COUNSELING SERVICES PROGRAMS PROMOTE WELLNESS OF HEART, MIND AND BODY.

Each program is designed to foster understanding, growth and healing. The University Care Team and University Counseling Services endorse these events and encourage participation.

WORKSHOPS:
Therapeutic work groups with specific emphases that are led by professionals and meet for 90 minutes once a week, for six to eight weeks. For more details and to register with $75 fee, log onto Banner. Contact Lyndsay Cogdill for additional questions at lncogdill@samford.edu.

Divorce is Not the FINAL Word:
Come find new ways to hope, love and be a family on the other side. This workshop will invite adult children of divorce to reflect on the impact divorce has had on their family and discuss productive responses to the following eight typical challenges of post-divorce family life: Staying out of the Middle, Finding your Adult Voice, Letting Go of the Past, Handling Finances, Splitting the Holidays, Navigating New Relationships, Making Peace with God and Breaking the Cycle.

The workshop includes eight sessions, meeting Sundays from 7-8:30 p.m. on Feb. 12, 19, 26, March 5, 12, 19, April 2 and 9. Read more about facilitator Sara Dungan on her website, sparrowcounsel.com.

Fit To Be Tied:
A workshop for men and women who are anticipating marriage and looking for practical perspective and insight concerning what it takes for a successful marriage. This workshop is packed with raw, real, relevant content, and led by a couple who have learned the hard way what does and does not work. Topics of discussion will include: Identifying Common Relational Myths and Setting Healthy Expectations, Knowing Yourself, Finding the Courage and Vulnerability to Connect Authentically, Synthetic Sexuality, Healthy Sexuality, Fighting Fair and Communication.

The workshop includes eight sessions, meeting Wednesdays from 7-8:30 p.m. on March 1, 8, 22, 29, April 5, 12, 19 and 26. Read more about facilitators Tray and Melody Lovvorn on their ministry website, undoneredone.com.

CADRES:
Discussion driven small groups facilitated by a leader on a specific topic for eight weeks. See full Cadre listing and register on Banner through Office of Spiritual Life. Convo Credit offered.

Good Grief: Tuesdays at 10 a.m., with April Robinson
Dialogue and content will be facilitated around portions of the book, A Grace Disguised: How the Soul Grows Through Loss by Sittser.

Boundaries: Learning Where Others End and You Begin—Thursdays at 10 a.m., with Richard Yoakum
Daring Greatly: Tuesdays at 10 a.m., with Richard Yoakum
Discover your path to personal and relational freedom by engaging vulnerability and courage in new ways. Inspired by Brené Brown's book, Daring Greatly, which will guide conversation.

Managing Stress and Anxiety: Tuesdays at 10 a.m., with Kelsey Whitley and Laura Leigh Holloway
Join this interactive group to enhance understanding and coping strategies for stress and anxiety in college. The Mindfulness Solution by Siegel and The Anxiety and Phobia Workbook by Bourne will help guide conversation.

SEMINARS:
Single events either sponsored or supported by Counseling Services, led by trained professionals around specific topics.

February 20-24: Eating Disorder Awareness Week
Keep your eye out for events, Greek Life sponsored events and specific detailed posters, including panel with Q&A conversation with local therapists and specialists from Covenant Counseling’s ReVive program, Thursday, Feb. 23 from 7-8 p.m., Brooks Auditorium, Convo Credit offered

March: Self Harm Awareness Month
YNA (campus organization, You’re Not Alone) to partner with Counseling Services for an event, raising awareness and education on mental health, related to depression and self-harm. Details to come!

April 20: Campus Sexual Assault/Interpersonal Violence Awareness
Documentary The Hunting Ground to be shown Thursday evening, 7-8:30 p.m., Brock Forum, Convo Credit offered
Staff and counselors will be present for support, as well as to facilitate Q&A following the film.

Spring 2017 Programming

University Counseling Services
Individual appointments are available by contacting counseling@samford.edu or 205-726-4083.