

CONFIDENTIALITY

All communications between the student and psychologist will be held in confidence and will not be revealed to anyone unless the student gives written authorization to release the information. A copy of the release form is available from Counseling Services.

There are legal and ethical exceptions to confidentiality which require that Counseling Services staff take responsible action. The exceptions to confidentiality are reviewed during the initial appointment.

Counseling Records

Counseling Services documents are not part of a student's educational records. In addition, no one has access to them except the staff members of Counseling Services.



COUNSELING SERVICES

**125 Route 340
Sparkill, NY 10976
Tel: 845-398-4065
Fax: 845-398-4151**



Website: www.stac.edu/stulife/psych.htm

COUNSELING SERVICES

The Office of Counseling Services is a component of the Office of Student Life. Counseling Services offer a wide range of services to the St. Thomas Aquinas College community including counseling, crisis intervention, consultation, assessment, outreach, and training programs. Counseling Services is located on the upper level of the Romano Student Alumni Center and is open 9 a.m. to 5 p.m. Monday through Friday, when the college is open. In addition, evening hours are available. Stop by Counseling Services or call 845-398-4065 to make an appointment.

INFORMATION ABOUT COUNSELING

Counseling is a process by which people who are dissatisfied with some aspects of their lives discuss their concerns with a trained professional to gain greater insight into their situation, develop more effective ways of responding to life experiences and stress, and learn to implement more adaptive ways of resolving problems. Counselors typically do not give advice or make decisions for students; rather they ask questions and make comments to help the individual understand oneself more fully, make one's own choices, and become more self-reliant.

COUNSELING & REFERRAL SERVICES

The Office of Counseling Services offers time-limited counseling sessions with a qualified mental health professional to matriculated students of St. Thomas Aquinas College enrolled in at least 6 credits during the current semester. Students that are determined to require long-term, intensive treatment and/or who present with issues that require services beyond the scope of the office will be referred to appropriate treatment services off-campus. Referrals are also provided for students who opt to seek outside services.

CONTACT INFORMATION

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Director of Counseling Services

Louis M. Muggeo, Psy.D.
Licensed Clinical Psychologist

EMERGENCIES

There is no guarantee that a counselor will be available during or outside of normal business hours. Should a crisis or emergency situation arise and Counseling Services staff is not available, students on campus are encouraged to call Campus Security at extension 4080 for emergency support. On-campus residents may also contact a member of the Residence Life staff. Additional resources in the community for all students include:

- 911
- Rockland Crisis Services - (845) 364-2200
- Rockland Suicide Hotline - (845) 354-6500
- Bergen County CarePlus NJ - (201) 262-HELP (4357)

CONSULTATION AND OUTREACH

Counseling Services is also available for consultation to college faculty, administration, and departments for issues related to mental health, counseling, and performance. Counseling Services staff can also make presentations and provide training on a wide variety of topics.