Touro Counseling Center Counseling and Psychological Services

- Individual Counseling
- Group Counseling
- Individual Coaching
- Coaching Program
- Conversations

**Eligibility**

Counseling Center services are free of charge to currently enrolled Touro students. During the summer, students previously enrolled in Spring Quarter and who intend to register in the Fall are also eligible for services.

**Why Do Students Come to the Counseling Center**

Touro University can be a challenging environment for many students. For some students, the following “Top Ten” list has proven helpful in making the decision to utilize services:

**The Process of Coming to the Counseling Center**

It is helpful for students to understand how to seek services at the Counseling Center. The first step is yours, picking up the phone and calling [(707) 638-5822; 707 310-0059)] or coming in to the Counseling Center [209 Wilderman Hall Student Services] to make an appointment. Coming to the Counseling Center is voluntary. You do not need to be referred by someone else.

**Top Reasons Students Visit the Counseling Center**

- Stress is getting the best of me, and it is getting harder to juggle school, work, family, and relationships
- Academic performance
- Cultural identity issues (adjusting to life in the US)
- Perfectionism (limiting beliefs)
- Intense feelings and thoughts make it difficult for me to concentrate, study, and focus.
- Feeling lonely or isolated
- I am having trouble making decisions (lack of confidence or self esteem).
- I don't fit in and don't know how to get past hello with new acquaintances.
- So much has changed, and I no longer know who I am.
- I worry a lot about my weight; I am preoccupied with food.

**Common Misperceptions About Getting Help:**
Here are some common myths students may have that can interfere with their seeking therapy and responses to each of these interfering thoughts:

“I should be able to handle my own problems.”

- You are capable of handling many of your own problems. However, when an issue surfaces that is causing you to question yourself, or affects your daily functioning, or seems to be “unsolvable”, a therapist is an excellent resource. The therapist can assist you in finding ways to handle a particular issue.

“I’m not crazy, and I’m not weak.”

- Wanting to resolve problems is wise, not crazy. Seeking therapy allows you to get support and help with personal issues that are common for many people. Reaching out for resources to solve problems is a sign of strength and not a sign of weakness.

“What would my friends think if they knew?”

All services in the Counseling Center are completely confidential. Unless required by law, no information is shared without your written consent.

“My problem isn’t that big, other people have bigger problems.”

- Some of your problems may feel less important than those of your friends. However, if they are causing you distress and interfering with your daily life and work, a little help is a good thing. The Counseling Center therapist is trained to work with students on a variety of issues and to focus on your unique needs.

“I don’t discuss family matters outside the home.”

In many families, it is common to keep problems within the family environment. There are times, however, when an issue/problem might need the help of someone who can be objective and who has skills and training to handle particular concerns. The therapist at the Counseling Center is professionally trained and has expertise in multiple areas to help students.

“It’s too expensive.”

- If you are enrolled as a student, services in the Counseling Center are offered at no additional charge to you.

The therapist on staff will help you with any issue you may want to discuss. Some of the issues include the following:
- Academic Performance
- Stress
- Life Transitions
- Loneliness/Isolation
- Relationships/Intimacy Issues
- Self-Esteem (irrational thinking)
- Anger
- Grief/Loss
- Anxiety/Persistent Worry/Panic Attacks
- Family Issues
- Cultural Identity
- Eating Disorders/Body Image Concerns
- Depression/Apathy
- Abusive Relationships
- Alcohol/Substance Use/Abuse

**What Can You Expect From Therapy**

The Counseling Center recognizes that each person is unique. As such, the issues addressed and the approaches used for each individual will be tailored through your work with your therapist. This is a collaborative, professional relationship with the focus on your concerns. Initially, your therapist will work with you to identify and assess your needs. Your therapist will often focus on gathering information on the current issues you present, and looking at historical data, if it is appropriate. Your therapist will help clarify your reasons and goals for entering into therapy. Once this is done, your therapist will work with you to determine the best therapeutic approach to help you meet these goals.

There are many approaches to help you move towards growth and problem-resolution. Often therapists will provide you with opportunities to learn new skills and coping mechanisms while also increasing your self-understanding and insight. Therapists may also examine past patterns to help you assess in a healthier way your current/past relationships, decision-making, and family dynamics. With the help of your therapist, you will better understand your strengths and abilities to manage life challenges which can be very important in achieving your therapy goal.

Prior to your initial appointment you will need to complete some required forms. These forms are important as they provide information to the therapist so that the focus of this first appointment can be on clarifying your concerns, needs, and goals for therapy. In this initial session, the therapist will ask many questions in order to gather the information to determine how best to help you. Once you have begun ongoing therapy, the sessions will be less focused on information-gathering.

