

COLUMBIA SPECTATOR ARCHIVE

Columbia Daily Spectator, Volume CXVIII, Number 18, 10 February 1994 — Page 21 Advertisements Column 3 [ADVERTISEMENT]

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, 407 John Jay Hall
Spring 1994

WORKSHOPS (Issue-Focused, Time-Limited)

Body Image Concerns (Barbara Steif, Ph.D.)
A workshop focused on eating, weight, and body image.
Thursdays 1:15 to 2:45, for 10 sessions
Feb. 10, 17, 24; Mar. 3, 10, 24, 31; Apr. 7, 14, 21

Coming Out Workshop for Lesbian, Gay, and Bisexual Students (Barbara Steif, Ph.D.)
Co-Sponsored by OUTREACH (Paul Douglas)
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 (Shinhee Han, MSW)
Improve skills on reading, time management, memory and taking exams.
Fridays 5 to 6:30 pm, for 4 sessions
Apr. 1, 8, 15, 22

Women in Career Transition (JoAnne Medalle, Ph.D.)
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 (William G. Sommer, M.D.)
Procrastination and Cramming on Papers, Studying, Exams, Dissertations.
Mondays 1:00 to 2:30 pm, for 6 sessions
Feb. 28; Mar. 7, 21, 28; Apr. 4, 11

THERAPY GROUPS (To Explore Issues more Extensively)

Adult Children of Alcoholics Group Therapy (Mary Segarra, Ph.D.)
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, 22, 29; Apr. 5, 12, 19, 26

Bereavement Support (Rachel Aubrey, MSW)
Coping with the loss of a loved one.
Fridays 2:15 to 3:45 pm

Eating Disorders (Barbara Steif, Ph.D.)
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. 1, 8, 15, 22

HIV Positive (Laura Pinsky, MSW)
Information and Support Group for People who are HIV Antibody Positive or have AIDS
Wednesdays 6 to 7:30 pm

Survivors of Sexual Abuse (Rachel Efron, Ph.D.)
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, 22, 29; Apr. 5, 12, 19, 26; May 3

Women of Color Support Group (Mary Segarra, Ph.D.)
Focusing on Identity, Relationships, Family, and School.
Tuesdays 2 to 3:30, for 10 sessions
Feb. 15, 22; Mar. 1, 8, 22, 29; Apr. 5, 12, 19, 26

For information and initial interview, call 854-2468

STRICT STANDARDS OF CONFIDENTIALITY MAINTAINED AT ALL TIMES