

## COUNSELING CENTER OUTREACH/WORKSHOP TOPICS

As part of our commitment to promoting positive individual mental health and a healthy campus environment, the Counseling Center offers outreach presentations on a variety of topics. These presentations are available to classes, living groups, and student organizations at Valparaiso University.

### **Potential Topics Include:**

- Stress Reduction
- Relaxation Training
- Managing Procrastination
- Study and Test Preparation Skills Training
- Performance Enhancement/Guided Imagery
- Attention Deficit Disorder/ Attention Deficit Hyperactivity Disorder
- Couple's Communication Skills
- Eating Disorders/Eating Problems
- Time Management
- Assertiveness Training
- Overcoming Shyness
- Interpersonal Growth and Relationships
- Roommate Issues
- Mindfulness Training
- Grief and Loss
- Introduction to Therapy (What to expect, Q&A, etc.)
- Anxiety Reduction
- Depression Management
- Other Mental Health- Related Topics

To schedule an outreach program please call 219-464-5002 to talk to the Outreach Coordinator. Please submit requests at least two weeks in advance and work with CC staff to ensure that 15 or more persons will be in attendance. Outreach requests will not be accepted the last 2-3 weeks of the semester.

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