

KAYNAKÇA-REFERENCES

BAĞIMLI MIYIM- ADDICTION

www.yeniden.org

<http://ub-counseling.buffalo.edu/vpc.html>

University of Florida Counselling Center

<http://www.ad.rhul.ac.uk/counselling/alcohol.html>

YEMEK YA DA YEMEMEK- TO EAT OR NOT TO EAT

<http://www.mdx.ac.uk/24-7/counsel/docs/eating.pdf>

<http://www.counselling.cam.ac.uk/eating.html>

<http://www.ad.rhul.ac.uk/counselling/eatprobs.html>

<http://ub-counseling.buffalo.edu/vpc.html>

University of Washington Student Counselling Center

Kansas State University Counselling Services

CİNSEL İSTİSMAR- SEXUAL ABUSE

<http://ub-counseling.buffalo.edu/vpc.html>

The Northern Michigan University Counselling and Consultation Services

Brooklyn College Personal Counselling Program

Michigan State University Counselling Center

University of Western Ontario Counselling Center

<http://www.mdx.ac.uk/24-7/counsel/docs/abuse.pdf>

<http://www.ad.rhul.ac.uk/counselling/sexualabuse.html>

<http://www.ad.rhul.ac.uk/counselling/rape.html>

RAHATLAMA TEKNİKLERİ- RELAXATION

<http://www.counselling.cam.ac.uk/relax.html>

<http://www.mdx.ac.uk/24-7/counsel/docs/relax.pdf>

ÖFKEYLE BAŞETME- ANGER MANAGEMENT

<http://ub-counseling.buffalo.edu/vpc.html>

University of South Florida the Counselling Center for Human Development

George Washington University Counselling Center

California State University, Long Beach Counselling Center

<http://www.counselling.cam.ac.uk/anger.html>

<http://www.ad.rhul.ac.uk/counselling/anger.html>

KONSANTRE OLAMIYORUM- CONCENTRATION

<http://ub-counseling.buffalo.edu/vpc.html>

Massey University Health and Counselling

Virginia Polytechnic Institute and State University Cook Counselling Center

University of Waterloo Counselling Services

Villanova University Counselling Center

University of Guelph the Learning Commons

<http://www.counselling.cam.ac.uk/concen.html>

ÜNİVERSİTE YAŞAMINA UYUM

<http://www.sfu.ca/mediapr/sfnews/1999/Sept9/opinion.html>

MÜKEMMELİYETÇİLİK

http://www.bilkent.edu.tr/~dos/ogdm/b_mukemmeliyetcilik.html

<http://www.dundee.ac.uk/counselling/leaflets/perfect.htm>

STRES

http://www.bilkent.edu.tr/~dos/ogdm/b_stres.html

<http://www.sscs.bham.ac.uk/phsi/stress/managing.htm>

<http://www.dundee.ac.uk/counselling/leaflets/stress.htm>

<http://www.lmu.ac.uk/stuserv/couns/stress.htm>

<http://www.le.ac.uk/counselling/stress.html>
<http://www.brookes.ac.uk/student/services/health/stress.html>
<http://ub-counseling.buffalo.edu/vpc.html>
Michigan State University
University of Florida
University of Iowa
George Washington University
Harvard University
<http://www.opdm.selcuk.edu.tr/>

İLETİŞİM

http://www.bilkent.edu.tr/~dos/ogdm/b_kslriletisim.html
<http://www.opdm.selcuk.edu.tr/>
<http://www.ad.rhul.ac.uk/counselling/relationships.html>
<http://ub-counseling.buffalo.edu/vpc.html>
Michigan State University
California State University
St. Joseph's University
University of Wisconsin, Eau Claire
Massey University
University of Cincinnati

GİRİŞKENLİK

<http://www.counselling.cam.ac.uk/esteem.html>
<http://ub-counseling.buffalo.edu/vpc.html>
Michigan State University
University of Iowa
University of Florida
University of Wisconsin, Eau Claire
Massey University
SUNY at Buffalo

