1. **Scheduling Appointments**
If you are new to on campus counseling, please fill out the 4 intake forms on the table to the left of Ms. Teresa Heyer’s window in Scheide Hall. If you are returning to on campus counseling please fill out ALL but the blue form. Appointments are usually made by email or phone.

2. **Fee, Number of Sessions, & Cancellation Policy**
There is no cost for the first 1-2 sessions which focus on assessment and referrals for off campus counseling, medication consultation or spiritual direction. If on campus counseling continues, the fee is $10 and increases to $15 at session #11. Fees rise to $20 at 20 sessions, and cap at $25. On campus resources are limited, so most students and spouses will be referred to Trinity or into the SHBP Specialty Counseling Network. It is not guaranteed that a person who began on-campus counseling one year can continue on-campus beyond that year. Fees are charged to student accounts and apply without 24 hours notice of cancellation except for illness and emergencies. This policy encourages good stewardship of time and discourages forgetting! While termination of counseling is best done intentionally and collaboratively, one can withdraw from treatment at any time without consequences. The Director of Student Counseling helps with new referrals as needed. No one will be denied services for lack of funds.

3. **Punctuality and Protocol:**
If you arrive early, please make yourself comfortable in the waiting area. If you are meeting with the Director of Student Counseling, Nancy Schongalla-Bowman, and her door is closed at the time your session is to begin, please knock to let her know you are there, as she may be on the phone. Those seeing Laura Benton or Whitney Ross will meet them in the Miller Chapel basement waiting area. We value your time and try to be punctual. However, on occasion a session will need to start a few minutes late or have to be rescheduled due to an emergency. We will give as much notice as possible of such changes. Most sessions last 45 – 50 minutes.

4. **What You Can Expect From Counseling:**
Counseling provides a safe setting in which to explore many things including emotions, needs, hopes, wounds, strengths, experiences, challenges, relationships, issues of faith and call, etc. Initially, the healing process may bring more pain as feelings and memories surface. The goal is self-understanding and an increased experience of life’s “abundance” through the resolution of feelings, issues, and patterns which have limited one’s joy, flexibility and efficacy. The process of therapy is collaborative and requires a deepening trust between the client and the therapist. It is important to address anything that hinders the development of that trust. The therapist-client relationship, the client and therapist’s wisdom, the client’s motivation, and the guidance of the Holy Spirit are among the many elements that contribute to the “success” of counseling.

5. **Confidentiality:**
Information shared in counseling is confidential. However, in the rare event that injury to self or to others is an “imminent danger,” therapists take appropriate steps to insure safety, which may require breaking confidence. In non-emergencies, if you would like your therapist to speak with another therapist, a psychiatrist, or a PTS administrator, you will sign an authorization form. Referrals from the Director of Student Counseling to on or off campus therapists usually include a release of information form to facilitate a good therapeutic match.

(Please see additional information on the Student Counseling Website and the back of this sheet.)
ON CAMPUS THERAPISTS

Nancy Schongalla-Bowman is in her fifteenth year of pastoral counseling at Princeton Seminary, and her tenth year as Director of Student Counseling. A Supervisor in the American Association for Marriage and Family Therapy, Nancy is a 1979 alumnus of this seminary and brings experience as an ordained minister, clergy spouse, parent, stepparent and grandparent. Her orientation in counseling is holistic and eclectic with a “family system’s” base. She integrates many approaches in her work with individuals and couples and has advanced training in a variety of traditional and less traditional therapies such as Hakomi Therapy, EMDR, Gestalt Therapy, and Thought Field Therapy. While not certified in spiritual direction, Nancy is open to praying with students and often recommends group or individual spiritual direction as an adjunct to counseling. She organizes many workshops, retreats and on-campus support groups. Nancy is licensed in New Jersey as a marriage and family therapist. Her office is in Scheide Hall.

Laura Benton is a licensed marriage and family therapist with extensive experience working with families, couples, individuals, and children. After earning an M.S. in Marriage and Family Therapy from Fuller Theological Seminary, Laura served as a family therapist and clinical supervisor at the Clifford Beers Clinic in New Haven, CT. She has a private practice and is a fellow at the Multicultural Family Institute in Highland Park, NJ an educational institution dedicated to addressing issues of social justice in and through the work of therapy. Laura is committed to cultivating wholeness and healing in her work with students in order that they may experience God’s intention for relationships more fully. Laura is familiar with seminary life both as a student and as a spouse since her husband completed master degrees at Fuller Seminary and Yale Divinity School and is now pursuing a Ph.D. in Philosophy at Rutgers University. This is Laura’s fourth year providing on campus counseling for PTS students and spouses. Laura sees students on Wednesdays in the Chapel basement Counseling and Spiritual Direction Office.

Whitney Ross has been a practicing clinician for more than 17 years. She has an Ed.M. in counseling psychology from Harvard University, a Ph.D. in clinical psychology from City University of New York, and completed training in organizational development at The Institute for Psychoanalytic Training and Research in New York. Whitney is Chair of the Board of Trustees of the Princeton Center for Leadership Training, an organization devoted to youth leadership development. She has served as the Director of Counseling Services at two private schools and has been a consultant for many other schools. She has years of experience working with a chemically-addicted population and has a particular interest in PTSD and other trauma-related disorders. In addition to her work at Princeton Theological Seminary, Whitney is a staff therapist at Princeton Psychological Center. Whitney’s approach to counseling is psychodynamic with a focus on examining how struggles and conflicts manifest in everyday life. She believes in the importance of exploring the root causes of one’s conflicts and how therapeutic intervention can alleviate problematic symptoms, facilitate greater self-awareness, and promote healthier life choices. Whitney sees students Thursday mornings and Friday in the Chapel basement Counseling & Spiritual Direction Office.