

The Counseling Center

Workshops for Fall 2011

All workshops are offered to registered USF students only. Unless otherwise noted, all workshops are held in SVC 2126, the USF Counseling Center Conference Room.

NEW: Ongoing Workshops!

**regular attendance not required*

Relaxation and Stress Reduction Techniques

Sept. 26 – Dec. 15th, offered twice per week

Mondays, 1:00 – 2:00pm • Counseling Center Group Room 1 • Lisa Costas, Ph.D., and Heidi Ison, LCSW

Thursdays, 12:00 – 1:00pm • Counseling Center Group Room 1 • Susan Phillips, Ph.D., and Abigail Saneholtz, Psy.D.

Feeling stressed, anxious, and unfocused? Worrying about grades? The Relaxation and Stress Reduction Techniques groups are for you! Learn how to identify how you manifest stress, and practice techniques to reduce your stress and anxiety helping you live a more productive, healthy, and happy life. You can come to these groups as often or few times as you like, regular attendance is not required – though you may find you don't want to miss your regular time for de-stressing!

Coping Skills for College Stress

Tuesdays, 10/4, 10/11, 10/18, 10/25 • 11:00am-12:00pm

Phyllis Sirotta Feldman, M.D. and Swapna Mukherjea, M.D.

Overwhelmed? Stressed? Sad? This 4 week group will provide information, strategies and coping skills to help manage these feelings. A holistic approach will be used to help you learn ways to decrease anxiety and improve your mood. You'll also receive information and referral resources to help families and friends. You can come to as many sessions as you would like.

HOURS:

Monday - Friday
8:00 am - 5:00 pm
(except University holidays)

Extended hours available by appointment only from 5:00 pm to 6:00pm on Mondays and Tuesdays

SERVICES:

- Personal Counseling
- Psychiatric Services
- Outreach and Consultation
- Center for Addiction and Substance Abuse

USF is an equal opportunity/equal access institution.

For reasonable accommodations for a disability, please contact us a minimum of five (5) working days in advance:

- Susan Crane 974-9316
- Florida Dual Party Relay System:
1-800-955-8770 voice
1-800-955-8771 TDD

COUNSELING CENTER

813-974-2831 - SVC 2124

usf.edu/counsel



STUDENT AFFAIRS
UNIVERSITY OF SOUTH FLORIDA

Workshops for Fall 2011

AUGUST

The Power of Choice

Wednesday, 8/31 • 1:00-2:00 pm • Kristen Davis-John, Ph.D

Choices - good or bad - can shape the direction of life. Attend this workshop and learn how to use the power of choice to take charge of life.

SEPTEMBER

Grades Count? Grades' Myths Busted

Wednesday, 9/14 • 1:30-3:00pm • Lisa Costas, Ph.D

This workshop explores common misconceptions about grades and academic work while providing students with tips for academic success.

Practical Steps to Build Self-Esteem

Thursday, 9/15 • 4:00-5:00pm • Rick Temple, Ph.D

Everyone's heard of self-esteem, but what does it mean? Where does it come from? This workshop will give practical, concrete information on developing self-esteem.

Assertive Communication

(*Prior registration required)

Monday, 9/19 • 3:00-5:00pm • Marcia Hausman, Ph.D and Disha Patel, M.A.

Do you have problems standing up for yourself and communicating clearly? This workshop will help you to do both! We will also look at how our beliefs and "self talk" affect our behavior and keep us from asking for what we want, and how having a Personal Rights Belief System will help you feel more confident.

*Session limited to 20 participants. Register at usf.edu/counsel

Organization 101

Wednesday, 9/21 • 1:00-2:00pm • Kristen Davis-John, Ph.D

A disorganized life can result in wasted time and energy. Attend this workshop and learn how to arrange to get more out of life.

Strategies for Surviving Your Thesis Or Dissertation

Thursday, 9/22 • 9:00am-12:00pm • Jill Langer, Ph.D

Need some strategies to assist you in completing your graduate thesis or dissertation? Come to this workshop to learn about ways to identify barriers, establish priorities, manage your time, negotiate with your advisor, and maintain a healthy balance while completing your dissertation or thesis.

OCTOBER

Overcoming Procrastination

Monday, 10/3 • 2:00-3:30pm • Leonard Kirklen, Ph.D

This program will explore causes of procrastination, and review techniques to overcome "problem procrastination."

