STUDENT LIFE WORKSHOPS AND THERAPY GROUPS
Free to all Columbia University Students (including JTS, TC, UTS)
Sponsored by the Counseling and Psychological Services
Columbia Health Service, 401 John Jay Hall
Spring 1994

WORKSHOPS (Issue-Focused, Time-Limited)

Body Image Concerns
A workshop focused on eating, weight, and body image.
Thursdays 1:15 to 2:45, for 10 sessions
Feb. 16, 23, Mar. 2, 9, 16, Apr. 6, 13, May 6

Coming Out Workshop for Lesbian, Gay, and Bisexual Students
Co-Sponsored by OUTPEACH
A workshop to talk about identity, relationships, family, community.
Tuesdays 3 to 4:30 pm, for 4 sessions
Feb. 15, 22, Mar. 1, 8

Study Skills Management
Improve skills on reading, time management, memory and taking exams.
Fridays 5 to 6:30 pm, for 4 sessions
Mar. 1, 8, 15, 22

Women In Career Transition
For women in graduate programs and GS who have returned to school; to focus on
student self-esteem, career ambition vs. the biological clock and sex-role conflict.
Mondays 4 to 5:30 pm,
Beginning early February, TBA.

Work Block
Procrastination and Cramming on Papers, Studying, Exams, Dissertations.
Mondays 1:00 to 2:30 pm, for 8 sessions
Feb. 22, Mar. 7, 21, 28, Apr. 4, 11

THERAPY GROUPS (To Explore Issues more Extensively)

Adult Children of Alcoholics Group Therapy
Information/Support Group – to focus on relationships and self-esteem issues.
Tuesdays 5:30 to 7 pm, for 10 sessions
Feb. 15, 22, Mar. 1, 8, 15, 22, Apr. 5, 12, 19, 26

Bereavement Support
Coping with the loss of a loved one.
Fridays 2:15 to 3:45 pm

Eating Disorders
A group for WOMEN with eating disorders.
Fridays 12 to 1:30 pm, for 10 sessions
Feb. 4, 11, 25, Mar. 4, 11, 25, Apr. 8, 15, 22

HIV Positive
Information and Support Group for People who are HIV Antibody
Positive or have AIDS
Wednesdays 6 to 7:30 pm

Survivors of Sexual Abuse
A supportive, therapy group for WOMEN who have experienced abuse
in childhood or adolescence.
Tuesdays 4 to 5:30 pm, for 12 sessions
Feb. 8, 15, 22, Mar. 1, 8, 15, 22, Apr. 5, 12, 19, 26, May 3

Women of Color Support Group
Tuesdays 2 to 3:30, for 10 sessions
Feb. 15, 22, Mar. 1, 8, 15, 22, Apr. 5, 12, 19, 26

For information and initial interview, call 854-2468

STRICT STANDARDS OF CONFIDENTIALITY MAINTAINED AT ALL TIMES