

WHAT IS COUNSELING?

Counseling is a voluntary relationship in which a professionally trained psychologist, social worker, psychiatrist or counselor meets with you to discuss some issue or conflict. The goal of counseling is to better understand thoughts, feelings and relationships by looking at patterns of behavior. Change is sought through the expression of thoughts and emotions in a safe, supportive and nonjudgmental forum. A counselor is available and interested in listening to your concerns and will help you develop effective coping strategies.

During the first meeting at the Student Counseling Center, you will be asked to describe yourself and your reason for seeking counseling. You will then work together with the counselor to set goals and formulate a plan for attaining those goals. Quite often, the initial consultation is all that is needed to resolve the presented issue. However, you and the counselor may also decide that continued counseling is the best route to take. If so, a plan will be made to continue at the Student Counseling Center, or you will be given a referral to a resource that may better meet your needs. Counseling usually occurs once a week and can be one-to-one or in a group. The main responsibility in either group or individual counseling is to come on time to your scheduled sessions and to talk as honestly as you can about what you are feeling and experiencing.

FACULTY AND STAFF

Concerned about a student? Give us a call.

Student Counseling Center

Ruth S. Harley University Center, Room 310
Adelphi University
Garden City, NY 11530

Tel: **516.877.3646**
Fax: **516.877.3139**

email: **scc@adelphi.edu**

For more information about Adelphi University's Student Counseling Center, visit **students.adelphi.edu/sa/scc**.

Not sure you want to come to the Student Counseling Center? Call or email us. While we cannot counsel anyone over the phone or via email, a counselor is available to answer any questions you may have.

Student Counseling Center



Student Counseling Center

INTRODUCTION

College can be a wonderful, but stressful, experience, creating unanticipated pressures and problems. When this happens, the Student Counseling Center is here to help. We offer a variety of services, including individual and group counseling, outreach and consultation, workshops, crisis intervention and referrals to both on- and off-campus resources. Any student currently enrolled at Adelphi is eligible for free, private and confidential services. The Student Counseling Center is staffed by licensed mental health professionals and graduate-level interns trained in clinical social work and/or psychology.

Understanding a situation before it reaches the crisis stage often allows for greater freedom when making choices. We encourage anyone who just wants to talk to come in and meet with a counselor, even if he or she is not sure that counseling is what is needed. For many students, dealing effectively with emotional and social issues increases their academic success.

Common concerns that students present to counselors include: problems with self-esteem, depression, anxiety, relationship issues, family-related problems, decision making and uncertainty about the future.

CONFIDENTIALITY

Both individual and group counseling sessions are private and confidential. Information about students, or their sessions, cannot be released to **anyone**, including a student's parent, without the student's written permission. These rules are maintained in all cases with the exception of emergency situations that present a danger to life.

DRUGS AND ALCOHOL

Drugs and alcohol are problems on college campuses nationwide. Often, students use substances to socialize, relax or avoid other things in their lives, and, many times, the use of drugs and alcohol becomes problematic, resulting in personal problems or academic difficulties. The Student Counseling Center offers education and confidential counseling on substance abuse issues. A drug and alcohol counselor is available by appointment by calling the center at **516.877.3646**.

GROUP COUNSELING

Groups are formed to create a supportive forum for people with similar issues. In group counseling, six to 12 individuals meet, at an assigned time, with one or two group leaders, usually on a weekly basis. Group members talk about what is currently going on in their lives and what may be troubling them. Group leaders and other group members are available to give support and offer alternatives and feedback to members of the group.

OUTREACH AND CONSULTATION

Outreach and consultation are available to residence halls, academic departments and campus groups. The purpose of outreach and consultation is to offer counseling and educational services, including workshops, to organizations and departments.

WORKSHOPS

Workshops are educational presentations for students that enhance personal growth and lessen stress and anxiety. Typical workshops include stress management, relationship issues, anger management, assertiveness training, eating disorders and body issues, grief and loss, and sexual abuse and assault. The Student Counseling Center welcomes requests for other workshops. For the current workshop schedule, call us or visit students.adelphi.edu/sa/scc.

PSYCHIATRY CONSULTATION

Psychiatric evaluation and treatment services are available to currently enrolled Adelphi students who are being seen in ongoing counseling. **Services are by appointment only.**

RESOURCES AND REFERRALS

Our resources include organizations, clinics, practitioners and literature sources that provide services and information not offered by the Student Counseling Center. There are many excellent on-campus resources for students. However, at times it may be more helpful to refer a student to an off-campus resource.

Make an Appointment

Call Adelphi's Student Counseling Center at **516.877.3646**, or come to Room 310 in the Ruth S. Harley University Center to schedule an intake appointment with a counselor.