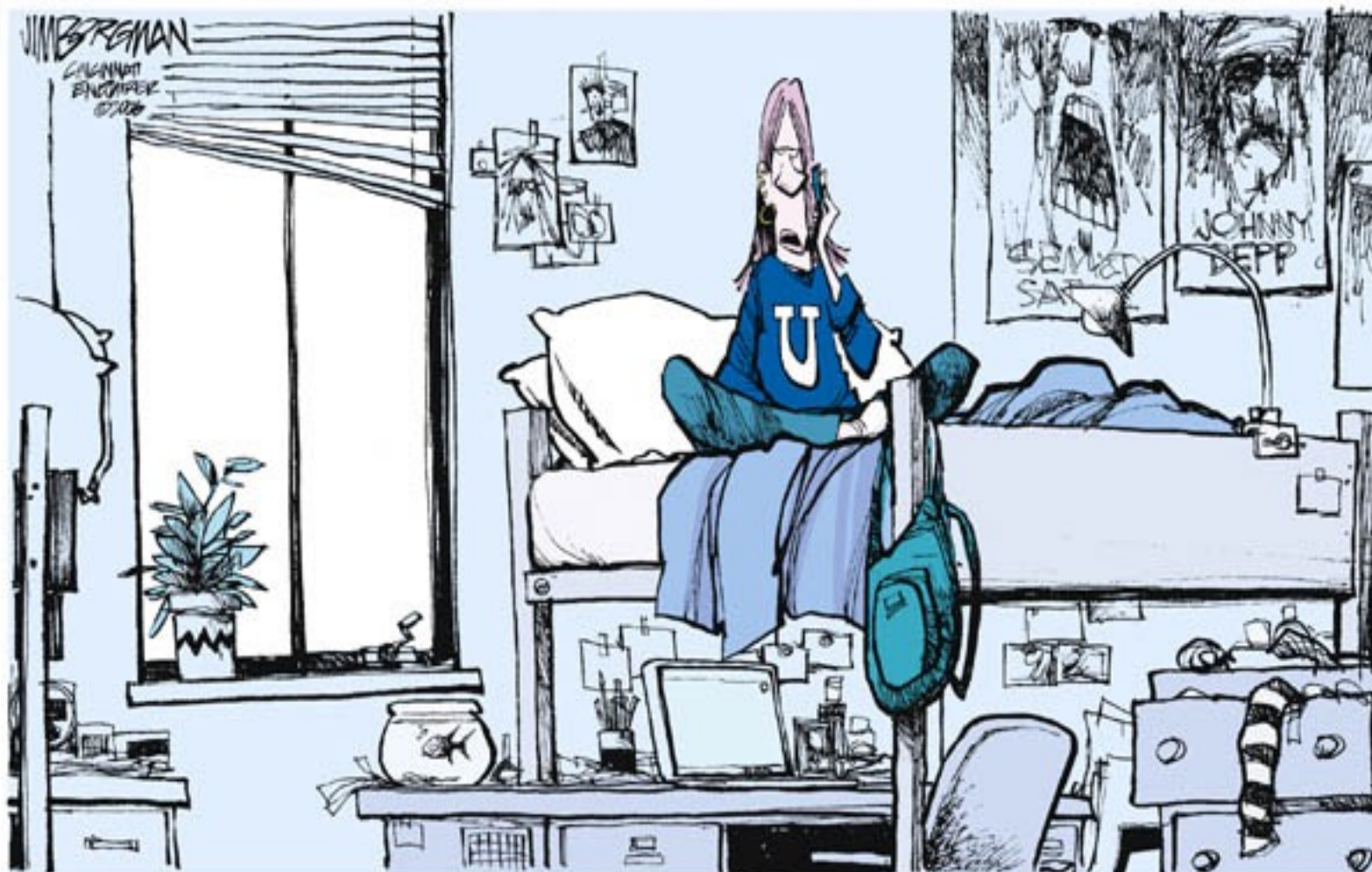


Counseling & Psychological Services

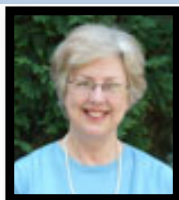




"YES, MOTHER, I TOLD YOU, I'M DOING FINE ON MY OWN AT COLLEGE HEY, COULD YOU LOG ON AND FIND MY SCHEDULE, ORDER MY BOOKS AND CALL ME WHEN IT'S TIME FOR CLASS?"



CAPS Staff



Katherine Evans, Ed. D.
Director



Dianne Aguero-Trotter, Ph.D.
Associate Director



Tara M. Smith, Ph. D.
Staff Psychologist



Priti Shah, Ph.D.
Assistant Director for Prevention & Outreach



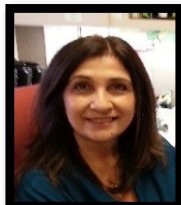
Mary Kelly, Ph.D.
Staff Psychologist



Randy Nolte, PSY. D.
Staff Psychologist



Sandra Ackerman, Ph.D.
Staff Psychologist



Joyce Cito,
Department Secretary

Counseling & Clinical Services

Individual Counseling

- A student will sit down one-on-one with a counselor to discuss a particular issue.
- 590 clients/ 2280 sessions.
- A wide variety of concerns
 - Stress
 - Anxiety
 - Depression
 - Trauma/ Loss
 - Relationship Difficulties
- Short-term Focus
- Limited to 12 sessions/student

