



Tuttleman Counseling Services



Remote Group Therapy Offerings

Summer 2021

Groups begin June 1, 2021

*****PLEASE MAKE SURE YOUR COUNSELOR HAS SIGNED YOU UP FOR A GROUP BEFORE ATTENDING*****

SKILL BASED GROUPS

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:

Mondays 10 AM

Topics:

***May 31: No group due to Memorial Day**

June 7: Perfectionism

June 14: Numbing & Powerlessness

June 21: Scarcity & Fear of the Dark

June 28: Comparison

July 5: Exhaustion

July 12: Self-Doubt & “Supposed To”

July 19: Always Being in Control

HEALTHY CONNECTIONS

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

Tuesdays 1 PM

Topics:

June 1: Healthy vs Unhealthy Relationships

June 8: Healthy Communication

June 15: Love Languages

June 22: Fighting Fair

June 29: Getting Your Needs Met

July 6: Boundaries

July 13: Endings

July 20: Taking Care of You

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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.

Wednesdays 3 PM

Topics:

June 2: Maladaptive Thoughts

June 9: Core Beliefs

June 16: Coping with Emotions

June 23: Behavioral Activation

June 30: Goal Setting

July 7: Problem Solving

July 14: Relaxation

July 21: Increasing Positive Activities

BE EFFECTIVE

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

Thursdays 11 AM

Topics:

June 3: Crisis Survival

June 10: Accepting Reality

June 17: States of Mind

June 24: Achieve a Wise Mind

July 1: Decrease Your Sensitivity

July 8: Decrease Your Vulnerability

July 15: The 3 Interpersonal Goals

July 22: Asserting Yourself

Consent to Participating in Skill-Based Groups

Skill-Based Groups groups are 50 minutes in length and primarily involve learning and practicing various skill sets to help you manage your current level of distress. Groups are facilitated by TCS counselors and held online via Zoom for Summer 2021 (June 1 to July 22, 2021).

By participating in these groups, you are consenting to the following:

1. We are using Zoom for group sessions, which meets HIPAA standards of encryption and privacy protection.
2. It is important to have a secure internet connection rather than public/free Wi-Fi.
3. It is important to be in a quiet, private space during group sessions.
4. It is imperative that no family member, friend, or other individual is in hearing or visual proximity to you or to your electronic device during group sessions. Please use headphones for added privacy and protection (when appropriate).
5. 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.
6. Your video must be on during session. We ask that your video not be muted unless necessary.
7. Please use a computer or device that has access to Microsoft Word and YouTube.
8. In order to be punctual, please set up for the session at least five minutes before it is due to begin. You will be admitted to a virtual waiting room. **Access to group will close after 7 minutes.**

PROCESS GROUPS

Understanding Self and Others (USO)

These groups offer 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.

Wednesday USO 3:00-4:30pm

Thursday USO 11:00am-12:30pm

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.

Interpersonal Process Groups

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 utilize Registration from TCS' website 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.

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.
5. Process groups require weekly attendance.



TEMPLE

UNIVERSITY®

Find TCS:

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Contact TCS:

T 215-204-7276

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Summer Registration 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