

The College Counseling Center provides brief solution-based psychological services to students experiencing emotional or situational difficulties. We provide group programming that is aimed at educating students to cope more effectively with their development. Information shared in counseling is treated with the *strictest* confidence.

SERVICES WE OFFER

Individual or Personal Counseling

Center staff provides individual or group counseling to any registered student. Counseling may deal with a wide range of issues, but focus is on empowering a client to continue towards his or her educational goals in a way that is most healthy for the individual. We view each person as a unique individual and offer a safe, confidential place to discuss problems.

SUNY Potsdam students use the Counseling Center to focus on the following concerns:

- relationship problems
- depression
- anxiety and stress control
- relaxation and yoga
- eating disorders
- homesickness
- social phobias
- career and academic major decisions
- family of origin issues
- psychiatric disorders

Developmental Programming, Workshops and Groups

- We are available to conduct workshops and give classroom presentations on a wide variety of topics.
- Support groups are formed based on need or interest.

Psychological Consultation

We provide consultation to all members (students, faculty, and staff alike) of the College community; with focus on organizational problems, mental health issues, group dynamics, student-centered approaches, or improvements of learning environments.

YOGA

The Counseling Center provides ongoing yoga classes throughout the academic year. Yoga can be an effective resource that helps individuals reduce stress while increasing psychological and emotional balance in person's life. A certified yoga instructor facilitates group and individual work.

Wellness Advocates

The Wellness Advocates are Peer Counselors; fellow SUNY Potsdam students who have completed a training Internship. Assigned to each residence hall they are available through your RA, Mentor or RD and will come right to your room to talk if you need them!



THE STATE UNIVERSITY OF NEW YORK

Potsdam

COLLEGE COUNSELING CENTER

A full service psychological team devoted to students' well being and development with services including therapy, psychological consultation, educational programming and crisis intervention.

131 Van Housen Hall
www.potsdam.edu/studentlife/counseling

For an appointment call 267-2330
Office hours 8:00 - 4:30 p.m.

Your First Appointment”

We know it is not always easy to reach out and seek help at the SUNY Potsdam Counseling Center. You can call our office at 267-2330 or come to the Counseling Center in person at 131 Van Housen Hall. When you make your appointment, feel free to acknowledge whether you wish to speak with a male or female clinician. You may also share whether or not you were referred to the Counseling Center or decided to seek our services on your own. When you sign up for an appointment, please do not feel like you are required to describe the specifics of the concerns that have caused you to seek the help of a counselor. All efforts will be made to get you an appointment as soon as possible. ****If you are in a crisis or emergency situation where your own safety or another person’s safety is at risk, it is very important that you explain the urgency of your request to see a staff clinician.**** To make the process a little easier, here are some tips to follow for making your initial appointment:

The length of your first appointment will be under an hour and a half. This includes 15-20 minutes for you to fill out our intake form at a computer kiosk in our waiting room, 10-15 minutes for your counselor to review your form and 50 minutes to talk to your counselor.

Any student that arrives more than 10 minutes past any of his or her appointment start times will be asked to reschedule the appointment at a future date.

After you check in with our office manager, you will be directed to a computer kiosk and instructed on how to start the intake form. When you are done, you will wait a few more minutes before meeting your therapist. Our waiting room has some interesting and beneficial reading materials, and the computer kiosks have web browsing and email ability.

Information gathering is part of the first appointment. You can anticipate spending some time with your therapist responding to both verbal and written questions. All questions are asked in order to gain a comprehensive understanding of the difficulty you are facing and identify the most beneficial way to proceed. Some questions will be about prior counseling and/or psychiatric experience. If you are already prescribed psychopharmacological medications, it is very helpful for you to know their names and the dosages you are taking. If appropriate to your experience, it is also important to have the names and addresses of your counselor from home and the medical practitioner that prescribes your medications.

Your counselor will carefully explain the boundaries that safeguard your privacy and confidentiality. She or he will also concretely explain the procedural guidelines that we comply with to assure client safety and our own ethical security. **You are strongly encouraged to read our General Policies & Procedures (PDF) online before your first appointment.** This same document will be presented to you as a Consent for Services form and you will be asked to electronically sign this document as part of the intake process.

The most important part of your first appointment is the rapport you and your counselor are able to establish in this meeting. All of our therapists are licensed mental health counselors. They are skilled clinicians that bring to their work a wealth of experience and knowledge. Most of all, they genuinely love working with Potsdam students and becoming trusted helpers that can contribute to your health and productivity during your time in our community. Your first appointment is intended to be a meaningful and empowering experience that furthers your well being and growth. We hope it sets the foundation for an informed and collaborative relationship between you and your counselor. We look forward to meeting and working with you!

HOW CAN COUNSELING HELP?

- Provide a safe, accepting and confidential atmosphere where you can discuss your problems, thoughts, and feelings.
- Develop a trusting relationship with an objective professional who is a trained expert listener and helper.
- Gain new perspective on your difficulties and plan new ways for dealing with them.
- Engage in the process of attempting changes while acknowledging ongoing experiential responses.

WE SERVE

Registered students at the College are eligible for Counseling Center Services free of charge.

COUNSELING STAFF

The College Counseling Center Staff is an eclectic group of people who utilize a wide range of therapeutic orientations, which include (but are not limited to) cognitive, behavioral, psychodynamic, wellness, Gestalt, Rogerian and Ericksonian approaches to change.

EMERGENCIES

When the College Counseling Center is closed, contact: a Wellness Advocate through your RA Mentor or

REACHOUT

265-2422

UNIVERSITY POLICE

267-2222