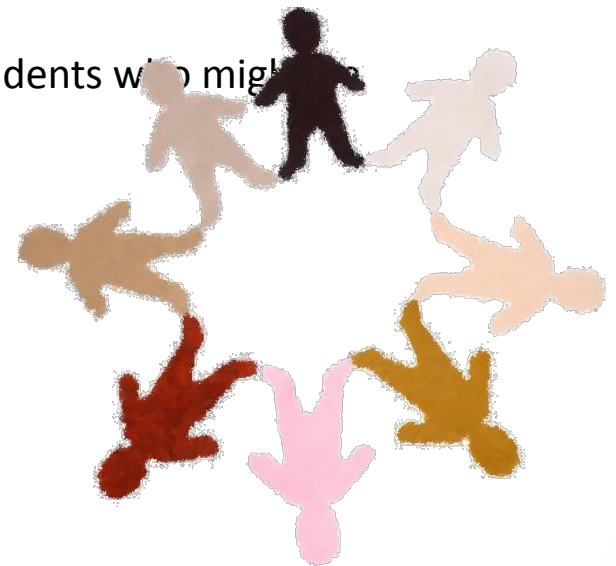


Counseling & Clinical Services



Group Counseling

- Many students find it helpful to have support from other students who might be struggling with the same issue.
- Some groups we offer(ed) include:
 - Stress and Anxiety Management Workshops
 - Graduate Student Support Group
 - Transitions
 - Interpersonal Relationships
 - Managing Emotions
 - Family Matters Group
- Individual therapy is capped, participation in group counseling is unlimited.



Outreach & Prevention



- Sometimes students want /need education around a particular topic.

- Outreach programs include:

- Educational Programs
- Interactive Workshops
- Mental Health Screenings
- Classroom Presentations
- Digital Outreach/Social Media



- Some examples :

- Depression screening, Time Management Workshop, Stress Management, Sleep, Working with a student organization to present on a topic of interest.

Outreach & Prevention

What Up Doc?

Facebook

Active Minds@SHU



Outreach & Prevention

Online Screenings

- Online screenings can help you self-assess if you are struggling with particular psychological issues, and could benefit from help.
- These are completely anonymous, and can be done in the privacy of your room at any time.
- Available on CAPS website:
 - Depression
 - Bipolar Disorders
 - Post Traumatic Stress Disorders
 - Anxiety Disorders
 - Eating Disorders
 - Alcohol Use Disorders



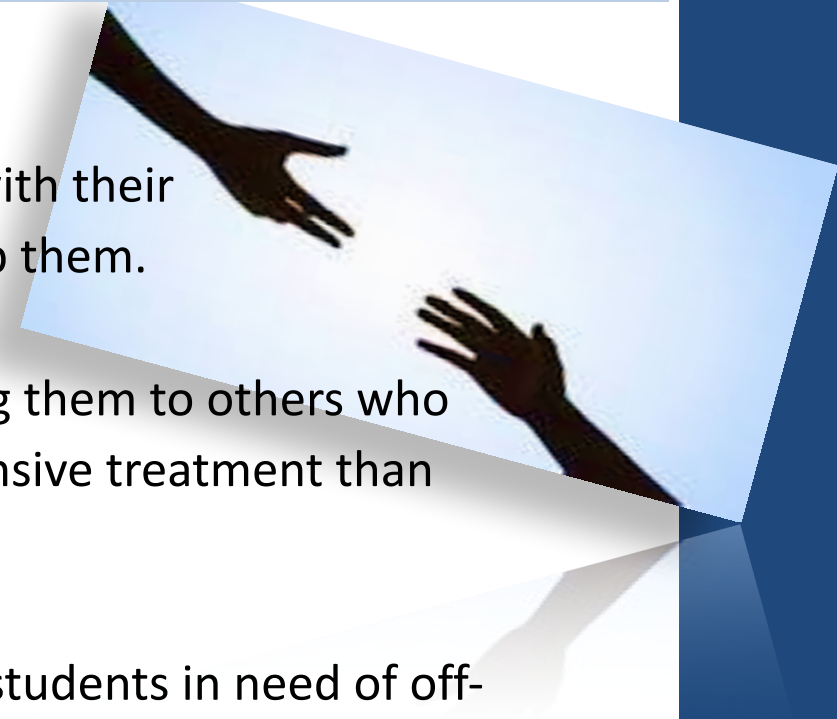
Consultation & Emergency Services

Referral

- It is important that students feel comfortable with their counselor and that they have the ability to help them.
- Counselors may also assist students by referring them to others who can provide additional specialized or more intensive treatment than available at CAPS.
- Referrals to outside mental health services for students in need of off-campus treatment, are available.

Emergencies/ Crises

- CAPS staff respond to psychological emergencies/crises on campus and after hours as needed.



Contacting CAPS & Making an Appointment

Walk in or Call for an appointment:

- Phone: (973)-761-9500
- Located at Mooney Hall, on the 2nd floor, Rm 27.
- Hours: (M-F) 9:00 AM– 5:00 PM; Limited evenings.
- You will be scheduled with a counselor for an initial meeting.



Questions About CAPS?

