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FREE TO UNC STUDENTS

CONFIDENTIAL

UNIVERSITY COUNSELING CENTER  
Spring Semester 1991 Groups and Workshops  
Gordon Hall Phone: 351-2496

Groups begin last week in January unless otherwise indicated.

**\*\*NEW\*\*** 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, will be co-facilitated by Richard Hanks and Tom Hardin. Call for information and pre-group screening appointment.

ASSERTIVENESS TRAINING GROUP: Increase self-confidence, improve personal and professional relationships, increase your effectiveness in interactions with others through specific skills and techniques of self-assertion. Helpful both for unassertive and overly-aggressive persons. Through instruction, discussion, and role play: Identify individual rights, learn to know when your and others' rights are violated, and how to better exercise your assertive rights. Co-facilitators: Shawn Crawford-McKinney and Tom Woodruff (Thurs. 5:15-7:00, start March 7-April 18).

**\*\*NEW\*\*** COUPLES IN GROUPS: BEING SUPPORTIVE is a five-session group counseling course designed for approximately six couples. Each session being 1-1/2 to 2 hours. Participants will practice being supportive and learn what a supportive relationship means. Therapist for group is Mahlon Dalley. Time for group will be set at a later date.

DEATH, DIVORCE, OR DUMPED: **\*\*NEW\*\*** All of these are forms of loss. Come and join our Grief/Loss Group to explore ways of making it through this time. Group will begin Thursday, Jan. 31, 1:00-3:00. Please call for a pre-group interview.

EATING DISORDERS AND BODY IMAGE THERAPY GROUP is offered for persons who engage in the compulsive eating behavior disorder/cycle of binging followed by purging, fasting, restricted ritualized eating and/or extensive exercising. This therapy support group meets once a week for 12 weeks and will focus on building self-esteem, nutrition, anxiety reduction, mutual support, and cognitive restructuring techniques reducing compulsive urges. Group therapist: Dr. Joyce Washington. Call for pre-group intake interview. Limited to 12. Meets Thursdays 3:00-5:00 beginning Jan. 31st.

MEN SURVIVORS SUPPORT GROUP: **\*\*NEW\*\*** This group is for men who have experienced physical, sexual or emotional abuse. While having been abused will be an experience common to all members, the group will be open to discussion of other areas of concern. Call for 1/2 hour pre-group interview. Co-therapists for this group are John Nixon and Shawn Crawford-McKinney. Group meets Tues. 5:30-7:00 beginning Tuesday, January 29.

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. Clinician: Lori Swanson.

THINGS THAT GO BUMP IN THE NIGHT -- BEGINNING DREAM GROUP: **\*\*NEW\*\*** For those who want to explore the messages in their dreams and use dream work to understand more about themselves and their relationships. Meetings will begin Tuesday 3:00-5:00 beginning Jan. 29. Call for 1/2 hour pre-group screening interview. Facilitator: Maureen Trump.

WITH A LITTLE HELP FROM MY FRIENDS: **\*\*NEW\*\*** Co-ed group for men/women who want to support/encourage each other while working on their relationships, self-esteem, school problems, etc. This group meets Wednesday 3:00-4:30 beginning Jan. 30.

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 common to all members, the group will be open to discussion of other areas of concern. Pre-group interview is requested. Co-therapists for this group are Maureen Trump/Ginny Cross (Monday 3:00-5:00), Janie Shaklee/Nancy McMenamin (Tues. 1:00-3:00), and Diane Hamberger/Jerri Hancock (Tues. 3:00-5:00). Meetings begin the last week in January.

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