

AVENUES FOR FORMATION (continued)

The Counseling Website

Check out links on the Student Counseling webpage (www.ptsem.edu/studentcounseling) for information about counseling, spiritual direction, helplines, confidential mental health screenings, descriptions of groups and seminars, self-assessment and career discernment tools, 12-step meetings, apps, and descriptions of all the resources in the Counseling Lending Library in Templeton 301.

Self-Care and Wellness Assessment

The “PTS Self-Care and Wellness Assessment” which includes a goal-setting tool is on the counseling website along with a new “Personal Formation Wheel.” These help you identify areas of strength as well as desired change related to physical, spiritual, psychological, and relational wellness. Students and spouses can use these on their own, with a “Formation Friend” in a small group, or with the Wellness Life Coach or a counselor.

Confidentiality

Information shared in counseling is confidential. In the rare event that injury to self or to others is an “imminent danger”, a therapist must take appropriate steps to ensure safety, which may require breaking confidence. On-campus therapists communicate with each other as needed.

“It is good to have an end to journey towards, but it is the journey that matters in the end.”

-Ursula LeGuin

PSYCHOLOGICAL CRISES

Always call 911 if there are serious medical concerns or any risk to people or property.

Please seek help from PTS Security, especially after hours:

Main Campus: 609.273.9727

CRW Campus: 609.273.9726

During business hours, call 609.497.7891 or 609.497.7844, or come to Templeton 301 and let staff know there is a crisis. After hours, call the security phone numbers above. A Security Officer will come to the person in crisis and contact the Director of Student Counseling or an administrator on the Psychological Crisis Response Team to provide support and guidance.

Local Crisis Hotlines (24 hours)

609.896.2120 or 4434

609.585.2244

Princeton Police: 609.921.2100

West Windsor Police: 609.799.1222

To reach the Director of Student Counseling,
email:

nancy.schongalla@ptsem.edu



This brochure reflects current practices,
but fees may be subject to change.

Student Counseling

at

Princeton Theological Seminary

2017–2018



Sifting life's sand,
finding God's grace...

ON-CAMPUS COUNSELING

Counseling and Referrals

Counseling for students, spouses, and couples begins in Templeton Hall 301 with the Director of Student Counseling, Rev. Nancy Schongalla-Bowman. Two free sessions facilitate assessment, referrals and crisis management. Counseling may continue on campus with Nancy, or with Wellness Life Coach, Julie Collins, or with counselors, Maggie Furniss and Ryan McMillian. On-campus consultation or management related to mental health medication is possible at \$25/visit with Lynn Shell, PhD, an Advanced Practice Nurse. All on-campus staff encourage healthy habits and work holistically, making space for the wisdom of mind, body, and spirit. Referrals may also be made to Trinity Counseling Service or into the Student Health Benefit Plan Network.

Making an Appointment

To schedule a session, fill out the intake forms on the counseling website or come to Templeton Hall 301 to complete them. The student's account is billed \$10 per session for eight subsequent sessions. Beyond ten sessions, the fee rises incrementally to cap at \$25 per session. No one will be denied services for lack of funds. Most sessions last 45-50 minutes. If you have questions, please call 609.497.7844 or email nancy.schongalla@ptsem.edu.

Issues

Many issues prompt a desire for individual or couple counseling, such as stress, loss, anxiety, depression, sexuality, relationship challenges, and loneliness. One need not be in crisis to benefit from counseling, spiritual direction, or life coaching.

Vocational Self-Exploration

On campus counselor Maggie Furniss offers individuals a 4-session module of career and vocational discernment using a variety of assessments, activities, and resources. On-campus counseling fees apply.

OFF-CAMPUS COUNSELING

Trinity Counseling Service

TCS, at 22 Stockton Street (609.924.0060), provides counseling for individuals, couples, and families. TCS has evening and Saturday hours. While enrolled at PTS, students or couples are eligible for up to 30 counseling sessions subsidized by the comprehensive fee, beginning with a \$15 copayment and ending at \$25. The copayment for those in the Student Health Benefit Plan (SHBP) is \$15 for all sessions with no plan limit. Spouses and children are not eligible for Seminary-subsidized counseling but TCS works with many insurance companies and has a sliding scale. A referral to Trinity from the Director of Student Counseling is not required but may be helpful. When calling TCS for a first session, identify yourself as a PTS student.

Specialty Counseling In-Network Providers

Students and spouses enrolled in the SHBP have access to a large pool of additional local therapists who have expertise in a variety of therapeutic approaches and have specialized training for many different issues. Some are ordained; the group is ethnically diverse; and two provide medication consultation and management. A referral from the Director of Student Counseling is needed.

The SHBP-covered student or spouse pays a \$25 copayment. There is no session limit per plan year. A new referral form from the Office of Student Counseling is required every September 1st to continue seeing an SHBP counselor from a prior year. The plan includes a benefit for off-campus groups led by SHBP providers and a benefit to test for ADD, Dyslexia and other learning disabilities.



FURTHER AVENUES FOR FORMATION

Individual and Group Spiritual Direction

Individual spiritual direction is available for students and spouses on and off campus. Directors are trained companions on the journey of faith. Monthly sessions bring head and heart together and support listening for God, Directees discernment of call, sensing God's presence and love; and issues of grace and forgiveness. They may enjoy silence and try new spiritual practices. Participants in the SHBP pay \$10–\$15/session. For others the fee may be \$25/session. Financial aid is available.

Group spiritual direction and Art of Discernment groups include 4-5 students or spouses and a director who meet every other week for a semester or more. The cost is \$10 per meeting for everyone. Information is available in Templeton Hall 301 and on the counseling website.

Groups, Seminars, and Workshops for Support and Skill-Building

Groups and seminars offer a unique formation experience for students and spouses. They are led by on-campus, TCS and SHBP counselors on topics such as stress and emotion regulation, sleeping well, procrastination, ADD, relationship enrichment, mindfulness meditation, spirituality and creativity, overcoming compulsive behaviors, parenting, depression, and anxiety. Some are free, and others have a \$10 copayment. Financial aid is available.

Wellness Life Coaching

Wellness Life Coaching is an alternative or an adjunct to counseling and/or spiritual direction. On-campus Life Coach Julie Collins provides guidance, support, tools and accountability for making lifestyle changes such as healthier eating, regular exercise, managing time effectively, getting better sleep, or dealing with chronic health challenges, etc. Students who meet with Julie regarding wellness habits eight or more times individually or in a group, over one - two years, regarding their wellness habits, can receive a certificate of recognition for "Developing a Healthier Lifestyle."