

## Counseling and Psychological Services

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### Rutgers University Health Services

### Counseling and Psychological Services

### (CAPS)

### Counseling Services

17 Senior Street

New Brunswick, NJ

08901-1121

Telephone: (732) 932-7884

Fax: (732) 932-8278

8 Lafayette Street

New Brunswick, NJ

08901-1004

Telephone: (732) 932-3966

Fax: (732) 932-3968

Federation Hall

New Brunswick, NJ

08901-1121

Telephone: (732) 932-9070

Fax: (732) 932-3047

61 Nichol Avenue

New Brunswick, NJ

08901-1004

Telephone: (732) 932-9015

Fax: (732) 932-2213

Tillett Hall, Room 247

Piscataway, NJ

08854

Telephone: (732) 445-4140

Fax: (732) 445-6242

Appointments to begin counseling can be made at any of the 5 counseling offices between 8:30am and 5:00pm Monday through Friday (except on University holidays).

### Counseling Center's Email Policy

Undergraduate and graduate students experience a great many stresses in their lives - sorting out one's identity, establishing and maintaining important relationships, coping with anxiety and depression, working on changing relationships with parents and other family members, dealing with losses, handling new academic demands, and dealing with [reactions to one's differentness](#). To help with these tasks, Counseling and Psychological Services provides a variety of psychological counseling services for all students of Rutgers University in New Brunswick/Piscataway, undergraduate and graduate. Services are free, and confidentiality is guaranteed within legal and ethical guidelines.

Counseling and Psychological Services was created in September, 2006, by joining the major mental health services on campus into one organization, as part of the Rutgers Health Service. Besides the College Avenue offices (formerly Rutgers College Counseling Center), counseling offices of Counseling and Psychological Services are located on the Cook/Douglass, and Livingston campuses. [Psychiatric Services](#) and the [Alcohol and Other Drug Assistance Program for Students \(ADAPS\)](#) are also part of CAPS now.

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## Who can use Counseling and Psychological Services?

Counseling and Psychological Services provides services for all students at Rutgers in New Brunswick.

Non-student partners of students can be seen only for couples counseling to work on their relationship with the student. They can be given off-campus referrals for their own individual work.

We do not provide counseling or other services by [e-mail](#) or other electronic media. People not affiliated with Rutgers should seek help from a local university or community service.

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## Why do students come for counseling?

Most people come to CAPS when their usual ways of handling problems aren't working well for some reason. They may have found, for instance, that talking to friends or family about their problem is impossible or unsatisfying. Many students who come feel upset in some way - depressed, angry, scared, or confused. These upsetting feelings may have been set off by a number of situations:

- Trying to begin or maintain a relationship
- Feeling the loss of someone close
- Concentration problems while studying
- Anxiety about tests or speaking in class
- Questions about "coming out" or other identity issues
- Procrastinating too much
- Wondering why one is in college
- Becoming aware one may have a problem with alcohol or drugs
- Struggling to become independent from parents, or not to lose touch with one's family
- Concern about family members or friends who have something wrong, such as a drinking problem, divorce, serious illness, or death
- Reacting to an unwanted pregnancy or a traumatic experience such as rape.

There are many other reasons people come for counseling. Personal counseling is a chance to learn how to resolve personal problems or issues that are puzzling or upsetting, talk with someone not personally involved with a situation who can give feedback from a different perspective, and learn new skills and ways of looking at situations to become more capable at solving problems in the future.

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## How do you make an appointment for counseling?

You can make an appointment for counseling by calling the main counseling office at **732-932-7884** or any of the other counseling offices. You can also stop in at any of the counseling offices during office hours. We will offer you the earliest appointment available at any of our offices. The first appointment will be an introductory or intake interview, which will require an hour and a half. This will give you a chance to say what has been bothering you and to talk with the counselor about what options are available for further counseling. When you make the appointment, the secretary will ask you for your name, phone number, and student (or social security) number. The phone number will be used only to call to confirm your appointment, or to change it if necessary. You can ask that we not call you, if you prefer. When we call, if you aren't there we would usually leave a neutral message saying, "Please call about our meeting," or something like that, instead of saying Counseling and Psychological Services called.

Keeping appointments is very important. If an emergency arises, please notify us as soon as possible that you will not be here. This allows us to offer the time to another student. As you may have experienced, there are times when the demand for services means that clients have to wait (longer than any of us would like) to be seen.

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## What happens during the first session at Counseling and Psychological Services?

The first thing you will do is complete some background information, which takes about half an hour. During the session with the counselor, several things will be accomplished. First, you will have a chance to describe why you are seeking counseling, and why you chose this particular time to do so. Also of interest will be things like how long you have been troubled by this problem, what you have tried in the past to solve it, whether it resembles problems you have had in the past, something about your family background, and other possible areas of interest like a history of abuse, substance use, and general health. At the end of the session the counselor will review with you the various choices available. These usually include:

- having another session to come to a more complete picture of your situation
- assigning you to a counselor, either the one you are talking to or someone else, for ongoing counseling
- making an appointment for you to talk with a counselor who leads a group to decide if the group would be most helpful for you
- putting you on a waiting list (which we try to keep to a couple weeks maximum)
- referring you for a second opinion, for example to one of the campus psychiatrists
- suggesting some other action you could take to improve your situation
- referring you to another therapist or office either on or near campus, if they offer faster or more useful services.

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## Group counseling: The best choice for you?

Counseling groups are often the best way to work on problems, especially when the problems deal with issues about your relationship with other people. A group gives you contact with a few of your peers, along with a counselor, who are not part of your everyday life and so can give you more useful feedback. It is also a safe environment where you can test out different ways of acting with others. The specific groups available each semester vary in theme and time, but in recent semesters we have offered groups for: students with eating disorders, students with general interpersonal issues, women over 30, graduate students in helping professions, and general graduate student interpersonal groups. For more information, see [Group Therapy: Often the ideal assistance](#). You can also connect to a [list of groups](#) currently being offered.

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## Other common questions about counseling

- [Will my going to counseling appear on my University record?](#)
- [Will what I say be kept confidential?](#)
- [How much does counseling cost?](#)
- [Is Counseling and Psychological Services handicapped accessible?](#)
- [Is there a waiting list for services at Counseling and Psychological Services?](#)
- [Can I get a referral from Counseling and Psychological Services to a therapist in private practice, or a specialist?](#)
- [Is counseling available year-round? Is it available after graduation?](#)

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For comments on this web-site, contact [Mark J. Forest, Ph.D.](#) or call 732-932-3966.

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