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
Skill-Based groups last approximately 50 minutes and primarily involve learning and practicing various skill sets to develop psychological wellbeing. In these groups, students may choose to participate during these sessions as much or as little as they want.

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 go through Walk-In Clinic 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. Students do not need to be enrolled in individual services to join a process group; however, some groups require that members also participate in individual therapy.

*Groups are cancelled when TCS is closed.

Rev. 08/09/2019
**LIVE WELL**
This group helps students learn how to move toward their values in life while lessening their suffering from difficult thoughts and feelings.

**When:** Mondays 1pm; Wednesdays 4pm

Week 1 & 9: Suffering is Optional
Week 2 & 10: The Mind Train
Week 3 & 11: Avoidance
Week 4 & 12: You Are Not Your Thoughts
Week 5 & 13: Observing Your Experience
Week 6 & 14: Willingness
Week 7 & 15: Choosing Your Values
Week 8 & 16: Committing to It

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**SELF-COMPASSION**
This group will help students develop understanding as well as skills to be kinder with themselves during times of suffering.

**When:** Wednesdays 10:30am

Week 1 & 9: Self-Compassion
Week 2 & 10: Be Kind to Yourself
Week 3 & 11: You Are Not Alone
Week 4 & 12: Be Mindful
Week 5 & 13: I Am Worthy
Week 6 & 14: Compassion for Others
Week 7 & 15: Emotional Resilience
Week 8 & 16: Personal Growth

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**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.

**When:** Mondays 2:30pm; Thursdays 12:30pm

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

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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:

**When:** Tuesdays 4pm; Wednesdays 11am

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

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

**When:** Tuesdays 3pm; Fridays 1pm

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

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

**When:** Mondays 10am; Thursdays 3pm

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