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)

Body Image Concerns Registration Fee $25 Barbara Steif, PhD
A workshop focused on eating, weight, and body image.
Thursdays 1:15 to 2:45pm, for 10 sessions
Oct. 13, 20, 27, Nov. 3, 10, 17, 24; Dec. 1, 8.

Coming Out Workshop for Lesbian, Gay, and Bisexual Students Registration Fee $15 Paul Douglas
Co-Sponsored by OUTREACH
A workshop to talk about identity, relationships, family, community.
Fridays 5:00 to 6:00pm, for 4 sessions
Oct. 14, 21, 28; Nov. 4.

Work Block Registration Fee $15 William G. Sommer, MD
Procrastination and Cramming on Papers, Studying, Exams, Dissertations.
Mondays 1:00 to 2:30pm, for 6 sessions
Oct. 17, 24, 31; Nov. 7, 14, 21.

Asian American Women's Group Registration Fee $25 Shinhee Han, MSW
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
Oct. 17, 24, 31; Nov. 7, 14, 21, 28; Dec. 2.

THERAPY GROUPS To explore Issues more Extensively

Adult Children of Alcoholics Registration Fee $25 Mary Segarra, PhD
Information/Support Group -- to focus on relationships and self-esteem issues.
Tuesdays 5:30 to 7:00pm, for 10 sessions

Bereavement Support Registration Fee $25 Rachel Aubrey, CSW
Coping with the loss of a loved one.
Fridays 2:15 to 3:45pm
Beginning in October.

Eating Disorders Registration Fee $25 Barbara Steif, PhD
A group for WOMEN with eating disorders.
Fridays 12 to 1:30pm, for 10 sessions

HIV Positive Registration Fee $25 Laura Pinsky, MSW
Information and Support Group for People who are HIV Antibody Positive or have AIDS
Times to be Arranged

Childhood Sexual Abuse Registration Fee $25 Rachel Efron, PhD
A supportive, therapy group for WOMEN who have experienced abuse
Women of Color Support Group
Registration Fee $25
Mary Segarra, PhD

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.