

# Services we provide:

## Individual Counseling

The center offers personal counseling to help students identify, clarify, and resolve important issues. These may include issues such as anxiety, depression, body image, disordered eating, self-esteem, communication skills, relationship concerns, trauma recovery, and substance abuse.

## Psychiatric Consultation

A psychiatrist is available to provide consultation to Marywood Students through the C/SDC. This service can include an evaluation for medication as part of treatment. The C/SDC staff members work closely with the psychiatrist to coordinate care for each student.

## Emergency Care

In the event of an emergency, students may walk-in and meet with a therapist during regular business hours. In the event of a psychological crisis after hours and on weekends, the clinical staff can be reached for phone consultation and support. Students may call the center at 348-6245 to obtain the on-call phone number. This service is not available during the summer, between the fall and spring semesters, or during fall, spring and Easter breaks.

## Personal Growth Groups

The C/SDC offer several groups each semester designed to provide support and to enhance personal growth and development. Groups that have been offered at the center include assertiveness training, body peace/mindful eating, self-esteem enhancement, and stress management.

## Programs

C/SDC staff members are available to present workshops and classroom presentations on a wide variety of topics related to college success. Campus wide programs sponsored by the C/SDC include depression and alcohol screenings, a sexual assault awareness program, a mental health awareness program, and a wellness fair.

## Confidentiality

The Counseling Center staff is bound by ethical and legal guidelines to protect your rights to confidentiality. No information, written or oral, is released to other persons without your consent. The only exceptions to these guidelines are governed by law.

## Peer Education

Peers on Wellness (POW!) is a student organization that is advised by the C/SDC staff and that offers a variety of wellness presentations to the Marywood community. Becoming a member of POW! provides opportunities for student growth in the areas of leadership, public speaking, program development, and network-building.



Learn more about the Counseling/Student Development Center: [www.marywood.edu/csdc](http://www.marywood.edu/csdc)

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Welcome to the  
**COUNSELING/**  
Student Development Center

Marywood  
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Lead On. The World Awaits.  
[www.marywood.edu/csdc](http://www.marywood.edu/csdc)



The Counseling/Student Development Center joins other University organizations in launching the Red Flag Campaign against relationship violence.

# We're here to assist **you** through your college journey.

Counseling/Student Development Center can turn an average college experience into an exceptional one through group programs, consultation, and other methods of stress relief.

As members of the Maryood University Community, the Counseling/Student Development Center staff members are always here to assist you during your Marywood journey. You will experience new situations, new relationships, and new choices on your path. These experiences can be exciting, but challenging as well. If stress begins to interfere, and you need assistance, the C/SDC staff can help you by setting clear, achievable goals; in becoming more assertive; to practice relaxation techniques; and much more. Often finding ways to talk about the stresses of life makes the difference between an average college experience and an exceptional one. Please take advantage of this service. We're here to help you!

Marywood University, in accordance with applicable provisions of federal law, does not discriminate on grounds of race, color, national origin, sex, age, or disability in the administration of any of its educational programs or activities, including admission, or with respect to employment. Inquiries should be directed to Dr. Patricia Dunleavy, Assistant Vice President for Human Resources, Coordinator for Act 504 and Title IX, Marywood University, Scranton, PA 18509-1598. Phone: (570) 348-6220 or e-mail: [dunleavy@marywood.edu](mailto:dunleavy@marywood.edu).

## When is the right time to get help?

Periods of sadness, discouragement, depression, or difficulty adjusting to new situations occur at times in nearly everyone's life. Such feelings are not unusual, but are painful, especially if they are frequent or prolonged. Feelings of hopelessness or worthlessness prevent some people from seeking help, and it is difficult for family and friends to urge someone they care about to initiate treatment. Talking with a professional about ways to cope with the situation can make a difference.

## Therapy at the C/SDC offers:

**UNBIASED OPINIONS** – Many students express that they want an “unbiased person” to listen and give feedback. We do offer that, but more importantly, we try to help YOU develop that unbiased person within yourself.

**CHOICES** – We assist students to increase their ability to make responsible, healthy, and informed choices, based on their individual needs and goals.

**STRENGTHS** – It is easy to become frustrated with the daily stressors of college, work, family, and peers. As situations become overwhelming, we sometimes have a tendency to focus on our negatives. Another role of the counselor is to challenge the client's blind spots and help each become reacquainted with personal strengths.

## About Our Staff:

The director and assistant director of the C/SDC are licensed mental health professionals. Staff counselors along with trainees from master's and doctoral level programs also provide counseling services under the supervision of the licensed clinical staff.

**To Make an Appointment:** Call 570.348.6245 or stop by Room 1017 in the McGowan Center for Graduate and Professional Studies.

Office hours are 8:30 a.m.-4:30 p.m., Monday-Friday. (Other hours are available by appointment and 24-hour emergency contact is available during the academic year).

Counseling Sessions generally last about 50 minutes for individual therapy. An intake is the first appointment scheduled with the C/SDC. During this session, the counselor and client assess the concerns, needs, and goals presented and explore avenues for resolution.

## For More Information

### COUNSELING/STUDENT DEVELOPMENT CENTER

McGowan Center  
Room 1017  
2300 Adams Avenue  
Scranton, PA 18509

**PHONE** 570.348.6245  
**E-MAIL** [csdc@marywood.edu](mailto:csdc@marywood.edu)  
**WEB** [www.marywood.edu/csdc](http://www.marywood.edu/csdc)



Peers on Wellness table at “Release the Light”, Sexual Assault Awareness Fair