

# COUNSELING AND PSYCHOLOGICAL SERVICES

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**Director:** Diane Aguero-Trotter, Ph.D.

Mooney Hall, Rm 27

(973) 761-9500

Hours: Monday-Friday, 8:45 a.m.-4:45 p.m.

<http://www.shu.edu/offices/counseling-services/index.cfm> (<http://catalogue.shu.edu/graduate/student-life/counseling-psychological-services/http://www.shu.edu/offices/counseling-services/>)

Counseling and Psychological Services (CAPS) promotes student well-being by helping students overcome obstacles that may otherwise prevent them from attaining academic, personal and professional goals. CAPS utilizes a brief therapy model that is short-term and focused on helping students to effectively manage a specific problem, challenge, or to make a desired change. When a student's needs require long-term support, we partner with the student to transition to resources off-campus within the community. All services are free and strictly confidential. CAPS is accredited by the International Association of Counseling Services. Services are consistent with the University's Catholic mission.

## Crisis Services

After hours and on weekends, students experiencing a psychological emergency should call CAPS at (973) 761-9500 to speak directly with a professional mental health counselor.

## Therapeutic Services

Psychological services are available to all enrolled undergraduate, graduate, seminary and law students. Services offered include – but are not limited to – the following: short-term individual counseling, group counseling, crisis intervention, psychiatric consultation, psychological evaluation and assessment, and sexual assault/trauma survivor support services. Referrals for longer term treatment in the larger community are also provided. The office is open from 8:45 a.m. to 4:45 p.m., Monday through Friday. To make an appointment, call (973) 761-9500 or come to CAPS on the second floor of Mooney Hall, room 27. Usually students will have their first appointment within a few days of when they call or come in. Students in crisis are seen immediately. After the initial interview, regular appointments can be conveniently scheduled. All services are free and strictly confidential.

## Group Counseling and Therapy

CAPS offers a variety of counseling groups. Group counseling is a type of psychotherapy that provides the opportunity for small groups of students to share common concerns, explore personal issues, and learn new skills. Some groups typically offered throughout the academic year include Interpersonal Group, Men's Group, Family Matters, Journey through Grief, Managing Moods, and Anxiety and Stress Management.