

CLOSING WORDS

If a student is uncertain about whether psychological counseling is the right step, we encourage making an appointment for an initial interview to discuss any reservations they may have. There is no obligation to continue. Students may also make appointments to discuss concerns about people they know and how best to refer them for psychotherapy.



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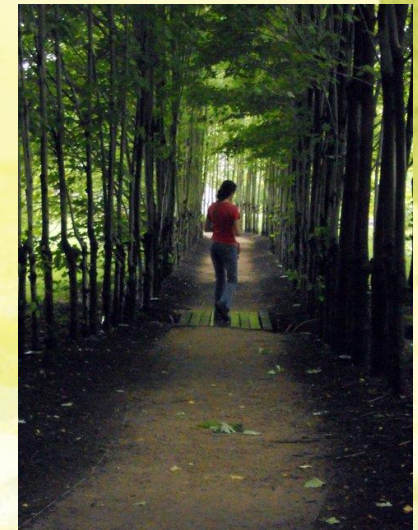
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COUNSELING & PSYCHOLOGICAL SERVICES

Camden Student Health Services



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WHAT IS PERSONAL COUNSELING?

Personal counseling is a chance to consider one's emotional health and fulfillment, to examine one's relations and activities, and learn how to resolve personal problems. Therapy allows one to learn new skills and ways of looking at situations and become more capable of solving problems in the future. Rutgers-Camden Student Health Service includes both Psychological Services and the Alcohol and Other Drugs Assistance Program for Students (ADAPS). These departments are staffed by clinical psychologists, a certified addictions specialist, and a consulting psychiatrist. We offer individual, couples, and group psychotherapy.

ALL FULL-TIME STUDENTS ARE ELIGIBLE FOR SERVICES

WHY DO PEOPLE SEEK PERSONAL COUNSELING?

Most people come to Psychological Services when their usual ways of handling problems aren't working well for some reason.

Many students who come in feel upset in some way: depressed, angry, stressed, scared, or confused. These upsetting feelings can occur in response to a number of situations such as:

- Concern about academic performance
- Trying to begin or maintain a relationship
- Feeling the loss of someone close
- Concentration problems
- Sleep and/or appetite disturbances
- Anxiety about tests or speaking in class
- Becoming aware of a problem with drugs or alcohol
- Wondering why one is in college
- Struggling to become independent from parents
- Feeling homesick
- Concern about family members or friends who may be experiencing difficulties such as a drinking problem, divorce, serious illness, or death
- Reacting to an unwanted pregnancy or a traumatic experience such as rape or childhood sexual abuse
- Concerns about one's sexuality

HOW DO PEOPLE FEEL ABOUT COMING TO PSYCHOLOGICAL SERVICES?

Students often feel hesitant about seeking psychotherapy for a variety of reasons. For example, they may feel that they should be able to handle all their problems themselves, or they may feel a lot of shame and guilt about their difficulties. In addition, some students are concerned that if they seek psychological services it will appear on official records.

CONFIDENTIALITY IS ASSURED

WHAT HAPPENS WHEN SOMEONE COMES TO PSYCHOLOGICAL SERVICES?

Step 1: Making an Appointment

The first step is to make an appointment for an initial interview by calling or coming to the health center. An appointment will usually be scheduled within a couple of days. If the student feels he or she must see someone immediately they should tell the front desk staff who will consult with a clinician.

Step 2: The Initial Interview

The clinician will gather information about the client and why he or she chose to seek help at this point. The he/she will ask about what is troubling the person, how long the problem has existed, and what kinds of thoughts and feelings the person has about it and what has been done about the problem in the past. In addition, he/she will also want to know something about the person's life and family background. Clients will have an opportunity to decide whether to begin ongoing therapy, obtain a referral to another office, or handle their concerns in another way.

Step 3: Ongoing Therapy

If it is decided that the student would benefit from ongoing treatment, he/she will usually continue with the therapist he/she has seen for the initial interview. If a client requests another therapist there may be a delay in assignment but every effort will be made to honor their request. Once regular therapy begins, sessions are most commonly scheduled once a week for 50 minutes.