

Available Services continued

Consultation and Referral

The Counseling Center is available to consult with faculty, staff and family members who have concerns about their student.

Consultations may focus on how to assist a student experiencing a challenging time/situation, how best to refer a student to the Counseling Center or how to locate local resources. Student information is only released when there is a signed consent form.

Psychiatric Consultation

A part time consulting psychiatrist is available on campus to consult with students who are clients of the Counseling Center. Immaculata University students may be referred by a counselor in situations when a psychiatric evaluation and medication might be helpful.

To obtain a referral for off-campus psychiatric care or to discuss your psychiatric needs, call x3478 for an appointment with a Counseling Center counselor. A student should call their insurance company to determine their benefits for services and any limitations that might govern their choice of provider.

Crisis Intervention

Immaculata's Counseling Services has an emergency on-call professional available for immediate intervention Mondays through Fridays from 8:30am-5pm.

During evenings and weekends, there is an emergency on-call system. There is always a counselor on call. This counselor may be contacted through Campus Safety and Protection at x5555.

Counseling Staff



Dr. James C. Hagenbaugh, Psy. D.
Licensed Psychologist

Title: Director of Counseling Services

Education: Chestnut Hill College

Telephone: 610-647-4400, x3478

Email: Jhagenbaugh@immaculata.edu

www.immaculata.edu/CounselingServices



*Faith * Caring * Integrity*

*Service * Learning * Teamwork*

Counseling Services



at Immaculata University

*To schedule an appointment, please call
the Bruder Center: 610-647-4400, x3506*

Welcome to Immaculata's Counseling Services

Our office provides comprehensive preventive and clinical services to promote the psychological well-being of Immaculata University's undergraduate and graduate student community. We provide individual and group counseling, referral services, and consultation to the campus community.

Counseling is confidential and free of charge to current Immaculata students. We provide an atmosphere that is informal and professional where students can feel safe and comfortable seeking help. Our goal is to improve the psychological well-being of our students so they can take full advantage of Immaculata's educational and recreational opportunities.

Our Mission Statement

Counseling Services is committed to student success by providing services which promote intellectual, emotional, social and spiritual development in a safe, supportive and confidential environment. Counseling Services recognizes that emotional health is an essential element in achieving one's goals in college and beyond.

What is Counseling?

Counseling is a helping process that takes place in an atmosphere of acceptance, respect, and trust. Counselors work with students in a safe and confidential environment to help them understand themselves, their behaviors, feelings, and relationships. The purpose of counseling is to help students identify their personal strengths, succeed academically and develop ways to achieve their full potential.

Common issues of concern that are addressed individually or in groups

- *Managing anxiety*
- *Coping with and reducing stress*
- *Difficulty adjusting to college*
- *Adjusting to loss (death, relationships, job)*
- *Increasing self-understanding*
- *Making difficult decisions & clarifying choices*
- *Assertiveness training*
- *Relaxation techniques*
- *Resolution of personal issues*
- *Eating concerns*
- *Drug/alcohol issues*
- *Self-esteem*
- *Gender issues*
- *Academic concerns (test anxiety, study skills)*
- *Improving communication*
- *Uncertainty about life after college*
- *Difficulty managing inter-personal relationships*
- *Coping with incidents of sexual assault or other trauma*

Confidentiality

Confidentiality is maintained in accordance with all applicable laws and regulations. Except for the counselors at Immaculata's Counseling Center, no Immaculata faculty, staff or administrator has any access to student counseling records without written permission from the client, or in emergency situations as prescribed by law.

E-mail is a non-secure medium. Due to confidentiality concerns, Counseling Services does not use e-mail to discuss personal issues.

Hours and How to Schedule an Appointment

Counseling Services is located in the Bruder Center. The counselors are available Monday through Friday, 8:30 am to 5 pm, and other times by appointment.

To make an appointment please call: 610-647-4400, x 3506, or stop by the Bruder Center. When you schedule an appointment, you are not required to describe the specifics of your concerns.

Available Services

Individual Counseling is a cooperative venture between the client and the counselor. The focus is on clarifying the concern, exploring options that may become evident to address the concern, and formulating realistic goals that can provide direction to students.

Students typically come in once per week for a 45- to 50-minute session, but may be seen more or less frequently depending on individual needs. The approach of the Counseling Center is generally short-term and problem-focused.

Group Counseling is a powerful venue for growth and change. Not only do students receive tremendous understanding, support, and encouragement from others facing similar issues, but they also gain different perspectives, ideas, and viewpoints on those issues. Most students, though somewhat apprehensive at first, report that the group experience was helpful far beyond their expectations.

(Continued on back panel)