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Governors State University to Offer Psychology Workshops

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For Immediate Release

Governors State University to offer psychology workshops

University Park, June 22, 2004 – Governors State University is now taking registration for two psychology workshops that will be held in July.

The first, "Giving Yourself the Gift of Forgiveness," will be held Friday, July 23, from 9 a.m. to 4 p.m. It will be conducted by Dr. Rachel Oriel Berg. Berg is a professor of Psychology and Counseling at the university, a licensed clinical psychologist, certified somatic therapist, and, through the Eldering Institute, a certified Sage-ing Leader.

Her workshop will teach participants the characteristics of enhancing and, conversely, restricting relationships; stress management techniques; about the judges and critics inside of us and how they can become more helpful; and how to use imagery to take the next steps toward forgiving.

The second workshop is "Stress Proofing Your Family Holistically." This workshop will be held Saturday, July 24, from 9 a.m. to 4 p.m. Jagdish P. Dave, Ph.D., Psy.D., will instruct.

Dave is a Professor Emeritus of Psychology at Governors State University, a holistic stress management therapist, and a consultant for parents and teachers at Desert Garden Montessori School in Phoenix, AZ.

His workshop will teach participants how to make stress profiles that identify their stressors, stress symptoms, and ways they cope with ongoing stress in their families; how to provide healthy modeling for their children for coping with everyday stress; and how to manage stress to create and sustain their families' physical, mental, emotional and spiritual wellness.

The workshops are open to the public and will be held in E-Lounge on the Governors State University main campus, 1 University Parkway, University Park. Registration is \$100 for non-GSU students and \$60 for GSU students. The workshops earn 6 hours of Continuing Education Credit.

To register, contact the university's Division of Extended Learning at 708.534.4099.

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