

The IUP Counseling Center Workshops

<p><u>Wednesday, February 12</u> Fine Without a Valentine 5:00pm- 6:00pm CHWB/Suites on Maple East G 60 Julia Chasler, MA and Samantha Sciarrillo, MA</p>	<p>Single on Valentine's day? Dreading the holiday? This workshop will help you generate ways to have an enjoyable Valentine's day without being in a romantic relationship. We'll focus on self-love and how to celebrate non-romantic relationships with loved ones including friends and family.</p>
<p><u>Wednesday, February 19</u> Relationship Problems? Ask a Therapist. 5:00pm- 6:00pm CHWB/Suites on Maple East G 60 Rachel Posner, MA and Samantha Sciarrillo, MA</p>	<p>Would you like to have stronger relationships with your partner, friends, or roommate? Do you have trouble speaking up for yourself in your relationships? Are you worried that your relationship or a friend's relationship might be unsafe? The purpose of this workshop is to help you tackle difficult conflicts in your various relationships. You will be able to ask anonymous questions to the workshop leaders who will provide information and skills to help you effectively set boundaries, handle difficult emotions, and resolve your relationship issues and concerns.</p>
<p><u>Wednesday, March 12</u> Finding Forgiveness 5:00pm- 6:00pm CHWB/Suites on Maple East G 60 Donovan Daniel</p>	<p>A session on the popular thoughts about the sometimes allusive construct of forgiveness. We will attempt to define forgiveness, determine its purpose and discover who benefits from acting on the construct of forgiveness. We will also discuss how to find forgiveness for ourselves, others we interact with and how we can apply a better understanding of forgiveness to our college experience.</p>
<p><u>Wednesday, April 2</u> What <i>is</i> Mindfulness, anyway? 5:00pm- 6:00pm CHWB/Suites on Maple East G 60 Janessa Nowlen, MA and Kate Sowder, MA</p>	<p>This workshop will be an introduction to the benefits of the practice of mindful awareness, or mindfulness. This is an age old practice which can help quiet and stabilize the mind, reduce stress, increase the capacity for happiness, and help one be more connected to life in the moment. This practice helps us achieve a new perspective on ourselves and the world through direct experience, and can expand our insight into a greater meaning and purpose for our lives. Now, how can you not be curious about that!</p>
<p><u>Wednesday, April 9</u> Reducing Prejudice 5:00pm- 6:00pm CHWB/Suites on Maple East G 60 Annie Poet, MA and Joelle Bazaz, MA</p>	<p>Have you ever felt uncomfortable after a statement that focused on your gender, race, economic status, or sexual orientation? Although people believe things like sexism and racism no longer exist in the United States, "isms" take the form of more subtle, unintentional messages that we receive based on our membership to a specific group. Prejudice and discrimination are far too common; people experience these forms of oppression daily. This workshop will provide a safe environment for students to talk about their concerns and experiences related to prejudice/discrimination and ways to reduce forms of oppression.</p>
<p><u>Wednesday, April 16</u> Health at Every Size: Accepting and Loving Our Bodies 5:00pm- 6:00pm CHWB/Suites on Maple East G 60 Becky Pearlson, MA and Julia Chasler, MA</p>	<p>Have you ever felt frustrated about being on a diet? Do you ever feel like you are negatively evaluated due to your weight? Are you interested in improving your body image? This workshop will be both psycho-educational and interactive and will discuss dieting myths, the thinness ideal, and the tenets of the Health at Every Size (HAES) perspective. Come and learn more about HAES, which celebrates size diversity and advocates that being healthy does not necessary mean being thin.</p>
<p><u>Wednesday, April 23</u> Procrastination 5:00pm- 6:00pm CHWB/Suites on Maple East G 60 Elizabeth Kincade, PhD and Peter Kozal, MA</p>	<p>Still putting off that paper? Struggling to stay motivated? This workshop will address reasons for procrastination and offer strategies to help you manage time better and actually get work done!</p>
<p><u>Wednesday, April 30</u> Got Stress? 5:00pm- 6:00pm CHWB/Suites on Maple East G 60 Dave Myers, PhD and Lisa Mondell, MA</p>	<p>It seems as if everyone is dealing with some form of stress. Learn the most common sources of stress for college students and tools for effectively dealing with stress. Workshop includes mindful meditation skills and resources available on campus.</p>
<p><u>Wednesday, May 7</u> Going Home for the Summer 5:00pm- 6:00pm CHWB/Suites on Maple East G 60 Rita Drapkin, PhD and Laura Gilman, MA</p>	<p>As the academic year comes to a close, many students have mixed feelings about spending the summer at home. The transition from college life to living at home can be stressful. If you think this might be true for you and/or your family members, come and learn about some of the ways that you might prepare for this change and manage the stress of straddling your life at college and your life at home.</p>

For more information contact us: The Counseling Center --- 724 357 2621 or iup.edu/counselingcenter
Attendance Slips will be provided!