
SPRING SEMESTER 1990 GROUPS

UNIVERSITY COUNSELING CENTER
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 Mondays, 6:30-8:00 beginning Jan.29, will be co-facilitated by Steve Birchak and Judith Bishoff.

ASSERTIVE 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 by facilitator Robyn Hess. The workshop begins Wednesday, January 31, 7:00-8:00 p.m.

DREAM WORK GROUP: It has been said that dreams are "the royal road to the unconscious" and "the uninterpreted dream is like an unopened letter." In this group we will explore the images of our dreams as a means toward greater self-awareness and creative inspiration. This group will be cofacilitated by Matthew Enright and John Nixon and will meet on Tuesdays, 5:30-7:00 p.m. starting January 30.

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. The group meets from 3:00 to 4:30 on Tuesdays starting January 30. Group facilitators: Dr. Joyce Washington. Call for pre-group screening interview.

MEN IN THE 90's: A weekly open-forum specifically for men and men's issues. Men in the 90's will deal informally with a variety of topics including relationships, aggression and anger, job/school stress management, intimacy and feelings, men's changing role in media and society, drugs and values, and other subjects of group interest. The group will meet Thursdays from 5:30 to 7:00 p.m., at the University Center room 312, beginning February 1. For further information, contact Kent Becker or John Nixon at 351-2496.

RELATIONSHIP GROUP: "Relationships -- Can't live with them, can't live without them." This group is open to persons interested in more personally meaningful relationships. Explore the quality of current relationships (family, roommates, friends, etc...) and learn to more constructively deal with issues and conflicts through group sharing and support. Group meets Wednesdays, 3:30-5:00 p.m. starting January 31. Please call 351-2496 to arrange for a pre-session appointment with Erin Fonken or Kent Becker, group facilitators.

TEST ANXIETY MANAGEMENT PROGRAM is designed for those who cannot seem to do their best on tests because of excess anxiety resulting from the testing experience itself. The program assists students to relax during tests in order to enhance the recall of learned material. It can also be useful to help alleviate stress in other performance areas such as speeches, recitals, and presentations.

WOMEN SURVIVORS SUPPORT GROUPS are 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 to group members' psychological well-being. New members are required to call for an individual pre-group interview.

FREE AND CONFIDENTIAL SERVICE
CALL TODAY TO SIGN UP FOR A GROUP

SPRING SEMESTER 1990
OPEN TO ALL UNC STUDENTS
