

## CAPS Staff Members

- ◆ **Hue-Sun Ahn , Ph.D.**  
Licensed Psychologist,  
Coordinator of Referrals and Resources
- ◆ **Kathy Ertel, MA, NCC**  
Licensed Professional Counselor,  
Coordinator of Programmatic Evaluation
- ◆ **Carol Evangelisto, MA, NCC**  
Licensed Professional Counselor,  
Coordinator of Clinical Training
- ◆ **Mark J. Forest, Ph.D.**  
Licensed Psychologist, Director
- ◆ **Mike Gross, Psy.D.**  
Licensed Professional Counselor,  
Coordinator of Peer Education Program
- ◆ **Eileen Kurowski, Psy.D.**  
Licensed Psychologist, Assistant Director
- ◆ **Margarita Leahy, NCC, LCADC**  
Licensed Professional Counselor, Case Manager
- ◆ **Robbin Loonan, MA, NCC**  
Licensed Professional Counselor,  
Coordinator of Outreach and Prevention
- ◆ **Rebecca Meinke, MD**  
Consulting Psychiatrist

### Office Support Staff

- ◆ **Pat Hamill**
- ◆ **Ashley Denti**

## FAQ

*Do I have to have a serious psychological problem to come to Counseling and Psychological Services?*

No. Students come to Counseling and Psychological Services (CAPS) to discuss a wide range of problems. Some do have more serious psychological difficulties. Students are encouraged to come in to discuss any type of concern — roommate difficulties, loneliness, lack of self-confidence, procrastination, sexual orientation and gender identity concerns, grief, and cultural/ethnic issues.

*Will anyone be told that I have come to CAPS?*

No. CAPS has a strict confidentiality policy and will not release information regarding contact with a student without permission from the student except in a serious psychiatric emergency. It is the student's right to choose whether to discuss their coming to CAPS with parents, friends, academic advisors, or prospective employers.

*What happens when I complete my brief, individual counseling?*

For students who request or can benefit from additional counseling, we provide referrals to appropriate agencies and private practitioners in the local community. There are no session limits to **group counseling**. Emergency care is always available during business hours.

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# Counseling And Psychological Services

The College of New Jersey  
Eickhoff Hall, Rm 107  
Ewing, NJ 08628-0718  
(609)771-2247  
CAPS@tcnj.edu  
<http://caps.pages.tcnj.edu>



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**T**he mission of Counseling and Psychological Services (CAPS) is to support the academic goals of The College by assisting students with personal challenges that interfere with their academic progress.

We encourage students to attend to all of their developmental needs, whether they be academic, personal, physical, interpersonal, social, or spiritual.

Toward this end, we provide an environment that is safe, confidential, and supportive. Our work is guided by the ethical and practice standards of our professions, with the goal of providing the best services possible.

## Counseling Services Available

CAPS offers free, brief counseling and related services to TCNJ students. Services are confidential; no record of counseling appears on the student's permanent academic record.

- **Group Counseling** - Counseling and support groups assemble each semester according to interest and group member availability. Group attendance is not time-limited. All requests for services are first considered for potential group membership in one of our many groups. Unlike with individual counseling, group attendance is not time-limited.

- **Individual Counseling** - Utilizes a brief counseling model in order to accommodate the many students who request our services. Brief counseling focuses on the issues or concerns at hand, for resolution of a particular problem. If on-going, continuous therapy would be helpful (or has been helpful in the past), CAPS will assist the student with the referral process to an outside provider.
- **Crisis Intervention and Evaluation** - Available as needed.
- **Workshops**- Several week sessions focused on learning new skills about a specific topic.
- **Psychiatric Evaluation** - Referral for evaluations and prescriptions are made through your CAPS therapist.
- **Referral** - For those concerns not well matched to a brief model, we offer referrals to local agencies and private practitioners.
- **Peer Education** - CAPS Peer Educators are trained student advocates who are available for information, support, and referrals. They provide informational workshops and wellness programs.

**Confidentiality is strictly maintained in accordance with all applicable laws and professional ethical codes.**

## Positive Psychology, Wellness, and You

What is Positive Psychology? It's a term coined by psychologist Martin E.P. Seligman, and a movement in psychology which emphasizes what is right with people rather than what is wrong with them. Psychology tends to be about negative things - anxiety, depression, stress. It is typified by use of the DSM-5, a systematic categorization of mental illnesses.

Positive psychology is an approach that works toward a balanced view of humans, and encourages psychologists to assess and further develop positive aspects of life, not just to remedy negative things. One of its main goals is to develop the type of strengths and virtues that are found in the happiest people... an "anti-DSM model."

At CAPS we attempt to use learnings from positive psychology in all we do, whether individual counseling, group counseling or programming on wellness topics.

## Hours and Appointments

CAPS is open from 8:30 am to 4:30 pm weekdays. Appointments may be made by coming to CAPS and completing a "Request for Services Form." Forms can also be found at: <https://tcnj.medicatconnect.com/>

Most students are seen within a week of contacting the office. However, during peak times (such as exam periods) there may be a somewhat longer wait. A student with an urgent problem can be seen the same day.

**For after-hour emergencies, contact the Capital Health System - Fuld Campus at (609) 396-HELP, Campus Police at 911, and/or a Residential Education staff member.**