

COLUMBIA SPECTATOR

ARCHIVE

Columbia Daily Spectator, Volume CXXI, Number 10, 3 February 1997 — Page 2 Advertisements Column 1 [ADVERTISEMENT]

COLUMBIA UNIVERSITY HEALTH SERVICE STUDENT LIFE WORKSHOPS & THERAPY GROUPS SPRING 1997

Sponsored by the Counseling and Psychological Services, 400 John Jay Hall
There is a one time registration fee per group. For information and initial interview, please call 854-2468.
STRICT STANDARDS OF CONFIDENTIALITY ARE MAINTAINED AT ALL TIMES

WORKSHOPS (Issued-Focused, Time-Limited)

Work Block

Procrastination and Cramming on Papers, Studying, Exams, Dissertations.
Mondays, 1:00pm - 2:30pm, for 6 sessions
February 24, March 3, 10, 24, 31, April 7

Fee \$15

(William G. Sommer, M.D.)

THERAPY GROUPS (To Explore Issues More Extensively)

Adult Children of Alcoholics

Information/Support Group -- to focus on relationships and self-esteem issues.
Tuesdays, 5:30pm - 7:00pm
Approximately 10 sessions.

Fee \$25

(Mary Segarra, Ph.D.)

Bereavement Support

Coping with the loss of a loved one.
Fridays, 2:30pm - 4:00pm

Fee \$25

(Rachel Aubrey, CSW)

Body Image

A group for students to discuss tendencies to overeat, to use food for comfort, body image issues, self esteem and relationships.
Time to be announced.

Fee \$25

(Margaret Walker, Ph.D.)

Depression Support Group

Let's talk about depression, how it affects us, our work and our relationships with others.
Mondays, 1:15pm - 2:30pm

Fee \$25

(Maria Iager, M.D.)
(Mary Segarra, Ph.D.)

Drug & Alcohol Concerns/Early Recovery

A support and discussion group for students who want to explore the way drugs and alcohol may be affecting their lives.
Tuesdays, 1:00pm - 2:30pm

Fee \$25

(Anne Goldfield, Ph.D.)

Eating Concerns

A support and psychoeducational group for women with food addictions
Thursdays, 4:00pm - 5:30pm

Fee \$25

(Mary Segarra, Ph.D.)
(Randi Asher, Psy.D.)

HIV-Positive Support Group

A support group for students, faculty and staff who are dealing with HIV infection. Medical, emotional, and social issues are discussed.
Thursdays, 5:00pm - 6:30pm

Fee \$25

(Laura Pinsky, MSW)
(Ryan Kull)

Life After Columbia

A support group in which CC & SEAS seniors may discuss leaving Columbia, career & graduate school concerns, pressure from parents and related issues.
Time to be announced.

Fee \$25

(Margaret Walker, Ph.D.)

Parenting Concerns

A discussion and support group for students who are parents of young children.
Tuesdays, 2:30pm - 4:00pm

Fee \$25

(Anne Goldfield, Ph.D.)

Psychiatric Illness In The Family

A support group for students who have an immediate family member with a major mental illness, such as Manic Depressive Illness or Schizophrenia. We will explore the impact of living with such an illness as part of family life.
Wednesdays, 5:00pm - 6:15pm

Fee \$25

(Wendy Greenspun, Ph.D.)

Women Between Cultures

Group explores issues regarding cultural identity, family dynamics, romantic relationships, academics and career issues.
Fridays, 3:30pm - 4:45pm

Fee \$25

(Shinhee Han, CSW)
(Shanaz Moudud, M.Phil)

Women In Abusive Relationships

A support group for women who are in relationships with abusive partners or who have been in relationships with abusive partners and are still experiencing its effects.
Day and Time to be announced.

Fee \$25

(Rachel Efron, Ph.D.)

All Therapy Groups will begin in February.