

COUNSELING CENTER

Health and Counseling Centers at Ward & West Building, Second Floor
Phone: 410-704-2512

<http://www.towson.edu/counseling>

Graduate school presents many stresses and many opportunities to advance yourself in your future career and in your life. To meet these challenges, it is important to resolve emotional problems, enhance professional and social skills, strengthen your resilience and self-care, and formulate wise personal goals. The Counseling Center provides help in all of these areas through personal counseling and other psychological services. Our services are not only for students in difficulty, but also for those who are striving for self-improvement.

Counseling Center clinicians are ready to provide assistance on many different issues:

- Stresses stemming from personal or educational challenges
- Blocks to educational or career achievement
- Anxiety, depression and behavioral difficulties
- Suicidal or self-destructive thoughts or behavior
- Setting and meeting personal goals
- Self-esteem and self-confidence
- Relationships with friends, roommates, parents, romantic partners or spouses
- Family problems
- Grief and loss
- Sexual matters
- Body Image and eating problems
- Physical or sexual mistreatment or abuse
- Alcohol and drug-related problems
- Problems encountered in the TU environment

The Counseling Center is staffed by psychologists, substance abuse clinicians, consulting psychiatrists, health educators, and other clinicians and counselors working under supervision. All services provided at the Counseling Center are confidential, and nearly all are provided free of charge. For more information or to make an appointment, call or drop by the Counseling Center.

Hours

The Counseling Center is open Monday–Friday, 8 a.m.–5 p.m.

Group, Individual and Couples Counseling & Therapy

Several kinds of personal counseling are available at the Counseling Center. Your initial session can be of immediate assistance as your counselor offers a listening ear, helps you to resolve problems, and informs you about what further help might be appropriate. A series of individual counseling or brief psychotherapy sessions offered in a private setting can help you to resolve problems and achieve personal growth. Our various therapy and support groups are particularly helpful for self-improvement, giving members an opportunity to share experiences, solve problems and practice new skills. Couples counseling provides a safe atmosphere for couples to examine and improve their relationship.

Psychiatry

Psychiatric evaluation and medication are available when needed by students engaging in counseling and therapy services at the Counseling Center.

Mindfulness Meditation

Mindfulness Meditation has been shown to help reduce stress and anxiety, and to promote a more peaceful, creative and self-compassionate approach to one's life. Meditation opportunities are many, from group meditation workshops, to reserving private time in the Counseling Center's Meditation Room for self-guided meditation, to using one of the meditation apps or links on our website.

Alcohol and Drug Abuse Program

The Counseling Center offers alcohol and other drug assessment and treatment that is intended to meet various personal needs. Programs are available in both individual and group formats. Services can assist in achieving a greater awareness of a problem or correcting a problem through education and recovery.

Life and Career Planning

The Counseling Center assists students in their personal lives and decision-making in a variety of ways. While the Career Center is the place to go for information about making potential career choices, the Counseling Center can help if you feel that your career decision-making is complicated by personal concerns.

Outreach and Consultation

The Counseling Center's professional and student staff members provide workshops and programs to the TU community on various topics, including time management, assertiveness training, stress management, and communication skills. We can also work with members of the campus community to develop programs that meet individual needs. Professional staff members are also available to consult with TU students, faculty and staff on various topics, including improving the campus environment, diversity issues or other issues relating to the quality of life at Towson University.

Web Resources

Further information about the Counseling Center and a variety of self-help resources, apps and assessments are available on our website (<https://www.towson.edu/counseling>). Using these resources, you can self-evaluate and practice healthy behavior, download useful apps and determine whether you might benefit from in-person counseling or other services at the Counseling Center.

Referrals

Students frequently need services that are available outside the Counseling Center, whether on campus or in the surrounding community. Our clinicians can assist in locating appropriate outside resources when they are needed. In addition, our website includes a Community Provider Search link that anyone can use to identify mental health providers in the nearby community who accepts one's brand of health insurance.

Your Initial Contact

Call 410-704-2512 or stop by the Counseling Center to arrange your first appointment with a counselor. Emergency appointments are available if you need to speak with someone immediately. Your Counseling Center clinician will help you to deal with your immediate concerns and determine what kinds of additional help will be most useful to you.

Confidentiality

Counseling often deals with very personal, private issues. Successful counseling depends on having the freedom to express feelings, attitudes, and thoughts with someone who is respectful of the person's right to privacy. Our counseling sessions are confidential—personal information is not released except with the client's written permission or as may be required by law. The importance of confidentiality is reflected in the Counseling Center's adherence to Maryland Law and also to the Code of Ethics of the American Psychological Association.