

## Counseling, Health & Wellness

### Our Mission

The mission of the Counseling, Health, & Wellness Center is to provide clinical, educational, and outreach services to William Paterson University students. The Center assists students in achieving success in their academic experience, and their personal and professional goals throughout life, by offering personal counseling and health care services. The Center enhances physical and emotional health, with a focus on education, insight, and empowerment of individuals and the William Paterson University campus community.

**Morrison Hall, Room 115**

**Phone: 973-720-2257**

**Fax: 973-720-3919**



**WILLIAM PATERSON UNIVERSITY**

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# Considering Counseling?



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**[ww2.wpunj.edu/healthcentercounseling](http://ww2.wpunj.edu/healthcentercounseling)**

## The F.A.Q.'s...

*When people begin counseling they often feel some sense of apprehension. Most often, counseling is a new undertaking, and students are not sure what to expect from it all. We have created this list of frequently asked questions to address some common concerns, and hopefully, to help you feel more comfortable seeking counseling.*

### **Why do people come to counseling?**

*People come to counseling for all sorts of reasons. Often, something that is happening currently pushes them to make the call. Sometimes, they have been experiencing a problem for a long time. Common concerns that bring people to counseling include:*

- Academic stress
- Time management
- Issues with self-esteem and self-doubt
- Difficulties with family or friends

- Unhappiness and depression
- Anxiety
- Harmful habits
- Eating-related problems
- Assertiveness and conflict resolution
- Anger management
- Communication in relationships
- Sexual identity and development issues

### **Does going to counseling mean I'm crazy?**

*Not at all. Many people just like you go to counseling every day. In fact, coming to counseling is a positive and healthy choice that can really enhance your growth and happiness. The college years can be very stressful, but they can also be a time of great development. Counseling may be another way of helping you reach your true potential.*

## Who will my counselor be?

The Counseling Center is staffed by psychologists, licensed clinical social workers, and supervised interns. Based on scheduling and availability, you will be given an appointment with a counselor at the first convenient time available. In some instances, students have concerns that lead them to make a specific request for a male or female counselor. When possible, these requests are respected. Like-



wise, there are instances in which one of the counselors on the staff may have a particular skill or kind of training that would be

helpful to you. This may also come into play in the matching of student and counselor. In any event, it is important to know that all of the counselors on the staff are highly qualified and are here because they want to be helpful to you. While it can take some time to feel completely comfortable, the best thing you can do is to be as open as possible to the beginning of a professional relationship with your counselor.

## What will happen in the counseling session?

In the first session, your counselor will take you through what is called an Intake. It will take about an hour. This is an initial interview in which the counselor will ask you many questions about the specific concerns that bring you to counseling as well as your lifestyle, family, and social and developmental history. The purpose of all of this is to help the counselor get a “snapshot” of who you are, where you’ve been, and what you bring into counseling, so that she or he can begin to understand how best to be helpful to you. What happens in subsequent counseling sessions depends a lot on the

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particular issues that you and your counselor are going to work on together. Ongoing counseling sessions are typically held on a weekly basis and last 45-50 minutes.

## How long will I have to be in counseling?

Ultimately, the amount of time you spend in counseling is up to you.

There is no set session limit at the Counseling Center. Some people find that a relatively small number of sessions (e.g. 3-6) can help them achieve their goals and feel better. Others find that they benefit from an ongoing relationship with their counselor.

## What is my role in the counseling process?

The success of counseling has a great deal to do with what you bring to the process. For counseling to be most helpful, it is important that you come to each session prepared to talk, to listen, and to reflect. Remember that counseling is a process, and that change happens over time.



## What kinds of things will we talk about in counseling?

When you come to counseling, you bring a unique mix of your own personality and history, as well as your current strengths and challenges. As you’ve already learned, the counselor will ask you many questions during the intake about your personal and family history. As the

counseling process continues you may find yourself talking about issues that arise in your daily life, as well as events of the past that have had an impact on you. Sometimes, counseling provides an opportunity to talk about things you’ve never spoken about before. While this can be a scary, it can also lead to positive change in your life. It is important to remember that your counselor is there to listen to you care-

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fully and to act as your guide, not to judge you.

## What about privacy and confidentiality?

Your attendance at the counseling center as well as the content of your sessions is confidential. There is no record of it on your transcript. Information about you and your counseling can only be released with your written permission. The only time this rule does not apply is if your counselor has reason to believe that you or someone else is in danger. We are here to help you feel better and live more successfully. Your safety and that of others will always be our top priority.