What is Counseling?

Counseling is a relationship with a person who is professionally trained to help discuss concerns in a way that helps clarify thoughts and feelings. This helping relationship can lead to increased self-understanding and promote positive change. You and your counselor will discuss the options of short-term individual, group, or off-campus treatment depending on your history, needs, and goals.

Group Counseling

A counseling group is a small group of people (usually 4-8) who meet weekly along with one or two staff therapists to talk about their concerns. Our groups bring together students with a variety of concerns, and encourage both respect and confidentiality. With several groups each semester, there’s usually one to fit most schedules. A group can be the optimal form of therapy for many people across a range of issues. In fact, group can be beneficial for students who initially are hesitant to join. The Center has previously provided groups such as Interpersonal, Anxiety Management, and LGBTQ+ Support.

Our Staff

The Center has professional counselors who are prepared to help you in dealing with a wide range of concerns.

Michael Siembor
Director, Staff Psychologist

Tasha Prosper
Staff Psychologist

Molly Schamel
Staff Counselor

Kellin Cavanaugh
Staff Counselor

Jen Hogan
Staff Psychologist

Katie Pullano
Staff Social Worker

Sandy Gerlach
Office Manager

The Counseling Center
91 St Clair St
Geneva, NY 14456
Phone: (315) 781-3388
Fax: (315) 781-4455
www.hws.edu/counseling

Free and Confidential
What Kinds of Concerns are Brought to the Center?
The counseling staff helps with a wide range of personal concerns. During 2018-2019, the most often self-reported reasons for coming to counseling included:

- Anxiety
- Depression
- Self-Esteem/Confidence
- Academic Problems
- Need for Support
- Loneliness/Isolation
- Sleep Difficulties
- Peeling out of Control
- Confused Thinking
- Procrastination

<table>
<thead>
<tr>
<th>Presenting Concerns</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anxiety</td>
<td>35%</td>
</tr>
<tr>
<td>Depression</td>
<td>22%</td>
</tr>
<tr>
<td>Self-Esteem/Confidence</td>
<td>21%</td>
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<tr>
<td>Academic Problems</td>
<td>20%</td>
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<tr>
<td>Need for Support</td>
<td>18%</td>
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<tr>
<td>Loneliness/Isolation</td>
<td>13%</td>
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<tr>
<td>Sleep Difficulties</td>
<td>6%</td>
</tr>
<tr>
<td>Peeling out of Control</td>
<td>4%</td>
</tr>
<tr>
<td>Confused Thinking</td>
<td>3%</td>
</tr>
<tr>
<td>Procrastination</td>
<td>3%</td>
</tr>
</tbody>
</table>

Counseling Center Mission

- The Counseling Center exists to empower enrolled, matriculated HWS students to maximally engage with and benefit from their college experience and to maintain their safety on campus.
- We provide emotional support, impart life skills, and encourage self-reflection all with the purpose of empowering students to navigate their way toward greater autonomy.
- We work to create a safe environment that is welcoming of all students regardless of race, ethnicity, gender, sexuality, ability, religious affiliation, or SES.
- We serve as consultants to the greater campus, promoting an informed and safe community.

Services Provided

* Individual Therapy
* Group Therapy
* Crisis Management
* Consultations
* Outreach/Group Presentations

If you are ever concerned for yourself or a fellow student, please get ahold of us right away by calling our office during the day or the crisis manager via Campus Safety after hours. **WHEN IN DOUBT, PLEASE REACH OUT!**

All CC Staff are trained to assist students in connecting with the Title IX Office, and supporting them through the decision making process.

Counseling Center: (315) 781-3388
Crisis Manager: (315) 781-3333

What Happens in the First Meeting?
The purpose of the first meeting with a counselor at the Center is to determine the nature of your concerns and to agree upon a plan of action. Not every concern is best helped by staff at the Center. When other kinds of help are called for, the Center assists students in arranging for those services, whether on or off campus.

Confidentiality
Services are confidential. Information about you will not be released to anyone without your permission. Exceptions to this include situations involving immediate danger to self or others, cases involving suspected child/elder abuse, and court orders. Center staff will consult with each other about students.

How to Make an Appointment
You can make an appointment three different ways. Call the Center at (315)781-3388, walk in to the Center, or schedule online via Schedulicity on our website (HWS webpage -> Student Life -> Counseling Center).

For urgent care situations, you can utilize crisis services in person from 9-12 & 1:30-4 or call Campus Safety at (315) 781-3333 to speak with the crisis manager 24/7.

Counseling Center services are free to all enrolled students.