Based on your forms and your discussion with the therapist, she/he will summarize your meeting and talk with you about options that seem best suited for you and your situation. If
you elect to begin ongoing therapy, your therapist will discuss how to proceed and will work to identify a on-going therapist for you. Your options include being seen by the Counseling Center therapist for individual therapy, coaching and/or participating in one of the Counseling Center groups. Also, there will be select workshops and seminars that are available to you throughout the school year to help meet your specific areas of concern.

**Short-Term Therapy**

Our basic treatment model is short-term and time limited. Touro does not work with families or couples (unless both are enrolled at Touro) and they will be referred to an outside therapist. Our guideline is eight sessions (as determined by the therapist) in the academic year. There is no limit on the amount of group therapy you may receive in any academic year.

**Individual Therapy**

Individual therapy begins once you make your initial appointment. You and your therapist will find a time that is mutually available, and in most instances, you will meet on a weekly basis. Appointments are available from 10 AM to 4 PM (scheduled by appointment) with each session typically lasting for 45 to 50 minutes.

Your therapist will work with you to help you resolve those issues that brought you into therapy. With the therapist you will be given an opportunity to develop greater understanding of yourself, your current life situation, and develop insights and skills to help you in the future.

At the conclusion of your work with the therapist, you both may agree that continued, long-term therapy or other assistance may be helpful to you. If this is the case, the therapist will work with you to find appropriate referrals in the community that you may contact.

**Couples/Family Therapy**

Touro Counseling Center does not work with families or couples. However, couples can be seen together if both individual’s are enrolled as Touro students.

**Group therapy**

Group therapy is a form of treatment that allows participants to learn about themselves and their relationships with others and address personal difficulties that are often shared by some other members of the group. A significant benefit of group therapy includes not feeling so alone with your concerns since others in the group will likely have experienced similar things. Also, the interactions members have with each other in the group will parallel interactions they have with people outside of the group. This allows members to learn about their reactions and practice taking risks with new strategies for interacting with others in the safe environment of the group. These insights and new ways of interacting can then be transferred to relationships outside of the group with the aim of improving them.
How does group therapy work?
In group therapy, 6-8 members meet with two trained group leaders for 1 ½ hours each week. Members are asked to commit to attending group for a minimum of one quarter. This is to allow the time to establish trusting relationships and to develop them to the point of working through issues that might emerge such as difficulty being assertive, being vulnerable, or sharing deep feelings. Learning in the group occurs through participation. However, members can also learn about themselves by listening and observing the interactions of others. No one is forced to discuss issues they are not ready to discuss.

Coaching Services

Although there can be a fine line between coaching and counseling coaching, coaching is the process of helping an individual “identify where he/she is”, determine where he wants to be and crafting strategies on how to get there while counseling tends to be more the process of identifying the problem.

*Coaching Program: Get Started On the Right Foot!!!!*

This is a unique and valuable program recommended for “all students” in that it is an mp3 life strategy and individualized coaching program you can use in all areas of your life and more specifically a way to create personal and professional excellence in and beyond your years at Touro!

This program is based on a clear understanding of knowing your personality strengths and how to thrive in all areas of your life. Unfortunately, the stress and other life issues often keep us from operating at our best. Understanding your temperament type is a key to recognize areas which may be interfering from you excelling in a number of areas. Please take this brief self reporting personality inventory (http://www.humanmetrics.com/cgi-win/JTypes2.asp) and send it to Mr. Ron Bauer (ron.bauer@tu.edu) and he will help you understand how it can be of best use for you:

1. Go over it on the phone
2. Set up a coaching appointment

For more information on these or any other services and how to set up your individual plan contact Mr. Ron Bauer (Director of Counseling and Psychological Services) [(707) 638-5822; (707) 310-0059 ]

Conversations

This is an informal “drop by” opportunity for students to get to better know the therapist, ask about services, run any situation or idea by him/her, brainstorm a situation or discuss whatever is on the students mind. This can last from 5 to 30 minutes as determined by the student.
Crisis of Follow Up Services: Your therapist may suggest a consultation with a psychiatrist could be helpful and would discuss how this could be set up. It is not unusual for students to be referred to a psychiatrist by their therapist. Many common psychological concerns, such as severe anxiety and depression may warrant such a referral.

You might decide to take no further action following your initial appointment. You are not obligated to continue therapy after attending an initial appointment. It is also possible that you will resolve your concerns to your satisfaction in this first visit so no further action is required.

If you have any additional questions about the first appointment, please don't hesitate to call the counseling office at [(707) 638-5822; (707) 310-0059 ]