

Therapy groups to begin next week

By Sarah E. Harris
Staff Features Writer

The Student Psychological Services Center is once again trying to convince students that their own mental health is important. This time, the center has gone so far as to offer three different support groups in the next few weeks.

The first group is the Eating Concerns Group. This group will start next week, and so far, around five people have signed up. The structure of the group is set so that others can join later if they want.

"Basically, this group will be people who have problems with bulimia or anorexia," Steve Oster, staff counselor for the Student Psychological Services Center, said. "Not usually overeaters; their concerns are quite a bit different. My hope is that they can learn as much from each other as they do from me."

This group will combine a mix of education and therapy in the hope of providing a maximum of help for the students involved.

"The group will also focus on relationships as well to see if they have contributed to the disorder, or how they have been affected by the disorder," Oster said.

From past years, the group seems to have been helpful to the participants.

"I think the group members who stuck with the program have gained something from the group," Oster said.

For this particular group, the students have gone past the stage of needing to control their disorder and are now needing to deal with their resulting psychological problems.

"I hope these people already have a lot of control over their disorder, but we still need to focus on self-esteem and self-image issues," Oster said.

Self-esteem and self-image can play an important part in the causes of the disorder and in its cure.

Before a student can officially join the group, a meeting with a counselor is necessary. This meeting will be held in a non-threatening environment. The sole purpose is to discuss whether or not the student already has a handle on their problem and is looking for a way to enhance their self-esteem.

The second group available is the Becoming Assertive Group. The purpose of this group is to help students gain greater assertive communication skills. The group will consist of two parts: techniques of assertive communication and learning how to gain the courage to apply these techniques.

"Assertive communication is standing up for your rights while protecting others' rights," Dr. Jamie Davidson, counseling psychologist and leader of the group, said. "People need to learn how to empower themselves without taking advantage of others. Assertive communication can be used in personal, business and commercial communications."

The first part of the program will teach students how and when

to use assertive communication and its differences from aggressive communication. The second part of the course not only deals with what to say and how to say it, but teaches the belief that it is okay to stand up for yourself.

This program will start on November 10 and will last for four weeks. The meetings will be once a week from 3-4:30 p.m.

The final program offered is for survivors of sexual abuse. This program will work to allow the members of the group to discuss their experiences in a non-threatening environment and to talk about its impact on their lives.

The members will attempt to work together to try to make changes and grow past the obstacles created by their experiences.

To join any of these groups or make an appointment, call the Student Psychological Services Center at 895-3627. Walk-in appointments are also welcomed.

MAZZOCCO: This prestigious professor is "increasingly disappointed" with television today

said. "It went beyond the national boundaries."

After receiving a Master of Arts in Mass Communication with distinction from California State University, at Fresno, Mazzocco received his Ph.D. in communications from the University of California, at San Diego. His dissertation, "Democracy, Power, and Equal Rights: The AFL vs. CIO Battle to Unionize U.S. Broadcast Technicians, 1926-1940," was a ground-breaking study in terms of communication research.

Despite his prestigious professional wards, Mazzocco claims his greatest achievement is receiving his Ph.D.

"This came after getting married. Julie (his wife) was there with me through it all," Mazzocco said. "It was the experience my father always dreamed of for me."

Mazzocco met his wife at the 1994 Olympics in Norway in, what he calls, an "unbelievably chance meeting."

"She wasn't supposed to go," he explained. "And the God-honest-truth was that I didn't want to

go, but I was in grad school. I had a lot of bills and needed the money."

After they married in 1995, the Mazzoccos retained homes in Studio City, Calif. and Las Vegas. Though the distance is easy to travel, the emotional strains are difficult.

"I really don't like to be away from her," Mazzocco said. "My greatest joy in life at this point would have to be meeting my wife and getting her to marry me."

Julie describes her husband as "passionate, honest and dedicated." She was immediately interested in Mazzocco when she discovered that "he gave up a very interesting career in the industry to pursue his Ph.D."

Teaching is the bearded professor's current passion. He stresses the importance of civility among co-workers, which "forces students to experience humanity," he said. "It is as important as technology."

"(He is) very intent on getting things done," said Darryl Richardson, a senior currently enrolled in Mazzocco's television practicum course. "He expects a

lot out of you, which is tough, but it leads to better results in the end."

Mazzocco described himself as a "true Gemini - one with a typically split personality. (Gemini) are very active, persuasive, eloquent and creative. At the same time they have a very, very dark side." He believes that only by exploring this dark side can you achieve peace.

His wife, however, fails to see the dark side in her husband.

"He is not good with anything that is not above the board," she said. "Like when people aren't being up-front and honest."

However, he sees himself also as young at heart with the wisdom of a 60-year-old.

"When I was 30, all the things that I knew were true, I began to question," he said. "I went through adolescence and my mid-life at the same time."

Although he worked in the television industry for years, Mazzocco is "increasingly disappointed" with television, being unable to name one show he likes.

"I've come to the realization that there are people who question authority," Mazzocco said. "I will always work with young people, and I will always tell the truth."

PRINCIPLES of SOUND RETIREMENT INVESTING

OVER ONE MILLION OF THE BEST MINDS IN AMERICA HAVE ALREADY CHOSEN THE BEST RETIREMENT SYSTEM. TIAA-CREF.

When it comes to planning a comfortable future, over 1.8 million of America's best and brightest count on TIAA-CREF. With \$190 billion in assets, we're the world's largest retirement company, the nation's leader in customer satisfaction, and the overwhelming choice of people in education, research and related fields.⁹

The reason? For nearly 80 years, TIAA-CREF has introduced intelligent solutions to America's long-term planning needs. We pioneered portable benefits. We invented the variable annuity and helped popularize the very concept of stock investing for retirement planning.

Today, TIAA-CREF's expertise offers

an impressive range of ways to help you create a comfortable and secure tomorrow. From the guarantees of TIAA's top-rated Traditional Annuity[®] to the additional growth opportunities of our variable investment accounts, you'll find the flexibility and diversity you need to help you meet your long-term goals. And they're all backed by some of the most knowledgeable investment managers in the industry.

To learn more about the world's premier retirement organization, speak to one of our expert consultants at 1 800 842-2776 (8 a.m.-11 p.m. ET). Or better still, speak to one of your colleagues. Find out why, when it comes to planning for tomorrow, great minds think alike.

Visit us on the Internet at www.tiaa-cref.org



Ensuring the future
for those who shape it.[™]

⁹Based on a survey conducted in 1995 by an independent organization in which 96% of respondents expressed overall satisfaction with TIAA-CREF. [™]TIAA is one of only a handful of companies that currently hold the highest marks from the nation's leading independent rating agencies for stability, sound investments, claims-paying ability, and overall financial strength: A++ (Superior), A.M. Best Co.: AAA, Duff & Phelps, Aaa, Moody's Investors Service: AAA, Standard and Poor's. TIAA's guarantees are backed by its claims paying ability. These ratings of TIAA as an insurance company do not apply to CREF. CREF certificates are distributed by TIAA-CREF Individual and Institutional Services, Inc. For more complete information, including charges and expenses, call 1 800 842-2733, extension 5609, for a prospectus. Read the prospectus carefully before you invest or send money.