

[www.jtsa.edu/counseling](http://www.jtsa.edu/counseling)

(212) 280-6161

#### THE COUNSELING CENTER OFFERS

- Free and Confidential Counseling
- Psychotherapy
- Psychiatric Referrals
- Faculty Consultation
- Personal Coaching
- Career Interest Testing
- Workshops

#### HOW DO I GET STARTED?

You can arrange to meet with a member of the Counseling Center staff by calling Dr. David Davar at 6161 or (212) 280-6161 from outside JTS.

Visit us at [www.jtsa.edu/counseling](http://www.jtsa.edu/counseling)



#### The Counseling Center

David A. Davar, PhD, Director  
Carol H. King, LCSW, Senior Clinician  
Anne Fox, PhD, Senior Psychologist  
Brush 404

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(212) 280-6161



## The Counseling Center of The Jewish Theological Seminary

Brush 404

(212) 280-6161



# IT'S NORMAL

to need someone objective to talk to.

Like everyone, graduate and undergraduate students face difficult life transitions and circumstances, experience painful emotions, and need assistance in

developing clear and meaningful goals.

The Counseling Center has a highly trained professional staff to help students cope with a wide variety of

educational, adjustment, spiritual, and mental health concerns.

## PERSONAL COUNSELING

Our multidisciplinary team of psychologists and social workers are glad to talk with you about any issue causing you concern or distress. No problem is too big or too small! Some common concerns include anxiety, depression, loneliness, eating issues, concerns about sexuality, spiritual concerns, alcohol, drugs, sexual assault, assertiveness, relationships, shyness, academic problems, anger management, time management, test taking, indecision, and career goals.



## LENGTH OF COUNSELING

Depending on the nature of the concern, counseling may be one session, short-term, or long-term. In some cases, a referral to a specialist may be useful.

## PERSONAL COACHING

The Counseling Center offers a limited number of personal coaching appointments each semester. Personal coaching involves a process centered on setting goals of specific life skills to be developed and enhanced. Examples of such goals include organization, study skills, time management and procrastination, communication skills, and interpersonal skills. Personal coaching is short-term and focused.

## CONFIDENTIALITY

What you talk about with your counselor is strictly confidential. That means we will not inform your parents or professors of what you discuss during sessions. If you want any of this information to be released to anyone outside the Counseling Center, you must give your written permission. Furthermore, your counseling records will never become part of your academic or administrative records at JTS. There are limits to confidentiality, having to do with risk to your safety or the safety of others—these exceptions will be explained to you fully.



## TO GET STARTED

To make an appointment, call Dr. David Davar at 6161 inside JTS or (212) 280-6161 from outside JTS. It's that simple!

## EMERGENCIES

If you or a friend has a psychological emergency after business hours, on the weekend, or on a holiday, please call Columbia's on-call clinician at (212) 854-9797.

In addition, for residents of Brush, Goldsmith, or the Mathilde Schechter Residence Halls, the security officer at the front desk of your residence hall can connect you with the Residence Life staff member who is on call from 5:00 p.m. to 9:00 a.m.

In a life-threatening emergency, call 911. If on campus, call 911 and also notify JTS Security at (212) 678-8888 (x8888 from a JTS phone). Or go to the nearest Emergency Room. The one closest to JTS is St. Luke's-Roosevelt Hospital Center at 113th Street and Amsterdam Avenue.



## GOT QUESTIONS?

- **Visit our website at [www.JTSA.edu/counseling](http://www.JTSA.edu/counseling).** You can take the online self-assessment. Use the Internet to privately and anonymously self-screen for possible problems, including depression, anxiety, alcohol use, and eating disorders.
- **Call us at (212) 280-6161**