Counseling Office easy-to-use web site

The Counseling Office’s website has information about:

- What happens in counseling
- Groups and workshops
- Getting counseling help for yourself
- Making referrals for someone else
- Information about services for faculty and staff
- Staff profiles

Organized with a streamlined look, it provides easy access to important information for both students and staff.

Check it out at www.neiu.edu/counseling

A student discloses a traumatic event, seems increasingly depressed or withdrawn... Who do you call?

A student discloses a traumatic personal history, a recent experience of violence, or another worrisome situation. You are concerned about the student’s welfare... Who do call for help or for advice?

That depends on the nature of the situation, but here are some general guidelines:

- **Immediate danger?** Call University Police (x5511), who can assist individuals in immediate danger. They can also provide important information for students dealing with domestic violence, or situations involving orders of protection.

- **Support and counseling as a result of violence or previous trauma?** Call the Counseling Office (x4650), where trained counselors can help students deal with their feelings and reactions to traumatic events in their personal lives. Counselors can also help students work through issues in current relationships or find referrals for additional care if needed.

- **Turbulent personal history?** Call the Counseling Office (x4650), where students can meet with counselors individually or in group counseling, to work to develop healthy, balanced and safe coping strategies.

- **Not sure what’s going on with a student?** Contact the Behavioral Concerns Team (www.neiu.edu/~bct), who can triage the situation and make appropriate recommendations to best address your students’ needs.
New staff in the Counseling Office

There have been some changes in the Counseling Office’s staff since last year, some old friends have left and some new members are on board working for students. Both Dr. Beth Pullen and Mr. William Speller retired over the summer and will be sorely missed. To help manage the transition last year’s postdoctoral fellows will be staying on during the new year, with enhanced responsibilities:

- **Fabiola Montiel, PsyD.** earned her doctorate from the Chicago School of Professional Psychology, completed her internship at NIU’s Counseling and Student Development Center and her postdoctoral year here at Northeastern. During the coming year, along with her clinical duties, she will **coordinate the Counseling Office’s outreach efforts**. To discuss the possibility of having a counselor make an outreach presentation in your class or for your organization, contact Fabiola at ext. 4655.

- **Miki Koyama, PhD,** received her doctorate in Counseling Psychology from Western Michigan University. She completed her internship at UIC’s Counseling Center and her postdoctoral year here at Northeastern. This coming year, in addition to her clinical duties, Miki will **coordinate the counseling and therapy group offerings** we provide for Northeastern students. To explore the groups we are currently offering or to suggest a group for a currently unserved need, contact Miki at ext. 4658.

Many of the individuals in the Counseling Office who work with students are completing their pre-and post-doctoral psychology training here in our Counseling Office. Our new clinicians this year are:

- **Rahan Ali, PhD,** (Postdoctoral Psychology Fellow) Dr. Ali received his doctorate in Clinical Psychology from Bowling Green State University in Ohio. Prior to coming to Northeastern, He has taught in the psychology department of the University of Pennsylvania and Pennsylvania State University. He primarily works within a cognitive-behavioral framework, with elements of emotion-focused and brief solution-focused approaches. His clinical interests include anxiety disorders, trauma, depression, life transitions, and relationship issues.

- **Stacey Arnswald, MA,** (Predoctoral Psychology Extern) comes to us from Argosy University, Chicago Campus, and is completing a doctoral degree in Clinical Psychology. She has previous experience working with adults and teenagers in a variety of therapeutic settings. Her areas of interest include: individual psychodynamic psychotherapy, group psychotherapy, and couples counseling.

- **Noah Bach Bar-Tura, MA,** (Predoctoral Psychology Extern) is a student at the Chicago School of Professional Psychology, where she is working towards a doctoral degree in Clinical Psychology. Her areas of interest include psychodynamic psychotherapy, relational difficulties, mood and anxiety concerns, immigration experiences, and coping with life transitions. She is bilingual (Hebrew/English).

- **Amy Schau Hammes, MA,** (Predoctoral Psychology Extern) also from the Chicago School of Professional Psychology, where she is working towards a doctoral degree in Clinical Psychology. Her areas of interest include psychodynamic psychotherapy, relationships, self-reflection, and mental health awareness in the community.

- **Sujata Swaroop, M.A.** (Predoctoral Psychology Extern) completed an externship here at Northeastern last year. She is back for an advanced externship for the 2011-12 school year. Sujata is working towards a doctoral degree in Clinical Psychology from the Chicago School of Professional Psychology. Her areas of interest include positive psychology, international psychology and global human rights, multicultural identity formation, phenomenological theory, and group psychotherapy.

How to contact us

Contact the Counseling Office by phone at **ext 4650** (or **773.442.4650** from off-campus) or by stopping in to the office (D-024).