



**April - June 2021**

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## **PRESENTATIONS**

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**NEW!**

### **IMPROVING FAMILY COMMUNICATION - Thursday, May 20 – 11:00 a.m. - Noon**

This session will present some effective communication tools to family problem solving. Some of the causes of misunderstandings between family members will be explored. In addition, the value of and mechanism of family conferences will be introduced. Presenter: Tom Waldecker

**NEW!**

### **CREATING HEALTHY BOUNDARIES - Monday, May 24 – 1:00 - 2:00 p.m.**

Healthy boundaries are so important for our emotional well-being, but how do we set and maintain them? In this presentation, you'll learn the importance of setting personal and professional boundaries, how to recognize your own limits, and tips for having difficult conversations and communicating your needs. Presenter: Jill Castro

### **SELF-CARE DURING TIMES OF TRANSITION - Tuesday, April 6 – 2:00 - 3:00 pm**

This Zoom session focuses on tools and skills for prioritizing self-care, specifically during times of transition. Don't have a lot of time to squeeze it in? No problem. Folks will walk away with a tangible plan and self-care techniques that they can use both at home and at work- even when their schedules are tight. Presenter: Jill Castro.

### **UNDERSTANDING MENTAL HEALTH CONDITIONS AND HAVING A CONVERSATION OF CONCERN - Thursday, April 15 - 11:00 a.m. - Noon**

Do you know that an estimated 1 in 5 Americans (43.4 million adults) experience a mental illness in a given year? Given that you, a family member or a coworker might be that one individual, perhaps you can benefit from a better understanding of how mental and emotional health conditions impact the work environment, our friends, families, or ourselves. Join us to discuss these issues, learn about emotional/mental health conditions and discuss myths about mental health. In addition, gain some tips on how to have a

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**Space is limited - Register early**

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To attend any of these presentations email [fascco@umich.edu](mailto:fascco@umich.edu) and list the session you would like to enroll in.



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### **OVERVIEW OF STRESS MANAGEMENT - Wednesday, April 21 – Noon - 1:00 p.m.**

This presentation provides an introduction of stress management approaches for faculty and staff. The presentation will provide opportunities to practice a range of stress management skills such as guided imagery, deep breathing, muscle relaxation and cognitive reframing. It will also provide information about additional strategies for participants to experiment with in their daily lives. Presenter: Andrew Greifer

### **MANAGING STRESS THROUGH MANAGING YOUR THINKING: COGNITIVE APPROACHES - Wednesday, April 28 – Noon - 1:00 p.m.**

This presentation will provide information about cognitive strategies that are effective for reducing stress in daily life. The presentation is intended for both faculty and staff and is relevant to reducing work-related and personal sources of stress. The description of cognitive approaches will include case examples. Participants will be offered an opportunity to practice these skills in relation to their current sources of stress. Presenter: Andrew Greifer

### **OVERVIEW OF ANXIETY DISORDERS & OTHER MENTAL HEALTH CONDITIONS - Tuesday, May 4 – 10:30 - 11:30 a.m.**

This session will present an overview of Anxiety Disorders and a Summary of major mental health conditions along with commonly used intervention strategies. Presenter: Tom Waldecker

### **GRIEF 101 - Thursday, May 18 - Noon - 1:00 p.m.**

This workshop addresses loss across the lifespan but particularly focuses on the death of a loved one. Anticipatory, normal and complicated grief will be identified as well as grief responses in children briefly addressed. Some common theories of grief will also be explored. The emphasis is on normalizing grief and providing resources to cope. Presenter: Joanne Bernard



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