



Health E-News September 22, 2006

IS THIS YOUR ONLY STRATEGY FOR COPING WITH STRESS?



If so, consider learning some new ones that aren't so hard on your teeth! Health Promotion Services offers **FREE individual stress management consultations** and **"Get a Grip" stress management workshops**. Individual consultations are available Monday-Friday 8:00 a.m. - 3:00 p.m. The Wednesday "Get a Grip" workshop will start October 18 at 3:00 p.m. The Friday workshop will start October 27 at 11:00 a.m. Workshops are one hour, run for four consecutive weeks, and are held in the

Habif Health and Wellness Center. Contact Ginny Fendell at 935-4095 to sign up. For more info on stress, check out [Health Promotion Issues and Topics](#).

THE REAL SCOOP ON COUNSELING GROUPS



Karolyn E. Senter, Ph.D., Staff Counselor and Group Services Coordinator at Mental Health Services, explains why group counseling appeals to many students: "Group Counseling is a process that allows a small group of individuals (usually six to ten) and a group leader to work together to address common concerns, problems and/or specific topics. **The group setting offers unique therapeutic benefits that can not be found in an individual counseling relationship.**" Dr. Senter adds that "the interaction between group members is a key part of the process and is instrumental in creating change in the lives of the participants. It is essential that each can offer the others support

and feedback, and can confront in a caring way." In addition, she says, "the group context provides the opportunity for members to practice new social skills, experience a sense of acceptance and belonging, and learn to constructively express their feelings and ideas. They can see themselves as others see them, gain encouragement by observing the successes of others, and feel less alone as they experience their personal issues." **Group Counseling has been proven to be an effective means of treatment for a variety of**

mental health-related issues. "In some cases, it's the best form of treatment for a particular individual or a particular concern," she says. "The goals of group work can be preventive, educational and/or remedial. Participants often explore issues that are personal, social and vocational in nature. It's the responsibility of the group leader to create a safe environment that encourages openness and exploration of all group members. Confidentiality and privacy are assured because everyone assumes responsibility for the protection of the process out of respect for each other."

The types and themes of groups offered at Student Health Services vary from semester to semester and are based on student need and interest. **The three groups offered this semester will focus on the mind/body/spirit connection, dissertation support, and survivors of sexual assault.** There is no fee for participation, but an interview with the group leader is required. Space is limited. See [the SHS website](#) and call Dr. Senter at 935-9868 for more information.

NUTRITION APPOINTMENTS HELP FUEL FOR SUCCESS

Connie Diekman, M.Ed., RD, LD, Dietitian in Medical Services, helps students learn to choose foods wisely in order to fuel their bodies for their busy days. She invites students to access [SHS's online scheduling](#) any time to make appointments for free sessions with her on Tuesdays and Wednesdays. During these sessions, she can address a variety of nutritional needs, including weight management, food allergies, tips for healthy eating, diabetes management, eating disorders, and nutrition for performance. The first appointment takes about one hour and subsequent ones take about 30 minutes. Students may schedule follow-up appointments as often as needed to achieve their goals.



SHS STAFF SPOTLIGHT: HANK SHERMAN, MD



Henry (Hank) Sherman, MD joined SHS last semester as Staff Physician in Medical Services, where he sees students in the **Sports Medicine Clinic** on Tuesday mornings. Dr. Sherman is a graduate of the University of Illinois College of Medicine and completed his family practice residency at the University of Illinois / Methodist Family Practice. He completed a fellowship in Primary Care Sports Medicine at Methodist Sports Medicine in Indianapolis in conjunction with the Indiana University School of Medicine. He is Board Certified in Family Medicine and Sports Medicine, and especially interested in sports-related injuries and illnesses. An avid baseball fan, he also enjoys playing golf. For more info about the SHS staff, visit [the Student Health Services website](#).

INTERACTIVE, FUN SPORTS EXHIBIT AT SCIENCE CENTER



the highest rates of obesity? In an effort to improve the health of St. Louis residents, the **St. Louis Science**



Center has teamed up with BJC HealthCare to create **BJC SportsWorks**. This

interactive health and sports exhibit combines interactive learning about making healthy choices with more than 15 fun activities, including climbing walls, pitching baseballs, and experiencing G-force on a two-story bike-powered vertical loop. Consider getting your friends together for a fun outing. The exhibit is open daily through Spring 2007. For more information, call 289-4400 or visit [the Science Center's website](#).

Source: St Louis Post Dispatch.