

Counseling and Psychological Services Staff

- **Dr. Marc Celentana**, Licensed Psychologist, Director
- **Dr. Larry Gage**, Licensed Psychologist, Associate Director
- **Ms. Carol Evangelisto**, Licensed Professional Counselor, Coordinator of Clinical Training
- **Dr. Hue-Sun Ahn**, Licensed Psychologist, Coordinator of Outreach
- **Ms. Kathy Ertel**, Counselor
- **Ms. Ann Fallon**, Clinician Educator, School of Nursing
- **Dr. Sarala Mundassery**, Consulting Psychiatrist

2009-10 Intern Training Class

- **Tania Czarnecki**, Philadelphia College of Osteopathic Medicine
- **Drena Gwin**, Rider University
- **Sandeep Kaur**, Rider University
- **Lafaye Marshall**, Argosy University
- **Kelly Moore**, Rutgers University
- **Tatiana Vasilevskaia**, Drexel University

Office Support Staff

- **Rita Ma**
- **Pat Hamill**
- **Sandra Whaley**

FAQ

Do I have to have a serious psychological problem to come to Counseling and Psychological Services?

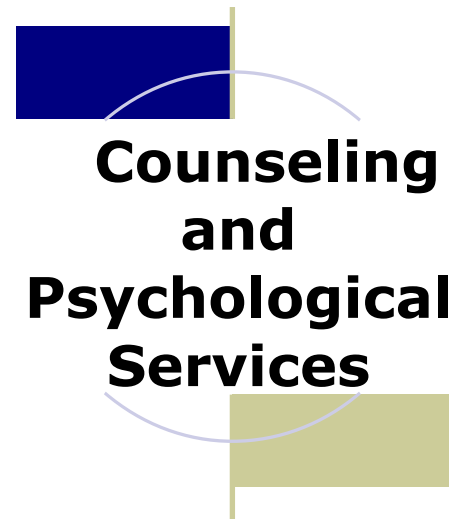
No. Students come to Counseling and Psychological Services (CAPS) to discuss a wide range of problems. Some do have more serious psychological difficulties. Students are encouraged to come in to discuss any type of concern — roommate difficulties, loneliness, lack of self-confidence, procrastination, sexual orientation and gender identity concerns, grief, and cultural/ethnic issues.

Will anyone be told that I have come to CAPS?

No. CAPS has a strict confidentiality policy and will not release information regarding contact with a student without permission from the student except in a serious psychiatric emergency. It is the student's right to choose whether to discuss their coming to CAPS with parents, friends, academic advisors, or prospective employers.

What happens when I complete my brief, individual counseling?

For students who request or can benefit from additional counseling, we provide referrals to appropriate agencies and private practitioners in the local community. There are no session limits to group counseling. Emergency care is always available.



The College of New Jersey

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www.tcnj.edu/~sa/counseling

The mission of Counseling and Psychological Services (CAPS) is to support the academic goals of The College by assisting students with personal challenges that interfere with their academic progress.

We encourage students to attend to all of their developmental needs, whether they be academic, personal, physical, interpersonal, social, or spiritual.

Toward this end, we provide an environment that is safe, confidential, and supportive. Our work is guided by the ethical and practice standards of our professions, with the goal of providing the best services possible.

Counseling Services Available

CAPS offers free, brief counseling and related services to TCNJ students. Services are confidential; no record of counseling appears on the student's permanent academic record.

- **Individual Counseling** - Counseling for personal problems (e.g. homesickness, test anxiety, depression, sexual assault, couples' issues, eating disorders, interpersonal conflicts, identity issues, alcohol or substance abuse).
- **Group Counseling** - Counseling and support groups assemble each semester according to interest and group member availability. Group attendance is not time-limited.
- **Every Day is Screening Day** - Screenings by appointment to evaluate the extent of depression, anxiety, substance abuse, or eating disorders. Where indicated, includes referral to qualified sources of help.

- **Crisis Intervention and Evaluation** - Available as needed.
- **Eating Disorders Treatment Team** - A multi-disciplinary team of professionals is available to provide evaluation, treatment, monitoring, and referrals.
- **Career Counseling** - Career counseling to determine career direction and choice of major (in coordination with Career Services).
- **Friends Helping Friends** - Concerned about someone? Assistance is offered in deciding what to do and how to help.
- **Personal Growth Workshops** - Educational, personal growth and preventive workshops (e.g., assertiveness training, coping with test anxiety, effective listening, adjustment to college).
- **Training and Consultation** - Training in human relations skills. Consultation and support for psychological and organizational needs of the campus community.
- **Psychiatric Evaluation** - Referral for evaluations and prescriptions are made through your therapist.
- **Referral** - For those concerns not well matched to a brief model, we offer referrals to local agencies and private practitioners.
- **Peer Education** - CAPS Peer Educators are trained student advocates who are available for information, support, and referrals.

Confidentiality is strictly maintained in accordance with all applicable laws and professional ethical codes.

Positive Psychology, Wellness, and You

What is Positive Psychology? It's a term coined by psychologist Martin E.P. Seligman, and a movement in psychology which emphasizes what is right with people rather than what is wrong with them. Psychology tends to be about negative things - anxiety, depression, stress. It is typified by use of the DSM-IV-TR, a systematic categorization of mental illnesses.

Positive psychology is an approach that works toward a balanced view of humans, and encourages psychologists to assess and further develop positive aspects of life, not just to remedy negative things. One of its main goals is to develop the type of strengths and virtues that are found in the happiest people... an "anti-DSM model."

At CAPS we attempt to use learnings from positive psychology in all we do, whether individual counseling, group counseling or programming on wellness topics.

Hours and Appointments

CAPS is open from 8:30 am to 4:30 pm weekdays. Appointments may be made by coming to CAPS and completing a "Request for Services Form." Forms can also be found at: <http://www.tcnj.edu/~sa/counseling/forms.html>

Most students are seen within a week of contacting the office. However, during peak times (such as exam periods) there may be a somewhat longer wait. A student with an urgent problem can be seen the same day.

For after-hour emergencies, contact the Capital Health System - Fuld Campus at (609) 396-HELP, Campus Police at 911, and/or a Residential Education staff member.