

# UNIVERSITY COUNSELING CENTER



## HOURS

Regular office hours are from 9 a.m. to 5 p.m., Monday through Friday, and students are encouraged to schedule an appointment. After hours, the counselor on call can be contacted for consultation by University Police.

The University Counseling Center (UCC) is dedicated to promoting psychological well-being that enriches personal and academic growth. Our goal is to help students integrate their college experiences and to cope with the stresses that are inherent in a diverse institution of excellence. The professional staff includes psychologists, social workers and mental health counselors. The following services are provided to registered students and are pre-paid by the student health fee:

- Individual counseling and psychotherapy (the most common service offered to students)
- Referrals to other campus and community agencies
- Group counseling for bereavement, interpersonal relationships, a men's group, eating awareness, and others
- Crisis appointments available 2 to 4 p.m. daily and otherwise as needed
- Evaluations for medical leave and for return to school
- Consultation with parents, faculty, staff, students, and others
- Consultation with residence hall staff in regular meetings
- Outreach is provided to the campus community on a variety of topics to address unique or other salient campus situations or concerns
- Online library of pamphlets on a wide range of topics, such as eating disorders, anger and stress management, and how to improve academic performance

## GROUP COUNSELING AND SUPPORT GROUPS

Group counseling at the University Counseling Center involves a small number of individuals working together on common problems or concerns. Typically, these groups meet for one-and-a-half hours each week and are led by one or two staff counselors. Counseling groups may focus on a particular issue (e.g., exam anxiety or relationship issues) or they can be less structured sessions that explore broader issues or student concerns. Groups are offered throughout the academic year. Offerings may include:

- Yoga and Meditation Hour — to learn and practice a variety of meditation techniques to reduce stress, increase self-awareness and self-control
- Bereavement Group — support for students struggling with the death of a loved one
- Eating Awareness — therapy focusing on compulsive eating problems, such as restrictive eating, bingeing and purging, and overeating
- Resolving Sexual Trauma — for female survivors of rape or sexual assault
- Sexual Identity Group — a safe, discreet place for students struggling with their sexual or gender identity to talk with professional staff
- Interpersonal Group — to address issues of interpersonal relationships, including trust, intimacy, isolation, relating to others, and loneliness
- Other groups as requested

Call the University Counseling Center at 607-777-2772 for information about the meeting schedule of any particular group or to find what other groups are being offered.

## PROGRAMS OFFERED

### EATING AWARENESS COMMITTEE

The mission of the University-wide Eating Awareness Committee is to help students maintain healthful and balanced eating habits in order to sustain their academic and personal development throughout their college years and beyond. The committee offers educational programs, consultations and referrals to treatment services for students and staff on our campus.

### 20:1 FRATERNITY SEXUAL ASSAULT PEER EDUCATION PROGRAM

The 20:1 peer education program is composed of fraternity leaders from diverse fraternity groups on the Binghamton University campus. These men voluntarily educate fraternity men and other men's groups on issues regarding sexual assault prevention. They have presented at national conferences and have consulted with fraternity leaders on other college campuses to set up similar programs.



### SEXUAL ASSAULT PREVENTION PROGRAM (SAPP)

The Sexual Assault Prevention Program began in 2005 as a joint University/community response to the growing trend of sexual assault and other interpersonal violence in our culture. Our mission is to end all forms of sexual violence in our community, including stalking and dating violence. The program is a project of the University Counseling Center in collaboration with University departments and community partnerships.

The program provides:

- Advocacy — staff assist with academic, legal, medical and housing advocacy for survivors of sexual assault and harassment, stalking and relationship violence
- Crisis Intervention — staff offer in-person crisis intervention at residence halls, campus offices, hospitals and police departments; all intervention, information and referral services are confidential; information and support are also available for survivors' friends, partners and family members. We are committed to fulfilling our mission in a culturally sensitive and empathic way for University students, faculty and staff
- Voices Against Violence Student Subcommittee — A group of student volunteers meeting on a bi-weekly basis to coordinate marketing and outreach activities such as presentations, tabling events, and advertising in order to get the word out about sexual assault, stalking, the definition of consent, interpersonal violence and more
- Education and training — educational programs on sexual violence issues and systems of oppression as they relate to sexual violence for the entire University community — students, staff, and faculty — offered upon request; facilitated by SAPP peer educators or professional staff; training programs for faculty and staff and departments can be designed to fit needs



### CONFIDENTIALITY

The University Counseling Center maintains student-client records in a confidential manner consistent with federal and state law, as well as with guidelines from professional organizations such as the American Counseling Association, the American Psychological Association and the National Association of Social Workers. No information is revealed or released without written consent, except under circumstances where the clinical judgment is made that an individual's mood or conduct indicates the possibility of self- or other-harm.

### CONTACTS

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