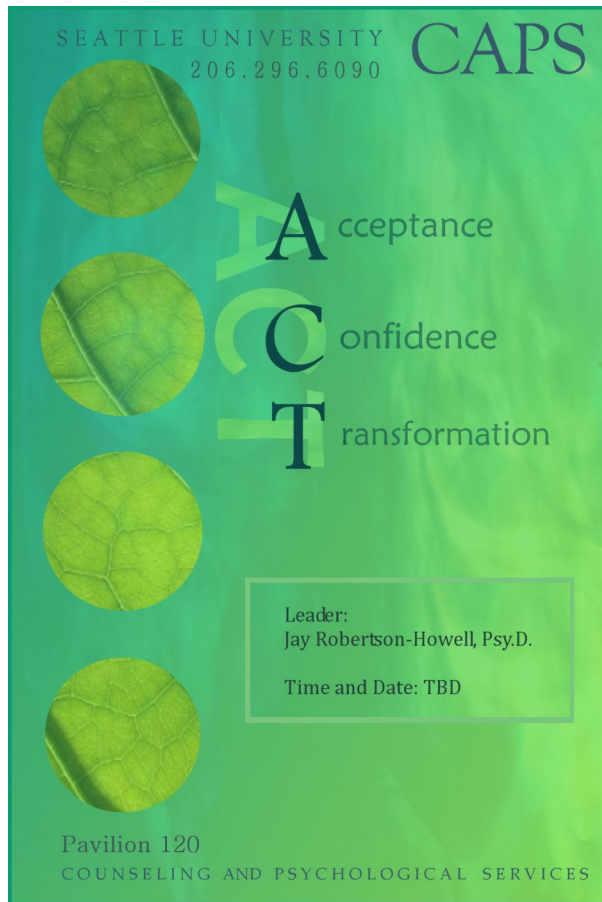


COUNSELING AND PSYCHOLOGICAL SERVICES WINTER 2010 GROUPS



SEATTLE UNIVERSITY 206.296.6090 CAPS

A cceptance
C onfidence
T ransformation

Leader:
Jay Robertson-Howell, Psy.D.

Time and Date: TBD

Pavilion 120
COUNSELING AND PSYCHOLOGICAL SERVICES

ACT:

Overwhelmed? Worried about what other people think of you? Feel stuck? Learn to ACT in life. Participants will learn to transform the way they think about and experience stress and anxiety by consciously bringing awareness to the here-and-now experience resulting in a more rich and meaningful life.

Leader: Jay Robertson-Howell, Psy.D.
Time: TBD



SEATTLE UNIVERSITY COUNSELING and PSYCHOLOGICAL SERVICES

HEALTHY RELATIONSHIPS

MEETING TIMES & DATES: To Be Determined

Leader: Mehvash Ali, Ph.D.

CAPS

PAVL120 — 206.296.6090 — <http://seattleu.edu/CAPS>

Healthy Relationships:

College students often face challenging relationships with roommates, friends, and romantic partners. Learn how to change unhealthy relationship patterns, identify and express personal needs in an assertive manner, resolve conflicts productively, build communication skills, and improve self-esteem. This group will also provide you with the opportunity to get valuable perspectives and support from your peers in a safe and caring environment.

Leader: Mehvash Ali, Ph.D.
Time: TBA



SEATTLE UNIVERSITY CAPS

RELAXATION

group

COUNSELING and PSYCHOLOGICAL SERVICES

PAVL120 ~ 206.296.6090 ~ <http://seattleu.edu/CAPS>

Relaxation Group:

Take an hour in your week to relax your mind and body. This a drop-in group, so come once or come weekly. Learn a variety of ways to teach your mind and body to relax. Wear comfortable clothing. Space is limited so there is a first-come first-served policy.

Leader: Mehvash Ali, Psy.D.
Meeting time: Wednesdays 11-12 on the following days: 1/13/10, 1/20/10, 1/27/10, 2/10/10, 2/17/10, 3/10/10, 3/17/10