

COLUMBIA SPECTATOR

ARCHIVE

Columbia Daily Spectator, Volume CXXIV, Number 87, 18 September 2000 – Page 15 Advertisements Column 1 [ADVERTISEMENT]

Counseling & Psychological Services Student Life Groups & Workshops-FALL 2000

Adult Children of Alcoholics Support Group

Mary Segarra, PhD (ms372)
Information/support group focusing on relationships and self-esteem issues.
Tuesdays, 5:30 – 7:00 pm

Bereavement Support Group

Margaret Walker, PhD (mw180)
Coping with the loss of a loved one. The loss could have been from long ago or in the recent past.
Fridays, 3:00 – 4:30 pm

Body Image Support Group

Margaret Walker, PhD (mw180)
A group to discuss tendencies to over-eat, using food for comfort, and issues associated with body image, self-esteem and relationships.
Wednesdays, 3:00 – 4:30 pm

Coping with Social Shyness Support Group

Judith Hanlon, PhD (jh298)
A group to discuss social shyness/anxiety with peers and others, speaking in class/groups, speaking up for yourself and more.
Visit website for time and date.

Drug & Alcohol Concerns/Early Recovery Support Group

Anne Goldfield, PhD (ag255)
A group to focus on early recovery issues.
Wednesdays, 5:30 – 7:00 pm

Eating Concerns Support Group

Mary Segarra, PhD (ms372)
A group for women with problematic behaviors associated with food.
Thursdays, 3:00 – 4:30 pm

Gay/Lesbian/Bisexual Coming Out Support Group

Calvin Chin, PhD (cc803)
A group for students in all stages of the coming out process to explore and discuss the experience and challenge of disclosing one's sexuality to family, friends and peers.
Visit website for time and date.

HIV+ Support Group

Laura Pinsky, CSW (lp11)
A group for students, faculty and staff who are dealing with HIV infection. Medical, emotional and social issues will be discussed (Group will be held depending on response).

Mental Illness in the Family Support Group

Wendy Greenspun, PhD (wg31)
A group for students who have an immediate family member with a major mental illness, such as manic depressive illness or schizophrenia. The group will explore the impact of living with such an illness as part of family life.
Mondays, 4:00 – 5:30 pm

Pan-Asian Women's Support Group

Shinhee Han, CSW (sh85)
A group to explore issues regarding cultural identity, family dynamics, romantic relationships, academics and career issues.
Visit website for time and date.

Women of Color Support Group

Janice Bennett, PhD (job5)
A group to explore issues relevant to women of color, including identity, relationships, career, and family issues.
Wednesdays, 5:00 – 6:30 pm

Graduate & Professional Students Support Group

Judith Hanlon, PhD (jh298)
A group to explore issues relevant to graduate students.
Visit website for time and date.

WORKSHOPS

Life After Columbia Workshop

Doris Bertocci, MSW (db16)
A 3-session workshop for students to discuss doubts, confusion, and anxiety about plans after graduation.
Visit website for time and date.

Procrastination & Study Skills Workshop

Calvin Chin, PhD (cc803)
The 4 sessions workshop will focus on overcoming procrastination; strategies for managing time and stress; setting plans and achieving goals; and working in real time vs. imaginary time.
Visit website for time and date.

Study Skills Workshop for International Students

Shinhee Han, CSW (sh85)
International Affairs Bldg. Rm. 902
The 3 session workshop will focus on time management, procrastination, concentration, short-term and long-term memory and reading and writing.
Fridays, 3:00-4:30 pm (Sept. 22, 29, Oct. 6)

Work Block Workshop Graduate Students

William G. Sommer, MD (wgs2)
A 6-session workshop on procrastination and cramming on papers, studying, exams, and dissertations.
Mondays, 1:15 – 2:45 pm (Oct. 16, 23, 30, Nov. 13, 20, 27)

Check the website
(www.columbia.edu/cu/health/CPS.htm)
for additional workshops
throughout the Fall 2000 semester.

One-time registration fee:

Workshop	\$15
Support Group	\$25

All Groups scheduled to begin in early FALL 2000.

Groups will begin when registration reaches a workable group size.

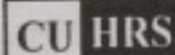
Group times may be changed to accommodate students' schedules.

All E-mail ID's use "@columbia.edu"

Strict standards of confidentiality are maintained at all times.

For information and initial interviews, call 854-2878 or E-mail Individual group leader with questions.

COUNSELING & PSYCHOLOGICAL SERVICES
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