

### **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:**

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**

## **Sign-Up Group Therapy**

**Fall 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 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

### **Chronic Illness and Medical Issues Group**

This group is for students with chronic illnesses and medical conditions. The purpose of this group is to give students a safe and confidential space to explore and process common issues, concerns, and challenges that they face. Specifically, we will explore topics such as adjustment, social impacts, self-advocacy, the emotional impacts of coping with chronic illness, and managing chronic illness independently.

When: Wednesdays 6-7:30pm

### **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 1:30-3pm, starting 9/10/18

### **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

### **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

### **Men's Group**

This group offers a unique opportunity for male-identified students to learn about themselves and how they relate to others. Group members will explore concerns common to men, including issues of masculinity, gender roles, dating and sexuality, and mental health stigma. Together group members will address issues that contribute to psychological distress and dissatisfaction in their relationships.

When: Wednesdays 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 as well as process and work through other areas of distress. This will be done in a safe environment with others who may share similar difficulties.

When: Thursdays 1-2:30pm

### **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: Friday 2-3:30pm

### **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 3-4:30pm

### **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: Thursdays 10-11:30 am