



# CAPS

## Counseling and Psychological Services

### CAPS Personal Issues Series

**Fall 2009**

**321 HUB/Robeson Center**

Wednesday  
October 7th  
7:00 p.m.

### **MANAGING STRESS AND ANXIETY FOR SUCCESS**

Shannan Smith-Janik, Ph.D., Psychologist

Natalie DePalma, M.A., L.P.C., Pre-Doctoral Intern in Psychology

Wednesday  
October 14th  
7:00 p.m.

### **MINDFULNESS: CULTIVATING CALM, CLARITY AND COMPASSION IN THESE CRAZY TIMES**

Sean Lukens, Ph.D., Psychologist

Daphne Davis, M.A., Graduate Assistant

Wednesday  
October 21st  
7:00 p.m.

### **ALCOHOL, SEX AND RELATIONSHIPS**

Stephen Shetler, M.A., C.A.C., Addiction Specialist

Ryan Weatherford, M.A., Pre-Doctoral Intern in Psychology

*For National Collegiate Alcohol Awareness Week*

Thursday  
November 5<sup>th</sup>  
7:00 p.m.

### **THE IMPACT OF DEPRESSION ON RELATIONSHIPS**

Julie States, Ph.D., Psychologist

Marie Land, M.A., Graduate Assistant

Wednesday  
November 11th  
7:00 p.m.

### **UNDERSTANDING EATING DISORDERS AND HOW TO HELP**

Mary Anne Knapp, M.S.W., L.C.S.W., Clinical Social Worker

Nadia D'Iuso, M.A., Pre-Doctoral Intern in Psychology

Wednesday  
November 18th  
7:00 p.m.

### **IMPROVE YOUR RELATIONSHIP I.Q.**

Joyce Illfelder-Kaye, Ph.D., Psychologist

Rachel Wix, M.A., Graduate Assistant

Wednesday  
December 9th  
7:00 p.m.

### **COPING WITH STRESS FOR EXAMS**

Mary Anne Knapp, M.S.W., L.C.S.W., Clinical Social Worker

Jennifer Hardy, M.A., Pre-Doctoral Intern in Psychology

All programs are sponsored by CAPS. Programs are generally 1 hour in length. The format may vary but generally programs include a formal presentation or informal discussion/activities followed by a period of questions and answers.