ANXIETY:

[Anxiety: http://counseling.uchicago.edu/vpc/virtulets.html](http://counseling.uchicago.edu/vpc/virtulets.html)
<http://www.nimh.nih.gov/tr/anxiety/anxietymenu.cfm>
<http://www.couns.uiuc.edu/brochures/anxiety.htm>
DSM-IV Diagnostic and Statistical Manual of Mental Disorders

DEPRESSION:

<http://www.nimh.nih.gov/publicat/depression>
<http://ub-counseling.buffalo.edu/depress.shtml>
<http://www.couns.uiuc.edu/brochures/depress.htm>
<http://counseling.uchicago.edu/vpc/virtulets.html>
DSM-IV Diagnostic and Statistical Manual of Mental Disorders

TEST ANXIETY:

<http://www.couns.uiuc.edu/brochures/testanx.htm>
<http://www.msstate.edu/dept/cts/outreach/test-anxiety.htm>
<http://campus.umar.edu/counsel/self-help/vpl/testanxiety.htm>

PROCRASTINATION:

<http://www.couns.uiuc.edu/brochures/procras.htm>
<http://darkwing.uoregon.edu/counsel/procras.htm>
<http://www.twu.edu/o-sel/counseling/SH036.html>

LONLINESS:

<http://ub-counseling.buffalo.edu/loneliness.shtml>
<http://www.couns.uiuc.edu/Brochures/loneline.htm>
<http://darkwing.uoregon.edu/counsel/lonli.htm>

SELF-ESTEEM:

<http://counseling.massex.ac.nz/articles/self-esteem.htm>
<http://www.twu.edu/0-sl/counseling/SH032.htm>

LOVE and ROMANTIC RELATIONSHIPS:

<http://www.couns.uiuc.edu/brochures>

İNTİHARI ÖNLEME

preventsuicidenow.com
healthyplace.com/communities/depression/related/suicide.asp
psyc.com.net/depression.central.suicide.html
couns.uiuc.edu/Brochures/suiprev.htm
ub-counseling.buffalo.edu/suicide.shtml
<http://www.twu.edu/o-sl/counseling/SH047.html>
http://www.save.org/prevention/someone_you_know.html
<http://www.psyc.com.net/depression.central.suicide.html>

KAYIP ve YAS TUTMA

<http://web4health.info/en/answers/life-grief-overcome.htm>
<http://ub-counseling.buffalo.edu/coping.shtml>
<http://www.uiowa.edu/~ucs/griefloss.html>
<http://www.counseling.swt.edu/bro/griefloss.htm>
<http://www.hsc.edu/counseling/selfhelp/grief.html>
http://www.psc.uc.edu/sh/SH_Grief.htm
<http://gwired.gwu.edu/counsel>
<http://www.couns.uiuc.edu/Brochures/grief.htm>
<http://www.utexas.edu/student/cmhc/booklets/Grief/grief.html>
<http://www.geocities.com/neovedanta/ust3.html>
<http://www.ksu.edu/counseling/grief.html>

AYRILDIK

<http://www.miami.edu/UMH/>
www.anu.edu.au/counsel/Resources
<http://www.utdallas.edu/student/slife/counseling/coping.html>
<http://www.soc.ucsb.edu/>
<http://www.happygrrls.com/relating/survivingabreakup.html>

TOPLULUK ÖNÜNDE KONUŞMA

<http://www.quinnipiac.edu/x2932.xml>
<http://lorien.ncl.ac.uk/ming/Dept/Tips/present/comms.htm>
http://www.usu.edu/arc/idea_sheets/public.htm
<http://www.utm.edu/~ccenter/counseling/publicspeakinganxiety.html>

İNTERNET BAĞIMLILIĞI

http://www.counseling.umd.edu/Selfhelp/sh_netad.htm
<http://www.grohol.com/netaddiction/>
<http://www.uwec.edu/counsel/pubs/hookedOnCompNet.htm>
<http://www.counseling.swt.edu/bro/internet.htm>