GUIDELINES FOR ON-CAMPUS COUNSELING 2015 – 2016 (Please keep)
PRINCETON THEOLOGICAL SEMINARY

1. Scheduling Appointments – Handling Emergencies
If you are new to on-campus counseling, please fill out the 4 intake forms on the table to the left of Ms. Teresa Heyer’s window in Scheide Hall. When returning to on-campus counseling you need to update some of the forms. Appointments are made by email or phone. If you are in a crisis during the day come right to Scheide Hall. At night, please call a security officer at 609-273-9727 or 9726 and an administrator from the psychological crisis team will help you.

2. Fee, Number of Sessions, & Cancellation Policy
The first two sessions are free and focus on assessment, referrals, or emergency management. If on-campus counseling continues, a fee of $10 applies, increasing to $15 at session #11 and $25 at #20. To ensure greater access to on campus resources, referrals will be provided if counseling should continue beyond 25-30 sessions or longer than a year. There are often reasons someone would be better served at Trinity Counseling Service or through the SHBP Counseling Network than on campus. Counseling and wellness life coaching fees are charged to student accounts and will be apply with less than 24 hours’ notice of cancellation except for illness and emergencies. This policy encourages good stewardship and discourages forgetting! While termination of counseling is best done collaboratively, one can withdraw from treatment at any time without consequence. The director of student counseling helps with new or additional referrals for therapy, groups, spiritual direction and wellness life coaching. No one will be denied services for lack of funds.

3. Punctuality and Protocol:
If you arrive early, please make yourself comfortable in the waiting area. If you are meeting with the director of student counseling, Nancy Schongalla-Bowman, and her door is closed at the time your session is to begin, please knock to let her know you are there, as she may be on the phone. We value your time and try to be punctual. However, on occasion a session will need to start a few minutes late or be rescheduled due to an emergency. We will give as much notice as possible of such changes. Most sessions last 45 – 50 minutes.

4. What You Can Expect From Counseling:
Counseling provides a safe setting in which to explore many things including emotions, needs, hopes, wounds, strengths, experiences, challenges, relationships, issues of faith and call, etc. Initially, the healing process may bring discomfort as one reconsiders experiences and tries new behavior. Self-understanding and a sense of abundance increase through the resolution of feelings, issues, and patterns which have limited one’s joy, flexibility, efficacy, or positive relationships, including one’s relationship with God. Because therapy is a collaborative process it is important to address anything that hinders the deepening of trust in the therapist-client relationship. Shared wisdom, non-judgment, curiosity, motivation, and the guidance of the Holy Spirit are among many elements that contribute to a positive counseling experience.

5. Confidentiality:
Information shared in counseling is confidential. However, in the rare event that injury to self or to others is an “imminent danger,” therapists take appropriate steps to ensure safety, which may require breaking confidence. In non-emergencies, if you would like your therapist to speak with another therapist, a psychiatrist, or a PTS administrator, you must sign a release of information form. Referrals to off-campus therapists include a release to facilitate a good therapeutic match.

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(Please see additional information on back of this sheet and on the Student Counseling Website.)
ON CAMPUS THERAPISTS

Nancy Schongalla-Bowman has served as Director of Student Counseling at PTS since 2000 and her office is in Scheide Hall. A licensed marriage and family therapist, Nancy graduated from PTS, is ordained in the United Church of Christ, and has served in various ministry contexts. Nancy was trained at Council for Relationships in Philadelphia where she worked as a clinician and taught and supervised in the clergy track. Nancy integrates many approaches in her work with individuals and couples and has advanced training in traditional and less traditional therapies such as Hakomi Therapy, EMDR, Gestalt Therapy, Inner Bonding, The Sedona Method, HeartMath, and Emotionally Focused Therapy. Nancy is open to praying with students and often recommends spiritual direction as an adjunct to counseling. She organizes seminars, self-assessment events, and support groups and makes referrals to the on-campus therapists below and counselors in the SHBP Network. She can assist with a referral to Trinity Counseling Service although referrals are not required. She can answer questions about spiritual direction.

Maggie Furniss holds an M.A. and Ed.S. degrees in Clinical Mental Health Counseling from Rider University. She is a Licensed Associate Counselor and a National Certified Counselor. Maggie has a background in fine arts and has training from the Gestalt Institute and the Psychodrama Institute and she enjoys incorporating expressive arts techniques into counseling. Maggie's approach to counseling focuses on exploring with clients how we are both creations and creators of our circumstances and she believes that the collaborative process of therapy can be helpful in developing new and healthier thinking patterns and behaviors. She has a particular interest in working with students who are experiencing difficulties with adjustments, depression, anxiety, life transitions, and performance anxiety. Maggie sees students and spouses in Adams House, across from the PTS library.

Julie Collins is a Certified Hakomi Body-Centered Psychotherapy Practitioner, as well as a Certified Holistic Health Coach. She has a B.A. and M.A. in Somatic (mind-body) and Holistic (whole-person) Health and Wellness. Additional somatic and mindfulness-based training, both basic and advanced, include Sensorimotor Psychotherapy (for working with trauma), the Re-Creation of the Self Model, through M.E.T.A.; Authentic Movement and Motional Processing (movement-based expressive art methods); as well as hatha yoga and mindfulness meditation. Drawing from these approaches, Julie creates a safe and collaborative environment, and an individually tailored pathway for self-awareness, learning, and personal transformation. She helps people gain freedom from limiting patterns of thinking and behavior, and helps them create lasting change for greater satisfaction and effectiveness in health, relationships, and work. Julie sees students and spouses in the Chapel basement Counseling & Spiritual Direction Office.

***Information is shared between the Director of Student Counseling and Maggie Furniss or Julie Collins during the referral process and as needed to support the wellbeing of students, spouses, or couples engaged in on-campus counseling. If a student shares with part-time on-campus counselors a concern that relates to Title VI or Title IX, consultation with the Director of Student Counseling will take place to further support the student and clarify options to address the situation."