

# UNIVERSITY COUNSELING CENTER

Shoemaker Building  
4281 Chapel Lane  
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cajoshi@umd.edu  
www.counseling.umd.edu (<http://www.counseling.umd.edu>)

**Director:** Chetan Joshi, Ph.D.

The Counseling Center which is comprised of four divisions - the Counseling Service, Accessibility and Disability Service, Research Unit, and the Testing Office - provides free and confidential counseling, consultation and treatment services to meet the mental health, academic, and disability access needs of students. To help foster healthy academic, emotional, social, and career development, a variety of services are offered, including cognitive-behavioral workshops, group counseling, short-term individual counseling, career assessment and counseling, and coordination of academic accommodation services provided by the Accessibility and Disability Service. Referral services are offered for students who are best served by community providers.

The Counseling Center is staffed by licensed psychologists and counselors. To schedule an appointment, call 301-314-7651 or visit the first floor of Shoemaker Building. An after-hours counseling service staffed by professional counselors is available for urgent mental health concerns after business hours and during weekends, breaks, and holidays. Call 301-314-7651.

## What to expect when seeking counseling services

- Students seeking counseling/therapy will be assessed by a professional counselor to determine the best fit for their needs and our services.
- Following the initial assessment, students may be offered a number of services, such as group counseling, cognitive-behavioral workshops, or individual counseling. Short-term individual counseling is only offered when it is therapeutically appropriate and the best fit for a student's needs.
- During peak service times, students seeking individual counseling may need to wait for a counselor to become available. Limited student availability and requests for specific counselor preferences (race, gender, religion, etc.) may lead to longer wait times. At peak times during the semester, students may be referred to community providers.
- The Counseling Center, staffed by professional counselors, provides training opportunities for graduate level students. Some students may be assigned to work with one of our counselors-in-training. All trainees are under close supervision by an experienced counselor or licensed psychologist.
- The Counseling Service division works in close collaboration with the Behavioral Health Service (BHS) in the University Health Center. When therapeutically appropriate, students are referred to BHS for psychiatric or medication evaluations. The Counseling Center does not prescribe medication.
- The Counseling Center does not provide long-term treatment or highly specialized services such as behavioral analysis, neuropsychology, family therapy, hypnosis, or intensive treatment for eating disorders

and chronic mental health conditions. Students with such needs may be referred to community providers.

## Counseling Center Services

### Group Counseling and Cognitive-Behavioral Workshops

<https://www.counseling.umd.edu/cs/clinical/#group>

The Counseling Center offers interpersonal psychotherapy groups and weekly theme-specific groups that address a variety of common issues, such as relationships, sexual assault, eating disorders, anxiety/stress, dissertation support, social identity, and stress management. Facilitated by psychologists and counselors, the typical therapy group size is 6 to 8 students. Three (3) hour cognitive-behavioral workshops that teach basic coping skills for managing symptoms of depression and anxiety are also available.

### Short-Term Personal and Psychological Counseling

<https://www.counseling.umd.edu/cs/>

You may be recommended to see a counselor for short-term individual counseling or couples counseling, or join one of the many counselor-led support groups.

### Career Assessment and Counseling

<https://www.counseling.umd.edu/cs/clinical/#career>

Whether you are choosing a major, changing a major, or establishing career goals, it is important to understand how your personality, values, and interests relate to your future professional goals. If you are experiencing problems with choosing a major or career indecision, you can get help with this process at the Counseling Center.

### Drop-In Hours

Unscheduled drop-in hours are available daily between the hours of 3:00 to 4:00 p.m. for students of color, LGBTQ students, student veterans, international students, and undocumented students.

### Accessibility and Disability Service

<https://www.counseling.umd.edu/ads/>

The Accessibility and Disability Service (ADS) provides reasonable accommodations to qualified individuals to ensure equal access to services, programs, and activities sponsored by the University of Maryland. The ADS office is staffed by dedicated professionals who are available to assist, consult, support, and advocate on behalf of individuals requesting disability services.

ADS provides a range of accommodations for students with disabilities, including but not limited to:

1. interpreters and transcribing services for deaf or hard-of-hearing students;
2. enlarged print and alternate text format of textbooks and written materials for individuals with print material disabilities (e.g., blind or low vision, learning disabilities and attention deficit disorders, or physical disabilities);
3. extended time and private or reduced distraction testing space for exams; and
4. assistance with access to buildings and facilities on campus as well as registration for the Department of Transportation paratransit service.

You are strongly encouraged to register early by completing a registration application located at <http://adsonline.umd.edu/>. Once completed, please call the ADS front desk at 301-314-7682 (voice and TTY) to schedule a registration appointment. For more information, students can email ADS at [adsfrontdesk@umd.edu](mailto:adsfrontdesk@umd.edu), visit the Accessibility and Disability Service on the Ground Floor of Shoemaker Building (0106 SHM), or view the ADS website at [www.counseling.umd.edu/ads](http://www.counseling.umd.edu/ads) (<http://www.counseling.umd.edu/ads/>).

Day	Hours
Monday - Friday	8:30 a.m. to 4:30 p.m.

Evening and weekend hours for testing purposes

## Research Services

<https://www.counseling.umd.edu/research/>

The Research Unit produces a variety of research briefs, publishes articles in professional journals, and present study findings at conferences and to the University campus community. Design, implementation, and analyses of the biannual University New Student Census and the Withdrawal Survey are the Research Unit's primary responsibilities. Areas of research include: student development & retention, college student basic needs (food & housing security), academic success & well-being, multiculturalism & inclusiveness, and clinical service delivery.

## Support for Parents of College Students

<https://www.counseling.umd.edu/cs/familyfriends/#consult>

The Parent Warmline is a telephone consultation resource available to parents/guardians/family members concerned about their student's adjustment at college. Counselors help callers address a range of issues and concerns.

## Testing office

<https://www.counseling.umd.edu/testing> (<https://www.counseling.umd.edu/testing/>)

The Testing Office in the Counseling Center administers career and personality tests for counseling purposes, national standardized educational tests, such as the GRE, LSAT, PRAXIS, TOEFL, CLEP, DSST and Miller Analogies, and provides proctoring services to UMD students completing courses at other institutions via distance learning. UMD students completing UMD courses for which testing accommodations are needed should contact the Accessibility and Disability Service unit.

## Counseling Center Hours

### Counseling Service Appointments

301-314-7651 (Crisis counseling available after-hours and during breaks, weekends, and holidays)

Day	Hours
Monday-Friday	8:30 a.m. to 4:30 p.m.
Summer Hours: Monday - Friday	8:30 a.m. to 4:30 p.m.

### Accessibility and Disability Service

301-314-7682

Day	Hours
Monday - Friday	8:30 a.m. to 4:30 p.m.

### Testing Office

301-314-7688