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 Student Wellness 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. Then 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.
The Rutgers–Camden Student Wellness Center includes both Psychological Services and the Alcohol/Drug/Nicotine Counseling & Assistance Program. Personal counseling is a chance to consider one’s emotional health and fulfillment, to examine one’s relationships and activities, and learn how to resolve personal problems. Therapy allows one to learn new skills and ways of looking at situations while becoming more capable of solving problems in the future. These departments are staffed by clinical psychologists, a certified addictions specialist, a clinical social worker, and a consulting psychiatrist. We offer individual, couples, and group psychotherapy.

**WHAT IS PERSONAL COUNSELING?**

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.

**WHY DO PEOPLE SEEK PERSONAL COUNSELING?**

Most people come to Psychological Services when their usual ways of handling problems are not 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 can receive the following services:

- Short-term individual psychotherapy.
- Mental Health Screenings
- Psychiatric Evaluation for use of supportive medications.
- Crisis Intervention.
- Consultation regarding student concerns about family members and/or friends.
- Learning Disabilities/ADD/ADHD Assessments
- Walk-in hours to see a therapist without an appointment
- Educational Programs

Psychological services typically works by appointment, except for emergencies.

**ALL SERVICES ARE FREE AND STRICTLY CONFIDENTIAL.**

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