

THE COUNSELING CENTER AT BARUCH COLLEGE

What is the Counseling Center?

The Counseling Center is one of several units within the Department of Student Development and Counseling at Baruch College. We offer individual and group counseling to the college community. Our services are all confidential and free of charge.

The Counseling Center is located at 137 East 25th Street (the Annex) in room 927. The office's regular hours of operation are 9 am to 5 pm, Monday through Friday. However, the Center also has office hours after 5 pm several days a week. Call the Counseling Center at 646-312-2155 during our regular office hours, to schedule an evening appointment.

What is Counseling?

Talking with a counselor is different from talking to a friend, relative, or teacher. Counseling is a form of professional help in which a person has an opportunity to take a more objective look at his/her life. Counselors are trained to be objective unbiased listeners. They can help you get to the root of what is bothering you –they can help you help yourself.

Counselors are also trained to deal with a variety of crisis situations (such as suicide, rape, and sexual harassment) and have an extensive referral network of mental health professionals in the New York City area to ensure students get the help they need.

Counseling tends to be focused on specific problems and concerns and is usually short-term. Counseling is also similar to psychotherapy and tries to understand how current stress, personality features, and past experiences interrelate.

What does the Counseling Center do?

The Counseling Center helps students to define and achieve their personal and academic goals. The Counseling Center can help you to:

- Recognizes what is upsetting you
- Clarify your goals
- Focus on your studies
- Make decisions about you future
- Find ways to deal with difficult situations and relationships

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

- Problems with relationships
- Conflicts about sexuality
- Time management
- Substance abuse
- Family problems
- Eating disorders
- Test anxiety
- Difficulties with academic achievement
- Cross-cultural issues
- Stress
- Feelings of inadequacy, depression, and loneliness
- AIDS and sexually transmitted diseases
- Difficulties adjusting to a new country and/or lifestyle
- Homesickness

In addition to one-on-one counseling sessions and group sessions, the Counseling Center offers workshops, video screenings, and discussion groups.

Topics of previous workshops have included assertiveness, time management, stress reduction, test anxiety, international student issues (including acculturation), eating disorders, and gay and lesbian issues.

Who can use the Counseling Center?

The Counseling Center offers professional counseling 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.

What types of Counseling are offered at the Center?

Personal Counseling

This type of counseling typically deals with personal and interpersonal or relationship problems. This brochure has primarily described the personal counseling process.

Group Counseling

This type of counseling typically deals with discussing issues as a group.

Where is the Counseling Center located?

This extremely valuable resource can be found at the following location:

- **The Counseling Center**
137 East 25th Street, Room 927
(The Annex Building)
Phone: 646-312-2155

We are staffed by licensed professional psychologists, supervised trainees, and psychiatrists.

Dr. David Cheng, Director
Dr. Caroline Kasnakian, Assistant Director

Dr. Michelle Berniker
Avivit Fuchs, MD
Dr. Jairo Fuertes
Dr. Toni Heris
Anthony Liotta, ACSW
Dr. Elizabeth Merrick
Barrie Rosen, M.A.
Juilet Ross, M.A.
David Woo, MD
Dr. Nancy Ziehler

- **Find us on the WEB at:**
<http://www.baruch.cuny.edu/studentaffairs/counselingCenter.htm>

- **Or by e-mail at:**
Counseling@baruch.cuny.edu

There are seeds of happiness planted in every human soul. Our mental attitude and disposition constitute the environment in which these seeds may germinate.

--DAVID O. McKAY

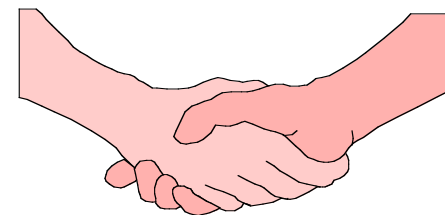
Are there other student support services available at Baruch?

Yes. Here is a list of some of those services and their campus locations and phone numbers:

- **Dean of Students Office;**
Vertical Campus, Room 2-255
646-312-4570
- **Office of Services for Students with Disabilities**
Vertical Campus, Room 2-272
646-312-4590
- **Helpline**
Vertical Campus, Room 3-241
646-312-4752
- **International Student Services Center**
137 East 25th Street (the Annex)
3rd Floor
646-312-2050
- **Office of Student Life**
Vertical Campus, Room 2-215
646-312-4550
- **Career Development Center**
Vertical Campus, Room 2-150
646-312-4670
- **Center for Advisement and Orientation**
Vertical Campus, Room 5-215
646-312-4260



The Counseling Center



Helping You Succeed

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counseling@baruch.cuny.edu

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