

UMBC Counselling Resources

CBI 11/16/2020

<https://counseling.umbc.edu/>

General Services

Welcome! The UMBC Counseling Center is open and providing fully remote services due to safety considerations for the campus community during the Covid-19 pandemic. Clinicians will meet virtually with students through a secure video conference platform (WebEx).

SERVICES AND APPOINTMENTS DURING COVID-19

Regular Business Hours: 8:30 a.m. – 5 p.m., Monday – Friday

Phone number: 410-455-2472

After-Hours Support Line: 410-455-3230

<https://counseling.umbc.edu/>

General Services: Individual Counselling

How to Make an Appointment?

Contact our front desk staff at [410-455-2472](tel:410-455-2472) to set up with an appointment to talk with one of our counselors. You will be scheduled for a brief appointment (20-30 minutes) and asked to complete a few electronic forms prior to the appointment. During the appointment, your counselor will review your concerns, consider your goals, discuss counseling options and resources, and collaboratively develop a plan for the support you need. Some options may include short-term [individual counseling](#), [group counseling](#), [workshops](#), or [referral](#) to an off-campus provider.

Individual counseling provides an opportunity for you to talk with a professional about what is troubling you. We strive to help you to learn more about yourself and your situation in ways that will improve your ability to deal with your struggles.

The Counseling Center operates from a short-term model of counseling, helping students understand and problem-solve stressful situations. For students needing long-term counseling, staff will assist them to find resources.

Appointments typically last 45 minutes.

General Services: Group Counselling

How to Make an Appointment?

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Groups typically involve 1-2 counselors with 8-10 students, and they usually meet weekly or biweekly for 60-90 minutes. You control what and how much you share with the group, and we encourage you to share only when you are ready.

Group counseling provides you with a unique opportunity to:

- relate with others in a way that can increase self-awareness
- experiment with different ways of interacting
- connect with peers who have similar experiences
- improve your interpersonal relationships

A commitment to confidentiality is required for participation in group counseling.

Graduate Student Support Group

Connecting While Apart: Graduate Student Support Group is geared towards students in masters' and doctoral programs. It requires a semester-long commitment to allow group members to develop a sense of safety, trust, and group cohesion. This group is designed to provide a safe and confidential environment for graduate students to discuss the stress and challenges they're facing being in grad school during the current global pandemic. Members will also gain support for managing loneliness and social isolation, as well as other relational concerns and personal difficulties they may be experiencing. We hope that the group cultivates deep and meaningful conversations and contributes to group members' emotional wellbeing.

Day and Time: Fridays, 3 – 4:30 p.m.

Facilitators: Soonhee Lee, Ph.D. (She/her/hers) & Rebecca Lambert, M.S. (She/her/hers)

Contact: Dr. Lee at soonhee@umbc.edu or Rebecca at relamber@umbc.edu

UMBC Self-Help Book Club

UMBC Self-Help Book Club is a new and exciting group geared towards book lovers and students that value and crave self-reflection. “YOU are a BADASS” by Jen Sincero has been selected as our inaugural book. The book offers a hilarious yet inspiring way to create a life that you want to live RIGHT NOW. Come learn helpful skills through bite-sized chapters and lively discussion amongst your peers. The group will be moderated by a Counseling Center staff member using questions that both challenge and support students. This group runs for 6 weeks.

Day and Time: Wednesdays 4 – 5 p.m., Starts October 14th

Facilitator: Sam L Chan, LCSW-C (He/him/his)

Contact: Mr. Chan at slchan@umbc.edu

Women of Color Support Group

Women of Color Support Group is a semester-long group. It is specifically designed to provide students (undergraduate and graduate) who identify as women of color with a safe and confidential space to obtain emotional support and discuss stressors and challenges related to navigating social, academic, and work spaces in the face of systemic oppression, racism, and sexism. Topics we explore include self-care/boundary setting, role expectations/societal messages, and cultural/racial/and ethnic identity issues and stress.

Day and Time: Tuesdays 2 – 3:30 p.m.

Facilitators: Whitney Hobson, Psy.D. (She/her/hers) & Roshan Javadian, M. Psy. (She/her/hers)

Contact: Dr. Hobson at whobson@umbc.edu or Roshan at roshanja@umbc.edu

[View some of our past Women of Color webinar recordings.](#)

You've Got This Group

You've Got This Group is a 4-week program, based on Dialectical Behavior Therapy. It is intended to help students develop the tools that they need to cope with some of the challenges they experience in their day to day life. The program utilizes evidence-based skills and strategies designed to reduce symptoms of distress and increase positive coping strategies. Topics include mindfulness, thought as thought, emotion as emotion, and interpersonal effectiveness.

(1st round) Day & Time: Wednesdays 2:30 – 4 p.m., Starts September 23

Facilitators: Lily Kaufmann, M.A. (She/her/hers) & Jacinda Dougherty, M.S
(She/her/hers)

Contact: Lily at lkaufman@umbc.edu or Jacinda at jldoughe@umbc.edu

(2nd round) Day & Time: Mondays 1 – 2:30 p.m., Starts November 2

Facilitators: Keyaira Williams, M.S. (She/Her/Hers) & Roshan Javadian, M. Psy. (She/her/hers)

Contact: Keyaira (keyairaw@umbc.edu) or Roshan at roshanja@umbc.edu

General Services: Referrals

How to Make an Appointment?

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- Meet with students to help determine goals for therapy, access to services, and treatment history.
- Provide students with a list of providers that meet their individualized needs, are accessible, and provide services at a reasonable fee given students' financial resources.
- Help students with concerns related to insurance and coverage for mental health services.
- Provide follow-up support to students to ensure that a strong connection has been made with an outside provider.