

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. 12/09/2019

Find us at:

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Philadelphia, PA 19121
<http://counseling.temple.edu/>

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



Skill-Based Group Therapy

Spring 2020

Groups begin January 13, 2020 (Week 1)

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: Tuesdays 11am; Thursdays 1pm

- 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

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 1pm; Wednesdays 3pm

- 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

SELF-COMPASSION

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

When: Thursdays 10:30 am

- 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

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: Thursdays 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

BE EFFECTIVE

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

When: Mondays 2:30pm; Tuesdays 4 pm

- 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

HEALTHY CONNECTIONS

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

When: Wednesdays 5:30pm

- 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