

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 resources in the Counseling Lending Library in Templeton 301.

Self-Care and Wellness Assessment

The “PTS Self-Care and Wellness Assessment” and goal-setting tool is on the counseling website along with a “Personal Formation Wheel.” These help identify areas of strength as well as changes desired changes 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. Please inquire about the “Developing a Healthier Lifestyle” certificate program for all who commit to needed change in a structure of ongoing accountability and support.

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 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.
Fees may be subject to change.

Student Counseling at

Princeton Theological Seminary

2018–2019



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 she will make a referral to another PTS counselor, to Trinity Counseling Service, to spiritual direction, to a group or workshop, or into the Student Health Benefit Plan Network.

Wellness Life Coach, Julie Collins teaches a *Mindfulness Meditation Course*. Maggie Furniss offers *Vocational Discernment modules*. Ryan McMillian offers groups for *Men of Color*. Nancy organizes *Emotional Resilience* training. *Mental Health Medication* management is provided by Dr. Lynn Shell for those in ongoing counseling on or off campus. All on-campus staff encourage healthy habits and work holistically making space for the wisdom of mind, body, and spirit.

Making an Appointment

To schedule a session, fill out the intake forms on the counseling website or complete them in Templeton Hall 301. 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

Individual or couple counseling focuses on many issues 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.

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 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 TCS is not required but may be helpful. When calling TCS, identify yourself as a PTS student or spouse.

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 for different issues including substance use and eating disorders. Some are ordained and the providers are ethnically diverse. 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. There is a \$10 copayment for groups led by SHBP providers and a benefit to reduce the cost of testing for ADD, Dyslexia and other learning disabilities.



FURTHER AVENUES FOR FORMATION

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, discernment of call, sensing God's love; and may address issues of grace and forgiveness. Directees may enjoy silence and try new spiritual practices. Participants in the SHBP pay \$10-\$15/session. Others often pay \$25/session. Financial aid is available. While not employed by PTS, most directors meet on campus.

Groups for Spiritual Direction and Discernment include 4-5 students or spouses who meet with a director every other week for a semester or more. Groups can self-form. The cost is \$10 per meeting for everyone. Information is available in the counseling office and on the website.

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

Groups and seminars offer a unique formation experience for students and spouses. And are led by on-campus, TCS and SHBP counselors on topics such as stress and emotion regulation, procrastination, relationship enrichment, ADD, 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.

Therapist Assisted Online (TAO)

TAO self-help is a completely private, free, online library of behavioral health resources that includes educational modules and practice tools for self-understanding, and managing feelings, thoughts and actions. TAO is accessible 24/7 on www.ptsem.edu/studentcounseling for anyone with a ptsem email. Those in counseling can access even more TAO tools through their on-campus therapist. Please check out TAO and give us your feedback!