
UNIVERSITY COUNSELING CENTER
Spring Semester Groups and Workshops
McKee Hall 213 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 Wednesdays, 3:30-5:00 beginning Feb. 8, will be co-facilitated by Dr. David Smart and Mary Twinem.

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 co-facilitators Dr. Joyce Washington and John Nixon. The workshop begins February 7, 2:00-3:00.

BEHAVIOR MANAGEMENT GROUP (SELF-DIRECTED): Do you have habits you'd like to change? Would you like to manage your time better, stop procrastinating, exercise regularly, meet more people? This group meets weekly to assist members to work on individual self-improvement projects. Group facilitators are Margot Murray and Mark Nicholl. Group meets Wednesdays, 10:00-11:30 beginning February 8.

BIOFEEDBACK involves the conscious monitoring of internal body states by watching and/or listening to sensitive recording instruments. Information from biofeedback instruments is used to learn to change physiological processes voluntarily. Counseling is also included to integrate biofeedback training into everyday activities. Relaxation, self-awareness and self-responsibility are emphasized. Biofeedback has been useful with conditions such as tension and migraine headaches, muscular tension, anxiety and stress, temporal mandibular joint (TMJ) pain, teeth grinding, hypertension, and chronic pain. Biofeedback therapists are Carol Foster, Mary Twinem and Anne Schnittgrund.

EATING DISORDERS AND BODY IMAGE THERAPY GROUP is offered for persons who experience compulsive eating behaviors such as binging 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 3:15 to 5:00 on Tuesdays starting February 7. Call Dr. Joyce Washington or Mary Twinem for a screening interview.

LESBIAN SUPPORT GROUP will be offered Spring Semester. New members need to contact Kathy Jurgens for an interview prior to the first group meeting. This group is limited to 12 members. Call for further information.

RE-ENTRY STUDENT SUPPORT GROUP is for students in a non-traditional role or in transition. Emphasis will be on individual issues related to self-esteem, life changes, issues of loss, stress and performance anxiety, relationships and personal growth. This group will meet at the Johnson House, 1905 10th Avenue on Wednesdays from 5:30-7:00). For more information call group facilitators, Mary Twinem or Molly Allen at 351-2496

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. Group facilitators: Deb Fisher and Ginny Oman. Group meets Thursdays, 1:00-2:30 starting February 9. To register, call 351-2496.

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 Carol Foster or Carole Gabbert at the Counseling Center to learn what options we have available.

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: Susan Cronin and Steve Sandoval. Call now for an appointment.

WOMEN IN TRANSITION NEW ROLES, NEW REALITIES. A support group for women students of all ages. Are you interested in exploring the changes taking place in your own--and other women's--lives? Women who are in non-traditional roles may be juggling school with family and/or job responsibilities. Those who are entering or leaving important relationships may be looking for a way to affirm their own identities. We will meet weekly in an informal setting to explore women's issues, share personal concerns, and provide encouragement. The group will meet on Monday afternoons, 3:30-5:00 beginning February 6. Facilitator: Jerri Hancock.

WOMEN SURVIVORS SUPPORT 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 to group members' psychological well-being. The group will be limited to 12 members. New members are encouraged to call for an individual pre-group session. Sessions, facilitated by Kay Beaulieu and Thelma Bear, will meet Tuesdays 8:45-10:00 and Thursdays 6:00-8:00 beginning February 7.

FREE AND CONFIDENTIAL SERVICE
CALL TODAY FOR AN APPOINTMENT

SPRING SEMESTER 1989
OPEN TO ALL UNC STUDENTS
