

## “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.

### Skill-Based Groups

Skill-Based groups last approximately 50 minutes and primarily involve learning and practicing various skill sets to develop psychological wellbeing.

#### Group Guidelines:

1. Group sessions will be held via HIPAA compliant Zoom.
2. It is important to have a secure internet connection, to be in a quiet, private space where others do not have access the group session or your device. Please use headphones for added privacy and protection.
3. 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.
4. Video must be on during session. We ask that your audio remain muted unless you are participating.
5. Please use a computer or device that has access to Microsoft Word and YouTube.
6. Please be punctual. You will be admitted to a virtual waiting room. **Access to group will close after 7 minutes.**

\*Groups are cancelled when TCS is closed.

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#### 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	10:00am - 1:30pm
Thursdays	10:00am - 1:30pm
Fridays	10:00am - 1:30pm



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# Tuttleman Counseling Services



## Skill-Based Group Therapy

### Spring 2021

*Groups begin January 18, 2021 (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: Mondays 3 pm; Wednesdays 9 am

- 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 10 am; Tuesdays 1:30 pm

- 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: Tuesdays 10 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: Wednesdays 3 pm; Thursdays 10 am

- 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: Tuesdays 9 am; Fridays 1:30 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: Thursdays 2:30 pm; Fridays 10 am

- 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

**YOGA DROP IN GROUPS:**

\*All groups are beginner friendly (no prior yoga experience necessary!)

**Stress Less: Yoga for Anxiety**

This group aims to reduce anxiety, slow racing thoughts, and help with distress tolerance/emotion regulation.

When: Tuesdays 12pm

**Wind Down: Yoga for Depression**

This yoga group helps with insomnia, distress tolerance, anxiety, and chronic pain/illness.

When: Tuesdays 1:30pm