"To Be or Not to Be": A Healthy Relationship is the Question

Tuesday, 10/4 • 1:30-2:30pm • Heidi Ison, LCSW

In the wacky and wild world of dating we often ask ourselves the questions: Is this person 'right' for me? Is this going to last? Do we have a healthy relationship? This workshop will help you define what a healthy relationship is and provide tips in achieving a satisfying relationship.

Keep Hope Alive: Coping with Extreme Life Challenges

Wednesday, 10/5 • 1:00-2:00pm • Kristen Davis-John, Ph.D and Diane Williams, MSW

Sometimes life challenges can be extremely overwhelming and you may question the meaning of life. Attend this workshop and learn strategies to maintain optimal hope.

Coping with Stress Through Relaxation and Meditation

Wednesday, 10/5 • 2:00-3:00pm • Abigail Saneholtz, Psy.D

Are you stressed out? Attend this interactive workshop to learn ways to reduce your stress and live calmly in the present!

Workshops for Fall 2011

Effective Communication

Wednesday, 10/5 • 3:00-4:30pm • Trajana Thomas, M.A. and Susan Crane, M.A.

An interactive 90 minute workshop focused on enhancing intrapersonal and interpersonal communication skills. The goal is to increase insight into areas of strengths and areas in need of growth in order to improve relationships through more effective, authentic communication.

Sleepless at USF: Ways to Improve Your Sleep

Thursday, 10/6 • 2:00-3:00pm • Anca Mirsu-Paun, Ph.D. and Swapna Mukherjea, M.D.

Endlessly counting sheep? Tired of being tired and wondering about over-the-counter or prescription sleep aids? Check out the Counseling Center's workshop Sleepless at USF: Ways to Improve Your Sleep for information on what you can do to get quality shut-eye.

Perfectionism: The Double -Edged Sword

Monday, 10/10 • 2:00-3:30pm • Leonard Kirklen, Ph.D

Do you often feel that your best is not good enough? This workshop is designed to increase your awareness of perfectionistic tendencies, benefits and costs of perfectionism, and thinking patterns that contribute to perfectionism.

Dealing with a Relationship Break-Up

Tuesday, 10/11 • 2:00-3:00pm • Anca Mirsu-Paun, Ph.D

This workshop will address effective ways to deal with difficult emotions associated with a break-up from a romantic relationship.

Overcoming Self-Defeating Thinking

Monday, 10/17 • 2:00-3:30pm • Leonard Kirklen, Ph.D

"You feel the way you think." This program will explore such feelings as guilt, depression, inferiority, anxiety, and self-condemnation, and how they may be the result of self-defeating thinking.

Assertive Communication

(Two-session workshop)

Monday, 10/17 and 10/24 • 4:00-5:30pm • Marcia Hausman, Ph.D and Trajana Thomas, M.A.

Do you have problems standing up for yourself and com-

municating clearly? This workshop will help you to do both! We will also look at how our beliefs and "self talk" affect our behavior and keep us from asking for what we want, and how having a Personal Rights Belief System will help you feel more confident. This is a two-part workshop on consecutive Mondays.

Who Do You Think YOU Are: Increasing Self-Awareness

Monday, 10/24 • 2:00-3:30pm • Leonard Kirklen, Ph.D

This program is intended for individuals who struggle with the question - "Who am I?" Activities will include techniques to clarify your self-image, personality qualities, and values.

Feeling Good About Yourself: Enhancing Self-Esteem

Monday, 10/31 • 2:00-3:30pm • Leonard Kirklen, Ph.D

This program will include discussions of the origins of self-esteem, factors affecting self-esteem, and techniques to enhance self-esteem and feelings of self-worth.

NOVEMBER

Building Self-Confidence

Monday, 11/7 • 2:00-3:30pm • Leonard Kirklen, Ph.D

This program will explore factors affecting self-confidence, and review techniques to improve confidence in your skills and personal qualities.

Effective Communication

Monday, 11/14 • 3:00-4:30pm • Trajana Thomas, M.A. and Susan Crane, M.A.

An interactive 90 minute workshop focused on enhancing intrapersonal and interpersonal communication skills. The goal is to increase insight into areas of strengths and areas in need of growth in order to improve relationships through more effective, authentic communication.

Practical Steps to Manage Your Stress

Thursday, 11/17 • 4:00-5:00pm • Rick Temple, Ph.D

Stress - what every student faces. Get practical information on how to manage your stress.