



Western Carolina University
Counseling and Psychological Services

Developmental Services & Outreach
225 Bird Building
227-7469

The Counseling & Psychological Services staff welcomes the opportunity to provide presentations on a variety of personal growth and psycho-educational topics. To request a presentation or consult about your group's programming needs, please feel free to contact our office. The following is a list of topics currently available. Other topics may be available upon request. There is a limit of one presentation per semester for any one-class, resident hall, floor, or organization. Counseling & Psychological Services requests a minimum of 10 participants per presentation provided. At least two weeks advance notice is required for Fall and Spring semester.

PRESENTATION TOPICS

ALCOHOL/SUBSTANCE USE & ABUSE

Anxiety

Assertiveness

Body Image

Communication Skills

Conflict Resolution

Deaf or Hard of Hearing Issues

Depression

Dreams

Eating Disorders & Recovery

Gay, Lesbian, Bisexual, & Transgender

Gender Issues & Identity

Group Leadership

Health Rhythms Drumming

Living Mindfully, Not Mindlessly

MALE ISSUES

Relationships

Relaxation

Self-Injury

Sexual Assault

Sexual Harassment

Sleep

STRESS MANAGEMENT

Suicidality

Wellness Readiness Action Planning