What’s new at Counseling and Psychological Services (CAPS)...

We are moving to Howard Hall! During the past three years we have seen a marked increase in the number of students receiving counseling and psychiatric services. The most frequent problems reported by students at CAPS include anxiety, depression, stress, relationship concerns, and self esteem issues. In order to meet the increased demand for services, we are excited to be moving from the Wellness Building to a larger space on the second floor of Howard Hall, where we will have the office space to add additional clinical staff. This move will take place over the summer.

CAPS will continue to serve the students and the broader campus community through a variety of programs integral to the academic mission of Florida Gulf Coast University (FGCU). We provide individual, couples, and group therapy, career counseling, consultation and referral, emergency on-call services, assessment services, student/staff outreach programs and service collaborations. CAPS also provides crisis intervention. If you have a student experiencing a crisis, you can simply have them stop by our office for an immediate triage appointment!

Our stress management group, Stress:Make it Work, has been extremely successful and we will again be offering it several times during the fall and spring semester. This upcoming fall we will be co-sponsoring career planning workshops with Career Development services. We are also collaborating with Student Health Services in regularly screening students for depression. We will continue to provide online, confidential screenings for depression, anxiety, alcohol, and eating disorders. We will also continue to work with Prevention and Wellness and Student Health Services to put on events like the Health Fair in October and Eating Disorders Awareness Week in March.

In closing, CAPS staff provide a variety of services to the campus community including individual and group client work, outreach programs, consultations, guest lectures and other psychoeducational activities. Our clinicians are licensed psychologists, mental health counselors, and closely supervised graduate students. We all have experience in working with issues facing college students and are committed to making the university experience a positive one for students. We look forward to working with you and your students! Please feel free to stop by and say hi to us in our new office!

A Message From:

Dr. Jon Brunner, Director of Counseling and Health Services

Counseling and Psychological Services (CAPS) provides an integral service supporting the holistic wellness of FGCU students. Whether it be an immediate need for someone to talk to regarding a personal concern, or on-going counseling for adjustment issues (including career counseling) or therapy for troubling emotions, CAPS is a safe and confidential place for students to deal with their individual needs. Working closely with other service areas such as Student Health Services, Adaptive Services (students with disabilities), and Testing Services, CAPS helps students “complete the university experience” within the Division of Student Affairs. We work in consultation with housing, BCAT (Behavior and Consultation Team) and other areas of the university to provide professional services which guide the health, success, and safety of our students. Please visit our website or contact us for any question regarding student wellness.
Now Offering to Faculty and Staff

QPR (90 minute training)
Like CPR, QPR (which stands for Question, Persuade, and Refer) is an emergency response to someone in a suicide crisis. QPR teaches recognition of warning signs, how to ask the suicide question, and how to get people in crisis to the resources they need. QPR can save lives.

Safe Zone (3 hour training)
This training teaches participants how to create a Safe Zone which fosters an atmosphere of support and celebration of gay, lesbian, bisexual, transgender, and questioning individuals within the FGCU community. CAPS Safe Zone workshop involves 3-4 hours for training, with a maximum of 15 individuals per training session.

Consultation
CAPS staff are available to consult with faculty and staff regarding students about whom they are concerned. Also check out our website for information about how to identify and refer students in distress.

Please keep in mind that CAPS provides workshops for students

Stress Management Training
Students will learn where stress is coming from and how to make it work for them. They will get tips on how to best manage current stress, and what changes they can make in order to avoid stress in the future. Students will also pick up some handy techniques that can be used in those stressed-out moments, such as breathing and muscle relaxation, and other options to deal with stress.

Test Anxiety Workshop Coming In The Fall
This workshop will teach students the causes of test anxiety, and will provide them with strategies and skills to help them manage their feelings in test situations.

For more information about any of the trainings and workshops above, or additional topics available, please contact the CAPS office at 590-7950.

Visit and refer students for Quick Access to Information and Screenings
http://studentservices.fgcu.edu/Counseling/

REMEmBER! We are moving!
CAPS will be relocating to the second floor of Howard Hall by July 2009.
Stop by and visit us in our new location!