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 Pinsky 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

STRICT CONFIDENTIALITY MAINTAINED AT ALL TIMES