The Counseling Center offers counseling services to anyone who is currently enrolled and registered as an undergraduate or graduate student at Baruch College. Baruch faculty, staff and alumni may be seen for consultation and referral. Non-degree and non-matriculated Baruch students are also seen for consultation and referral.

Who can use the Counseling Center?

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What type of services are offered at the Center?

**Short-Term Individual Psychotherapy:** Weekly one on one counseling sessions that focus on personal issues and concerns.

**Group Therapy:** Counseling in a group setting of peers designed to develop socialization skills.

**Psychiatric Consultations:** Designed for students who may benefit from medication or a psychiatric evaluation in addition to counseling.

**Referral:** Consultation sessions that offer recommendations for more long-term and specialized care.

**Crisis Counseling:** Walk-in service for students who feel they are a danger to themselves or others or who may have experienced a traumatic event.

**Testing Evaluation:** Psychological assessments that can help determine treatment plans and accommodations.

**Performance Enhancement Consultations:** One-on-one consultations to reduce anxiety associated with sports, public speaking, test taking and more.

Baruch College Counseling Center Staff Members

Teresa Hurst, Ph.D., Acting Director

Jael Amador, Ph.D., Student Psychological Counselor

Alexander Levine, Psy.D., Trauma Counselor

Gavin Shafron, Ph.D., Prevention Coordinator

Elizabeth Ruggieri, M.P.A., Administrative Coordinator

Robert Kayne, Psy.D., Clinical Supervisor

Jairo Fuertes, Ph.D., Clinical Supervisor

Stacie Kessler, Psy.D., Clinical Supervisor

Elizabeth Merrick, Ph.D., Clinical Supervisor

Nancy Ziehler, Ph.D., L.M.H.C., Psychological Counselor

Jung Rok Shin, Psy.D., Psychological Counselor

Jnee Hill, L.M.S.W., Psychological Counselor

Ria Brown, L.M.S.W., Psychological Counselor

Ruth Wong, Psy.D., Psychological Counselor

Baruch College Counseling Center
137 East 25th Street
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New York, New York 10010
Phone 646-312-2155
Fax 646-312-2156
counseling@baruch.cuny.edu
www.baruch.cuny.edu/studentaffairs/counselingcenter.htm
The Counseling Center helps students to define and achieve their personal and academic goals. The Counseling Center can help you to:

- Recognize what is upsetting you
- Clarify your goals
- Focus on your studies
- Find ways to deal with difficult situations
- Improve your relationships

Counselors work with students on a wide variety of personal issues. Some of these concerns include:

- Anxiety (e.g., related to public-speaking, test-taking, sports, social interactions)
- Depression and suicidal thoughts
- Relationship or family issues
- Grief and loss
- Relationship to alcohol and drugs
- Academic performance
- Loneliness and homesickness
- Stress
- Self-esteem and feelings of inadequacy
- Interpersonal violence
- Histories of trauma and abuse
- Time management
- Eating disorders
- Sexuality and gender identity questions
- HIV and other sexually transmitted infections
- Adjusting to a new country and/or lifestyle

The Counseling Center is one of several units within the Division of Student Affairs. We offer individual and group counseling to the Baruch community. Our culturally sensitive services are all confidential and free of charge.

In addition to one-on-one counseling sessions and group sessions, the Counseling Center offers workshops, presentations, and discussion groups. Topics of previous workshops have included mental health stigma, stress reduction, test anxiety, and LGBTQA awareness.

The Counseling Center is located on the 9th Floor at 137 East 25th Street (Annex Building). The office’s regular hours of operation are 9 AM to 5 PM, Monday through Friday. Contact the Counseling Center at (646) 312-2155 or by email at counseling@baruch.cuny.edu during our regular hours to schedule an appointment.

*NOTICE: Please be aware of construction at the front entrance of the building. Proceed to the temporary entrance at 138 East 26th Street. When you get to the 9th Floor, follow the hallway down to the front desk and check in.