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University of New Haven's Counseling Center at the Forefront of Easing College Anxiety

The University's Counseling and Psychological Services Center is ready to welcome new a

AUGUST 26, 2019

By Renee Chmiel, Office of Marketing and Communications

Charles Anderson, Ph.D., ABPP (back, center) and Counseling Center staff.

The lifeblood of the University of New Haven are the faculty and staff members who dedi

Charles Anderson, Ph.D., ABPP, the University's director of counseling and psychological s

Renee Chmiel: What has the Counseling Center been doing over the summer to prepare f

Charles Anderson: This summer, we have been working on developing creative ways to in

We are working with our campus chapter of Active Minds, the nation's premier nonprofit c

Kaelea Caporuschio '20 cuddles a Malamute puppy.

RC: What services and programs will be available to students if they are feeling any stress?

CA: We always have therapists available to help students resolve anxiety symptoms through counseling.

RC: What is the Counseling Center doing differently this year to serve students?

CA: In addition to the animal assisted therapy that our therapy dog provides, we will be providing more support groups.

We are also offering alternative, holistic forms of treatment, including aromatherapy and yoga.

In addition, we will be launching new peer-led anxiety support groups beginning this fall, including a group for students with social anxiety.

Brue, the University's staff therapy dog.

RC: Students have had opportunities to interact with puppies on campus in the past – is that still the case?

CA: Last semester, we were very lucky to have 11 Malamute puppies that were old enough to be adopted.

Here's a fun fact: Can you guess how much it would cost to buy one of those Malamute puppies?

You can keep up to date on our therapy dog activities by joining our Instagram pages @dukeuniversitytherapydogs and @dukeuniversitybrue.

RC: Do you have any tips/advice for students/parents to help them adjust to college?

CA: We encourage students to become active in the many clubs, sports, and other social activities on campus.

For parents, we recognize it is also a major transition for them to send their student to college, so we offer resources to help them adjust.

RC: What else should students know about the Counseling Center's services?

CA: It's important for students to know that they never have to worry about being able to afford counseling.

Our hope is to make a conversation with us as easy and uncomplicated as possible, giving students the support they need.

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