

COLUMBIA SPECTATOR ARCHIVE

Columbia Daily Spectator, Volume CXVIII, Number 87, 21 September 1994 — Page 7 Advertisements Column 1
[ADVERTISEMENT]

COLUMBIA UNIVERSITY HEALTH SERVICE STUDENT LIFE WORKSHOPS, THERAPY GROUPS, AND SEMINARS

WORKSHOPS AND THERAPY GROUPS

Sponsored by the Counseling and Psychological Service
400 John Jay Hall Fall 1994

There is a **one time** registration fee for each group

For information and Initial Interview, call 854-2468

STRICT STANDARDS OF CONFIDENTIALITY MAINTAINED AT ALL TIMES

WORKSHOPS (Issue-Focused, Time-Limited)

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| Body Image Concerns
A workshop focused on eating, weight, and body image.
Thursdays 1:15 to 2:45pm, for 10 sessions
<u>Oct. 13, 20, 27; Nov. 3, 10, 17, 24; Dec. 1, 8.</u> | Registration Fee \$25 | Barbara Steif, PhD |
| Coming Out Workshop for Lesbian, Gay, and Bisexual Students
Co-Sponsored by OUTREACH
A workshop to talk about identity, relationships, family, community.
Fridays 5:00 to 6:00pm, for 4 sessions
<u>Oct. 14, 21, 28; Nov. 4.</u> | Registration Fee \$15 | Barbara Steif, PhD
Paul Douglas |
| Work Block
Procrastination and Cramming on Papers, Studying, Exams, Dissertations.
Mondays 1:00 to 2:30pm, for 6 sessions
<u>Oct. 17, 24, 31; Nov. 7, 14, 21.</u> | Registration Fee \$15 | William G. Sommer, MD |
| Asian American Women's Group
To foster support and gain insight into cultural identity, family dynamics, academic/professional goals, sexuality and friendships.
Mondays 4:00 - 5:30pm for 8 sessions
<u>Oct. 17, 24, 31, Nov. 7, 14, 21, 28, Dec. 2.</u> | Registration Fee \$25 | Shinhee Han, MSW |

THERAPY GROUPS To explore Issues more Extensively

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| Adult Children of Alcoholics
Information/Support Group -- to focus on relationships and self-esteem issues.
Tuesdays 5:30 to 7:00pm, for 10 sessions
<u>Sept. 20, 27, Oct. 4, 11, 18, 25, Nov. 1, 15, 22, 29, Dec. 6.</u> | Registration Fee \$25 | Mary Segarra, PhD |
| Bereavement Support
Coping with the loss of a loved one.
Fridays 2:15 to 3:45pm
<u>Beginning in October.</u> | Registration Fee \$25 | Rachel Aubrey, CSW |
| Eating Disorders
A group for WOMEN with eating disorders.
Fridays 12 to 1:30pm, for 10 sessions
<u>Oct. 14, 21, 28; Nov. 4, 11, 18, 25; Dec. 2, 9.</u> | Registration Fee \$25 | Barbara Steif, PhD |
| HIV Positive
Information and Support Group for People who are HIV Antibody Positive or have AIDS
Times to be Arranged | Registration Fee \$25 | Laura Pinsky, MSW |

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| Childhood Sexual Abuse
A supportive, therapy group for WOMEN who have experienced abuse in childhood or adolescence | Registration Fee \$25 | Rachel Efron, PhD |
|---|-----------------------|-------------------|

in childhood or adolescence
Tuesdays 3:30 to 5:00pm, for 12 sessions
Oct. 4, 11, 18, 25; Nov. 1, 8, 15, 22, 29; Dec. 6, 13, 20.

Women of Color Support Group

Registration Fee \$25

Mary Segarra, PhD

Focusing on Identity, Relationships, Family, and School.
10 Sessions - Dates to be announced
Beginning in October

SEMINARS

Sponsored by the Clinical Service
300 John Jay Hall

There is a **one time** registration fee for each group

For information, call 854-2284

SEMINARS

Stress Reduction Seminar

Registration Fee \$15

Cecilia Penkala, NP

Sessions will focus on relaxation techniques.
Mondays 5:30 to 6:30pm, for 4 sessions
Sept. 26; Oct. 3, 10, 17.
Limit to 12 participants

Smoking Cessation Seminar

Registration Fee \$15

Cecilia Penkala, NP

Focus on methods to stop the habit of smoking.
Mondays and Wednesdays 1:00 to 2:00pm, for 8 sessions
Oct. 31; Nov. 2, 7, 9, 14, 16, 21, 23.