

What is Counseling?

Counseling is the art of helping people.

Professional counselors are individuals trained to share knowledge and skills with those who are struggling emotionally. Counselors can help people with personal, social, career and educational development. They serve individuals through schools, colleges, community agencies and private practice.

Here at D'Youville, the Personal Counseling Center has Licensed Mental Health Counselors (LMHC) ready to help you overcome whatever obstacles might be preventing you from achieving personal and/or professional satisfaction.

The personal counseling center at D'Youville can provide the following:

Help with:

- Depression
- Anxiety
- Homesickness
- Relationship Problems
- Loneliness
- Drug/Alcohol Use
- Body-Image/Eating Concerns
- Anger
- Managing Stress
- Shyness
- Personal Changes
- Sexuality Issues
- Personal Choices
- Grieving

Help overcoming:

- Procrastination
- Sleep Problems
- Test Anxiety
- Perfectionism

Help for:

- Survivors of physical/sexual assault
- Children of alcoholics
- Returning war veterans

Other Needs:

- Learning how to help a friend
- Setting and achieving goals
- Building self-esteem
- Having a sense of purpose and meaning
- Medication Management

What to Expect

*Visits to the **personal counseling center** are free of charge.*

PRIVACY

The information you share with your counselor is confidential. No information will be disclosed to anyone without your permission unless it is an emergency and your health or the safety of someone else is at risk. Your contact with the Personal Counseling Center is not part of your academic record. Please ask us if you have more questions about confidentiality and your privacy.

UNDERSTANDING

The Personal Counseling Center offers a place and time to openly talk about any issues, difficulties, questions and/or concerns. During your session, the counselor will listen to you, and through conversation, help you better understand yourself and your situation. Together, you'll develop some goals and plans for change. You may continue to meet with your counselor as long as necessary to meet these goals, or until another plan of action has been established. Sessions can be scheduled weekly or as determined by you and your counselor.

YOUR DECISION

The decision to begin counseling is a significant one and often made after considerable thought. Whether you are referred, urged to seek counseling by family or friends, or come because of problems or feelings only you know about, we welcome you to contact us at **716.829.7819**.

Making an Appointment

*You can make a confidential appointment by visiting the **personal counseling center** webpage and clicking the "Make an Appointment" button.*

[MAKE AN APPOINTMENT](#) 

You will enter your name and contact information. No further information is needed at this time. This will schedule a time for you to meet with one of our counselors and a confirmation e-mail will be sent to you.

When you arrive for your first appointment, you will be asked to complete a short intake form that will be discussed at the start of your session. You will then meet with one of our counselors for an appointment that lasts between 45-50 minutes.

You may, at any time, discontinue your appointments. It is helpful to discuss this decision with your counselor.

Kim Zittel, LMHC, NCC

Director
Licensed Mental Health Counselor
National Certified Counselor
zittelk@dyc.edu

Erin M. Moss, LMHC-P

Mental Health Counselor
mosse@dyc.edu

716.829.7819

Missed Appointments

We all occasionally "forget" appointments or are unable to attend them due to schedule changes. Whenever possible, please let us know 24 hours in advance if you cannot make your scheduled appointment. Rescheduling can be done for you.



Individuals with disabilities who require information on accessible entrances and pathways to access this program service, please contact us at

716.829.7819

www.dyc.edu/offices/personal_counseling/

LOCATION
PERSONAL COUNSELING CENTER
 Health & Wellness Center
 Marguerite Hall • 1st Floor

D'Youville College
 Buffalo, N.Y. 14201

Please see map on adjacent page.

D'Youville
www.dyc.edu

For mental health emergencies or to speak to a counselor when our office is closed, please call

Crisis Services
716.834.3131

D'Youville

*Personal
 Counseling
 Center*



A Service of Student Affairs