

HERE'S WHAT'S HAPPENING

Announcing a NEW program for students

JeffHELP SERV

SHARING: EXPERIENCES, RESPECT, RESOURCES, VISION

JeffHELP SERV is a program designed by students for students at Thomas Jefferson University. It is comprised of students who wish to be a listening ear for peers who need some additional support and would like someone to talk to about current concerns. [Click here](#) to learn more, or to schedule a meeting with a JeffHELP SERV member.

Relationship Transitions

Are you feeling the impact of a break-up, separation, or divorce? Join the Relationship Transitions group, a confidential group meeting to address the ending of romantic relationships. Begin your journey in making a successful transition.

Facilitated by Shawn Blue, Psy.D., Staff Psychologist,
Student Personal Counseling Center (SPCC)

Information Sessions:

Wednesday, March 12, 2014, 4:30-5:00 p.m.

Wednesday, March 19, 2014, 4:30-5:00 p.m.

833 Chestnut Street, Suite 230, Room 2304

*Attendance not required in order to join the group.

If you are interested in joining the group but are unable to attend the information session, or if you'd like more information, contact Dr. Blue:

Phone: 215-955-6188. Email: shawn.blue@jefferson.edu

Open to all Jefferson students and TJUH HouseStaff





Bereavement Support Group Survey

The survey has been open since mid January and will close on Monday, March 10. Please go to <https://www.surveymonkey.com/s/bereavementsupportgroup> to fill out this 2 minute, confidential and anonymous survey,

Survivors of Suicide Support Group



Survivors of Suicide Support Group

This is a Jefferson employee and student support group for the for those who have lost a loved one to suicide. The group meets on the second Friday of each month. There are two group time options; at 1:00 PM and 4:00 PM. They both meet at 833 Chestnut Street, Suite 230, group room. Please contact Virginia (Ginger) Biddle, PhD, RN, CRNP (215-955-6593, Virginia.Biddle@jefferson.edu) with questions or interest. The next meeting will be on Friday, March 14.

Having Procrastination Issues?

The SPCC is offering one on one consultation sessions to help you overcome procrastination.

Open to Jefferson students and TJUH House Staff.
If interested, call 215-503-2817 to schedule your personalized program to get back on track.

The advertisement features a top-down view of a person's feet wearing tan sneakers on a dark, speckled floor. A large, hand-drawn white arrow points from the feet towards the right, where the text is located.

HERE'S WHAT'S HAPPENING



Stress-Less Fair

Sponsored by Active Minds

Monday, April 7th from 12 to 2 pm

Hamilton Lubert Plaza

(Rain location, Eakins Lounge, Alumni Hall)

Come de-stress at the Stress Less Fair! Cuddle with therapy dogs, paint away your woes and show off your cookie decorating skills. Learn the tips and techniques to help you relax and reduce the stress in your life. Everyone is welcome, so bring a friend and enjoy the fair together. This event is sponsored by Active Minds and JeffHELP.

Breaking Bad...

Why you should be a friend and not a therapist

Tuesday, March 25, 4:30 PM

833 Chestnut Street, Suite 210, Classroom B-01

Open to TJU Students and TJUH House Staff

Do you find yourself fixing everyone else's problems and not addressing your own? Do your friends always come to you to solve their problems for them? Do you find yourself being more of a therapist than a friend?

Those in helping professions sometimes have a difficult time separating their day job from their personal lives. If any of these resonate with you, it's time to start breaking bad. Alanna and Malyka of Philadelphia MFT will provide you with the tools to create healthy boundaries in your personal and professional life.

Alanna Gardner, MFT and Malyka Cardwell, MFT are practicing couple, family and sex therapists at Philadelphia MFT. They are graduates of Thomas Jefferson University's Couple and Family Therapy Program.

Monthly Poll Question

What are the major barriers you have to communicating with a friend or loved one?

[Click here to vote!](#)



Last Month's Poll Results

Most poll results yet!

Last month we asked "What concerns you most about relationships?" This poll yielded more responses than any of our previous polls. Here are the results:

- ⇒ Not having time (35%)
- ⇒ Bad relationship history (23%)
- ⇒ Intimacy (19%)
- ⇒ When they end (19%)
- ⇒ Demands (17%)
- ⇒ Not having one (15%)
- ⇒ Unhealthy Boundaries (13%)
- ⇒ All of the above (13%)
- ⇒ Other(6%)

RESOURCE OF THE MONTH

Is Texting Hurting or Helping Your Relationship?

Texting your boyfriend to say you're running late is one thing. Trying to win an argument via text is quite another, suggests a new study that finds how young couples use text messaging may affect the quality of their relationships.

The research doesn't actually prove that texting influences how well couples get along, but it does raise questions about the role played by those little messages you send your significant other.

"Texting almost always gets a bad rap when people talk about what it does in relationships," said study author Lori Cluff Schade, who worked on the research as a graduate student at Brigham Young University. "They always talk about it like it's a disconnecting force."

The study, published in the Journal of Couple and Relationship Therapy, suggests that texting can actually improve relationships, although it seems to also have the power to hurt them, Schade said.

Researchers haven't spent a lot of time studying text messages, which have only become common over the past decade, said Jeffrey Hall, an associate professor of communication at the University of Kansas.

Hall said couples often use texts to coordinate their schedules and needs, such as figuring out who will pick up the kids and who will buy milk after work. But they may also use texts for other reasons, such as to express affection or try to hurt their partner, he said.

In the new study, researchers surveyed nearly 300 people aged 18 to 25 about their relationships and their texting habits. The participants were married, engaged or seriously dating, and about four out of five

texted with their partner multiple times a day.

The researchers found that both men and women were more likely to report less satisfying and less stable relationships when the men frequently texted their female partners. Women who texted the most, however, were more likely to report that they had stable relationships.

Those who texted affectionate notes to each other were more likely to be more closely attached, judging by the survey results.

Why might texts have this kind of power? It seems to lie in their ability to reflect emotion. Study author Schade, a therapist, said patients often will bring in text messages from their partners to show her. "They can feel the emotion from the personal message," she said.

Specifically, the study may suggest that men use texts to distance themselves and avoid an in-person conversation, while women use texts to connect, Schade said.

This could reflect a common dynamic in heterosexual couples, she said. "Women are pursuers in trying to fix things, while men tend to withdraw from feeling that they're being attacked or criticized."

Hall, the Kansas professor, said the findings deserve skepticism since there's no way to know whether texting levels are actually having an effect on relationships or vice versa. There could actually be no connection.

The authors acknowledged several limitations to their work. The study population was mostly white and well educated, so it's not known if the findings would apply to other groups. Also, there was no way of assessing the degree of commitment each romantic partner felt toward the other.

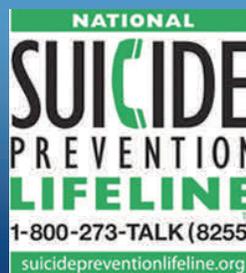
That said, there may be some universal ground rules couples can follow with text messages.

"They should be purposeful in how they're using texting," Schade said. "It can be used positively, and they can use it as a way to connect and reach out to their partner. But they should slow themselves down if they're feeling emotionally frustrated, angry or hurt. That can have unintended consequences."

Hall suggested that couples use texting to handle "impersonal or universally positive things. The more complicated the issue, the less well-suited texting is to handle it."

SOURCE: HealthDay News; Nov. 5, 2013; Lori Cluff Schade, Ph.D., former graduate student, Brigham Young University, Provo, Utah; Jeffrey Hall, Ph.D., associate professor, communication, University of Kansas, Lawrence; Journal of Couple and Relationship Therapy

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