

Concerned About...

- Relationships
- Depression
- Anxiety
- Loneliness
- Concentration
- Motivation
- Sexuality
- Stress
- Incest survival
- Eating disorders
- Rape/sexual assault
- Re-Entry to college
- Alcohol/substance abuse
- Or other personal matters?

We offer these Confidential Services

- Individual, group, couple/family counseling
- Workshops, classroom and residence hall presentations
- Consultation to faculty, staff and administrators
- Emergency psychological services

Location:

The second floor of the Center for Student Development.

Hours:

8:30 a.m. to 4:30 p.m. Mon - Fri, during the academic year.
and 8 a.m. to 4 p.m. Mon - Fri, during the Summer and January

For more information:

Call the Center at (401) 254-3124

Center for Counseling and Student Development Staff

Jim Azar Ph.D.
Director

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Assistant Director

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Psy.D. Candidate
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Mary Beth Kilinski
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Post-Doctorate Fellow

Gail Luttge, M.S.W., M.R.T.
Secretary

Achina P. Stein, D.O.
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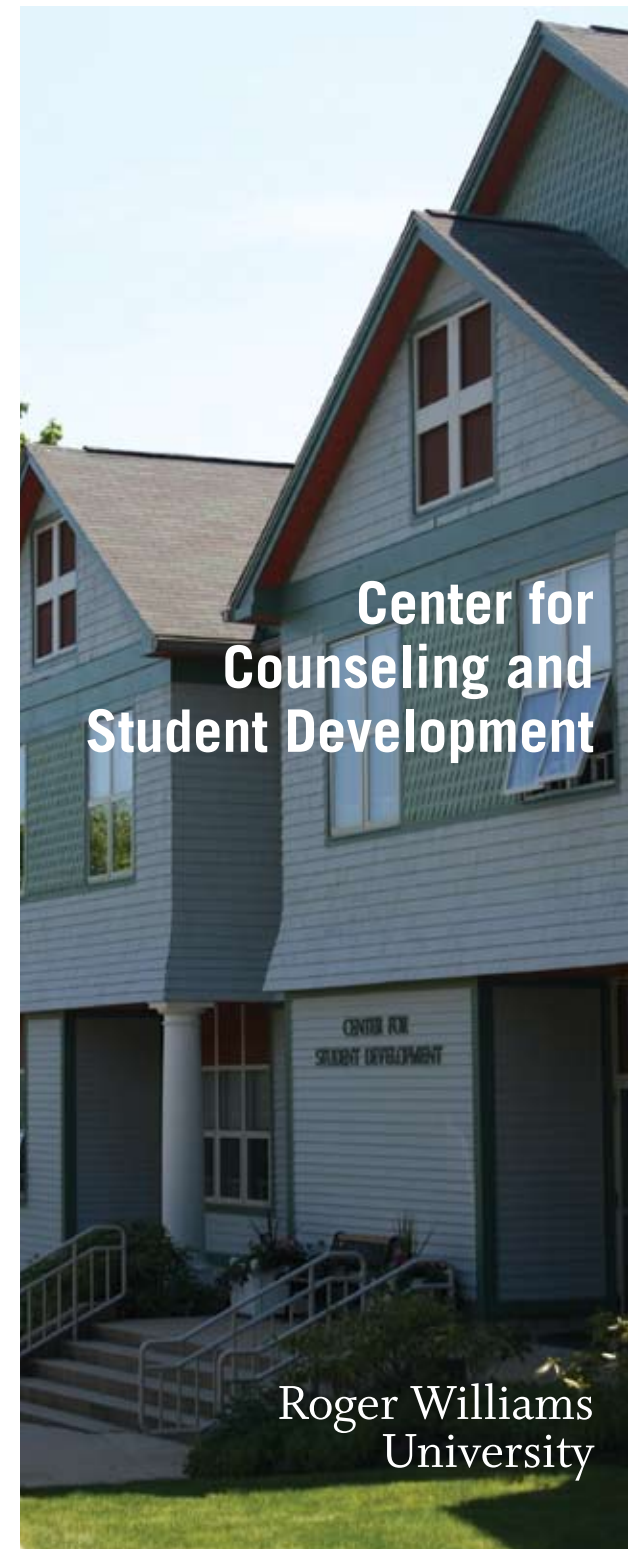
Linda Suriyakham, Ph.D.
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What is the Center for Counseling and Student Development?

The Center for Counseling and Student Development is a campus agency staffed by professional psychologists, social workers, and doctoral psychology interns trained to help you discover ways to cope with problems in living. Our staff has a commitment to meeting the special needs of individuals from diverse backgrounds, including differences of culture, race, gender, ability, and sexual orientation. Our services are confidential with regard to legal and professional guidelines of the State of Rhode Island.

Whom do we serve?

Full-time and residential undergraduate and graduate students are eligible to use all of our services free of charge. Free consultation and referral services are available for part-time undergraduate students, faculty, staff and administrators.



Why do students seek counseling?

Everyone expresses it differently, and everyone's problems are legitimate and can be helped. These are some of the reasons a person might come for help:

- Feeling hopeless or sad about yourself or particular events in your life
- Feeling unduly worried or anxious
- Relationship troubles... with friends, roommates, family, or other members of the university community
- Feeling unmotivated or unable to concentrate
- Feeling that something is wrong, but not being able to figure out what it is
- Loss of self-confidence or self-esteem
- Problems about eating, sleeping, sex
- Overuse of alcohol and/or drugs
- Suicidal thoughts
- Feeling overwhelmed or "stressed out"

What will happen in the first session?

You will be able to talk freely and in confidence about what's troubling you. A counselor will listen, clarify, and help you sort out your problems and point out some of the various ways you might choose to address your particular set of concerns. Your counselor might recommend that you begin counseling at the Center, or you might be referred to some other resources on campus or in the community. Your counselor might simply encourage you to continue with your present coping methods; but it's still useful to talk these things out with a trained and objective professional.

What is the Center's policy regarding confidentiality/privacy?

All meetings are held on a private and confidential basis. Records are locked. Exceptions to confidentiality are made only when in our professional opinion an individual is a danger to self or others or if an abuse of a child is taking place.

What services do we offer?

Counseling

Individual, couple, family and group counseling are provided in a confidential setting. Our orientation tends to be short-term and solution-focused with the goal of helping you to deal with various personal and interpersonal problems.

Developmental Programming

Developmental workshops, groups, and seminars are offered through the Center and our P.E.E.R. Program. The programs are educational, supportive or skill oriented in approach. General outreach and educational programs can be requested in advance for classes, housing units, or other Roger Williams University groups.

P.E.E.R. Program

P.E.E.R.s (Peer Educators with Expertise in Referrals) are students trained and supervised by the Counseling Center to provide referral services and workshops.

Consultation

Staff, faculty, and administrators may wish to consult with the Center's staff about a student or about their own concerns. We can provide you with a referral to a therapist in the community if ongoing counseling is recommended.

Emergency Services

At night or on weekends, crisis services are provided either by the Center's staff or by a community mental health crisis program. For assistance with mental health emergencies, first contact a Student Life staff member (e.g., an R.A. or C.O.R.E.) to initiate emergency procedures.