

COLUMBIA SPECTATOR ARCHIVE

Columbia Daily Spectator, Volume CXVI, Number 16, 6 February 1992 — Page 2 Advertisements Column 1 [ADVERTISEMENT]

Student Life Workshops & Therapy Groups

Spring 1992

Free to all Columbia University
Students (including JTS, TC, UTS)
Sponsored by Columbia University
Health Service Mental Health Division

Workshops (Issue Focused, Time-Limited)

Work Block

Procrastination and Cramming on Papers, Studying,
Exams, Dissertations

Mondays 3:15–4:45 p.m. for six sessions
February 24, March 2, 9, 23, 30, April 6

Stress Reduction and Management

Using Relaxation Techniques, Time Management,
Exercise, etc.

Fridays 1:00–2:00 p.m. for two sessions and
1:00–3:00 p.m. for a third session
February 14, 21, 28, April 10, 17, 24

To register call 854-2878 Mental Health Division

Proposed Workshops (With sufficient student interest)

Managing Anxiety in Public Speaking

For Men Only: Dealing with Current Male Stereotypes

Sustaining a Relationship by Learning How to Fight

Disengaging Emotionally from a Toxic or Dysfunctional Family Life

To register call 854-2878 Mental Health Division

Therapy Groups (Opportunities to Explore Issues More Extensively)

HIV Positive

Information and Support Group for People Who Are HIV Antibody Positive or Have ARC or AIDS

For more information call Laura Plinsky at 854-2878

Incest Survivors' Group

A Supportive Group for Women Who Have Experienced Childhood Incest

Fridays 10:00–11:30 a.m. for ten sessions
To begin in early February

Psychotherapy Groups

Dealing with Impasses and Other Problems in Relationships and/or Academic Work

For more information call 854-2878 Mental Health Division

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