
UNIVERSITY COUNSELING CENTER
Fall Semester 1990 Groups and Workshops
Gordon Hall Phone: 351-2496

ADULT CHILDREN OF ALCOHOLICS is a therapy support group which will explore how being raised in an alcoholic or otherwise emotionally repressive family can be a present influence on behavior and feelings. Discussion and self-exploration can promote greater awareness of communication and relationship patterns. The group, which will meet Wednesday from 9:00-11:00, will be co-facilitated by Cathy Hall and Linda Smith. Call for information.

ASSERTIVENESS TRAINING GROUP: You know what you want, but have trouble getting what you need. Through group discussion and participation, you can learn how to express your needs effectively and non-aggressively. Develop a belief system having a high regard for your personal rights and the rights of others. An opportunity to practice assertive interactions in school, social, and work settings will be offered. The group will be co-facilitated by Cathy Hall and Shawn Crawford-McKinney. Call for information.

EATING DISORDERS AND BODY IMAGE THERAPY GROUP is offered for persons who experience compulsive eating behaviors such as bingeing episodes followed by extensive dieting, fasting, excessive exercising or purging. These bulimic type behaviors are often related to a negative body image. Contact Joyce Washington for information.

RELATIONSHIP DEVELOPMENT: Focus on helping to develop personally meaningful relationships. Explore the quality of current relationships (family, roommates, friends) and learn to deal more constructively with relationship issues and conflicts through group sharing and support. Facilitators: Molly Allen and Jeff Thomas. This group will meet Tuesdays from 10:00-12:00. Call for information.

STRESS MANAGEMENT: The Counseling Center is interested in meeting the stress management needs of UNC students. If you have questions or concerns regarding the handling of your stress contact Carole Gabbert at the Counseling Center to learn what options we have available. Leonor Willis is the biofeedback therapist.

TEST ANXIETY MANAGEMENT: Don't wait until you're frazzled with the thought of upcoming exams... We offer information and relaxation techniques to help you more constructively deal with testing and performance situations. Clinicians: Deb Dietz and Lori Swanson.

WOMEN SURVIVORS SUPPORT GROUP: This group is for women who have experienced physical, sexual or emotional abuse. While having been abused will be an experience to all members, the group will be open to discussion of other areas of concern to group members' psychological well-being. Pre-group interview is encouraged. Co-therapists for this group are Maureen Trump and Ginny Cross (Tuesday 1:00-3:00), Jerri Hancock and Diane Hammerberg (Tuesday 3:00-5:00), Joyce Washington and Nancy Turner (call for time), and Janie Shaklee and Kay Beaulieu (call for time).
