

## SUMMER 2009 GROUPS

Offered by  
**Student Mental Health Services**

\*All groups are confidential\*

\*\*Many groups require pre-screening, contact the facilitator directly for more information. \*\*

---

---

### Mondays

**Taming the Beast Within: Anger Management**

**3:30 - 4:30 p.m.**

This open group will begin May 18th. Self-regulation techniques, thought control strategies, and other psycho-educational information are the focus.

**Contact: Dr. Anthony Greene @ 392-1171**

### Tuesdays

**Making Peace with Food**

**2:00 - 3:30 p.m.**

This group is for women who would like to look at their relationship with food and body image. Screening required. Please contact group facilitator.

**Contact: Dr. Roberta Seldman @ 392-1171**

### Wednesdays

**Social Anxiety**

**11:00 a.m. - 12:00 noon**

This is a four week series of workshops for students struggling with shyness and social anxiety. We will cover: What is social anxiety? How do you experience your social anxiety? You learn how to set up a personalized plan for addressing your social anxiety. And you will be given personalized homework to address your particular social anxiety. There will be two sessions offered this summer. Session 1 will meet: 5/20, 5/27, 6/3, and 6/10. Session 2 will meet: 7/8, 7/15, 7/22, and 7/29.

**Contact: Dr. Ann Jaronski @ 392-1171**

### Thursdays

**Yoga Nidra for Stress Reduction**

**12:00 - 1:00 p.m.**

There may be some Hatha Yoga but the focus will be on Yoga Nidra (meditative breath work with imagery) which is aimed at stress reduction and goal achievement. The sessions are open to newcomers and drop-ins with no pre-screening necessary. Home practice is a must. This group is also open to faculty and staff through the EAP. Meet in the Student Health Care Center Basement Conference Room starting May 14<sup>th</sup>.

**Contact: Dr. Barbara Welsch @ 392-1171**