Counseling & Psychological Services
CAPS Staff

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Director

Tara M. Smith, Ph. D.
Staff Psychologist

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Staff Psychologist

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Psychiatrist

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Associate Director

Priti Shah, Ph.D.
Staff Psychologist

Jude Uy, Ph.D.
Staff Psychologist

Joyce Cito,
Department Secretary
Individual Counseling

- A student will sit down one-on-one with a counselor to discuss a particular issue.

- 532 clients/1918 sessions.

- A wide variety of concerns
  - Stress
  - Anxiety
  - Depression
  - Trauma/Loss
  - Relationship Difficulties

- Short-term Focus

- Limited to 12 sessions/student
Group Counseling

- Many students find it helpful to have support from other students who might be struggling with the same issue.

- Some groups we offer(ed) include:
  - Stress and Anxiety Management Workshops
  - Graduate Student Support Group
  - Transitions
  - Interpersonal Relationships
  - Managing Emotions

- Groups are often limited, but you may continue to attend a group or several unlimited.
Counseling & Clinical Services

Referral

- It is important that students feel comfortable with their counselor and that they have the ability to help them.

- Counselors may also assist students by referring them to others who can provide additional specialized or more intensive treatment than available at CAPS.

- Referrals to outside mental health services for students in need of off-campus treatment, are available.

Emergencies/ Crises

- CAPS staff respond to psychological emergencies/crises on campus and after hours as needed.
Outreach & Prevention

Outreach

- Sometimes students want /need education around a particular topic.

- Outreach programs include:
  - Educational Programs
  - Interactive Workshops
  - Mental Health Screenings
  - Classroom Presentations

- Some examples:
  - Depression screening, Time Management Workshop, Working with a student organization to present on a topic of interest.
Online Screenings

- Online screenings can help you self-assess if you are struggling with particular psychological issues, and could benefit from help.

- These are completely anonymous, and can be done in the privacy of your room at any time.

- Available on CAPS website:
  - Depression
  - Bipolar Disorders
  - Post Traumatic Stress Disorders
  - Anxiety Disorders
  - Eating Disorders
  - Alcohol Use Disorders
Contacting CAPS & Making an Appointment

Walk in or Call for an appointment:

- Phone: (973)-761-9500
- Located at Mooney Hall, on the 2nd floor, Rm 27.
- Hours: (M-F) 9:00 AM– 5:00 PM; Limited evenings.
- You will be scheduled with a counselor for an initial meeting.
Terrific Parent Resources

- Transition Year sponsored by the Jed Foundation with assistance from
  - American College Health Association
  - Harvard School of Public Health

www.transitionyear.org

Call CAPS at 973-761-9500 and identify yourself as a parent wishing to consult with a counselor over the phone.
Questions About CAPS?