills-based psychoeducational groups primarily involve learning and practicing various skill sets to develop psychological wellbeing.

Interpersonal process groups often focus on sharing and connecting with peers, while exploring various topics.

Sign-up groups require registration and members are asked to commit to attending for the full length of the group. The duration of each sign-up group varies but is often the semester. To join a sign-up group, students must go through Walk-In Clinic and attend a group screening appointment, in which the group therapist 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 sign-up group; however, some sign-up groups require that members also participate in individual therapy.

*Groups are cancelled when TCS is closed.

Find us at:

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Philadelphia, PA 19121
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Contact us at:

T 215-204-7276
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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

Sign-Up Group Therapy

Spring 2018



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 3-4:30pm; Wednesdays 3-4:30pm; Wednesdays 6-7:30pm; Thursdays 9-10:30am

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 4-5:30pm

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

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

Students of Color Group

This group serves as a way to openly engage in dialogues around what it means to be a student of color on this campus. It offers a safe space for students to discuss specific challenges, social justice issues, and more while talking with peers who share similar lived experiences.

When: Wednesdays 4:30-6pm

Woman to Woman

This women's process group provides a comfortable, accepting, and safe space for members to share individual concerns while supporting each other. Members can explore self-awareness, personal challenges, and relationships.

When: Tuesdays 3:30-4:30pm

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: Wednesdays 3-4pm

Koru

This is a 4-week mindfulness meditation course designed to help you manage stress and live more fully in the present moment. The program includes guided meditation practices and relaxation skills, discussion, personal home practice and readings.

When: Thursdays 10-11:30am, starting 2/8

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 11:30-1pm

Non-Traditional Student Group

This group offers a safe space for non-traditional college students to learn about themselves and how they relate to others, to work through various difficulties that increase distress, and to gain support and feedback from others.

When: Fridays 2-3:30pm

AHDH Support Group

The purpose of this group is to help students learn positive and healthy ways of managing their ADHD symptoms as well as developing strategies to assist in how they experience college life academically as well as personally.

When: Fridays 2-3:30pm

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: Tuesdays 9-10:30am

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: Tuesdays 4-5:30pm