Columbia University Health Service

Student Life Workshops & Therapy Groups

Spring 1997

Sponsored by the Counseling and Psychological Services, 406 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)

Fee $15

Procrastination and Cramming on Papers, Studying, Exams, Dissertations.

February 24, March 3, 10, 24, 31, April 7

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

Reappraisal Support

Coping with the loss of a loved one.

Fridays, 2:30pm - 4:30pm

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

Depression Support Group

Let’s talk about depression, how it affects us, our work and our relationships with others.

Mondays, 1:15pm - 2:40pm

Fee $25

Drug & Alcohol Concerns/Emergency 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 - 2:00pm

Fee $25

Eating Concerns

A support and psychoeducational group for women with food addictions

Thursdays, 4:00pm - 5:30pm

Fee $25

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

Life After Columbia

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

Time to be announced.

Fee $25

Parenting Concerns

A discussion and support group for students who are parents of young children.

Wednesdays, 5:00pm - 6:30pm

Fee $25

Psychiatric Illnesses 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, 5:30pm - 6:45pm

Fee $25

Women Between Cultures

Group explores issues regarding cultural identity, family dynamics, romantic relationships, academics and career issues.

Fridays, 3:30pm - 4:45pm

Fee $25

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

All Therapy Groups will begin in February.