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News@CAPS



About Counseling & Psychological Services (CAPS)

The staff at CAPS listens to the concerns students have about their lives in a safe, supportive and confidential setting. Students speak about a wide range of topics and work collaboratively with counselors to develop understanding into the factors contributing to their concerns. Greater insight often helps students make better decisions in regulating their lives.

To Make an Appointment: Call x1290, email Patty Rawlings (prawling@haverford.edu), visit room 317 in Founders Hall, or schedule an appointment online at www.haverford.edu/counseling-psychological-services. Students can request counselors based upon gender and race. Students interested in seeing our psychiatrist should first contact Patty.

What's new @CAPS for 2015 - 2016

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Daily Drop-in Hours

When?

CAPS is pleased to continue offering a **daily drop-in hour** from **11AM–12PM**, Monday to Friday. A clinician will be available to meet with students who do not have a scheduled appointment.

Who?

This service is for emergencies and crisis situations, as well as when administration and students feel that a student would benefit from being seen that day.

What?

Drop-in services include a psychological screening to assess the situation, determine what will be most helpful and determine who at CAPS can best assist the student.

Where?

Students should come to Founders 321 and we will arrange for them to meet with either a senior staff member or post-doctoral fellow.

How?

Services offered at CAPS are **CONFIDENTIAL**. Our staff members are trained to help with the daily issues of living that students experience as well as more emergent and problematic situations. We strive to create a safe and supportive environment and to work collaboratively with students on gaining insight and understanding into what they are experiencing so they may exercise greater agency in the world.



News and Notes



- CAPS now has forms to schedule appointments, change therapists, and provide feedback online.
- Please see our bulletin board in the CAPS waiting room for information about local programs.
- The Advisory Committee on Student Mental Well Being is accepting new members, please email Philip Rosenbaum (prosenba@haverford.edu) for more information.

Welcome the New Senior Staff

This year, CAPS welcomes two new members of our senior staff: Pamela Lehman, Ph.D., and Neal Shore, M.D.



Pamela Lehman earned her Doctorate in Philosophy in Counseling Psychology from The University of Albany, State University of New York (SUNY) in 2007. Her dissertation, “Women’s Ways of Knowing Each Other: Class Difference and the Therapeutic Process,” studied how therapists understood and made sense of socioeconomic class differences when working with their female patients. Dr. Lehman received the Initiatives for Women Research Award for this project. In addition, as part of her graduate training, Dr. Lehman completed Psychology Externships at a number of locations, including Williams College and the Dutchess County Department of Mental Hygiene. She completed her both her Psychology Internship and Postdoctoral training here at CAPS from 2005-2010. Since then she has been in private practice in nearby Rosemont, PA and has also worked as a psychological consultant to CAPS during busy times of the year. She is interested in class differences as they manifest within the therapeutic relationship and on the effects of psychological trauma on the development of the self. When she is not working Pam enjoys gardening and spending time with her two daughters.

Neal Shore graduated from the University of Pennsylvania School of Medicine in 1977, and completed his psychiatric residency training at the Institute of Pennsylvania Hospital in 1981. He also received psychoanalytic training at the Philadelphia Psychoanalytic Institute. He is a Diplomate of the American Board of Psychiatry and Neurology (1984) and also has ABPN subspecialty certification in Addiction Psychiatry (1993, 2003, 2013). Dr. Shore has held a number of clinical, academic and administrative positions within the Philadelphia area. Accordingly, he brings a wide range of experiences to Haverford College. Most recently, he worked as a psychiatric consultant at Cabrini College and before that was Interim Chair and Director of Inpatient Services in the Department of Psychiatry at Christiana Care Health Services. He is currently on the active medical staff at Bryn Mawr Hospital. Throughout his professional life, Dr. Shore has maintained an active private practice, located in Bryn Mawr. His outside interests include tennis, biking, and music.



Meet the CAPS Trainees

Jon Krigel, Psy.D.

Jon returns to Haverford for another year as a Post-doctoral fellow. He completed his Psy.D. in Clinical Psychology at Widener University. He worked as a psychology extern at Haverford during the 2011-2012 school year. Jon completed his internship at Fairmount Behavioral Health System, where he conducted individual and group therapy.



David Fask, Ph.D.

David also returns for a second year as a Post-doctoral fellow. A Haverford alum, graduated from the University of Virginia with a Ph.D. in Clinical Psychology. Prior to Haverford, David worked as a Psychology Intern at the Veterans Administration Hospital in NJ where he treated individuals with trauma, substance abuse and multiple diagnoses.

Scott Levson, M.A.

Scott returns for his second year of training at Haverford. He is a third year Clinical Psychology doctoral student at Chestnut Hill College. He has a MA in education and human development from George Washington University and previously worked at the Pennsbury School.



Simi Sandhu, M.A.

Simi Sandhu is beginning her first year as an extern at Haverford. She is a doctoral student in Clinical Psychology at Chestnut Hill College who is in her second year. She has a MA in Clinical Psychology and previously worked as an advocate against domestic violence and human trafficking in California. Her clinical interests include addressing trauma experienced by women, whether domestic or sexual violence.

Rachel Fallig Hubbard, M.A., M.S.

Rachel Fallig Hubbard is also beginning her first year of training at Haverford. She too is a second year Clinical Psychology doctoral student at Chestnut Hill College. She has a MA and MS in Clinical Psychology from Marywood University and Chestnut Hill College, respectively. She previously worked in public relations and has a clinical interest in LGBTQ experiences.





Stefanie Landau, B.A.

Stefanie is another new extern at CAPS. Currently a third year student in Widener University's doctoral program for Clinical Psychology, Stefanie attained her B.A. at Franklin and Marshall. Prior to attending graduate school, Stefanie worked as a research assistant at Hartford Hospital, helping to conduct clinical studies on Bipolar Disorder and Major Depression.

What are we doing when we procrastinate?

By Jane Widseth, CAPS psychological counselor (jwidseth@haverford.edu)

We know that we have a task that for any myriad number of reasons we may not look forward to doing. Writing this brief column for the CAPS newsletter, for example, has been on my list since early August. It is now early September (**editor's note-printed in early November**), and I have passed the informal deadline. Hmmm, this column looks at a few of the rationales we all use to put off doing work.

A factor might be that writing or doing research might be tedious and it would be more fun to hang out with friends. It might be that the topic is unclear, or the professor is intimidating. All of those factors lead us to put off the task.

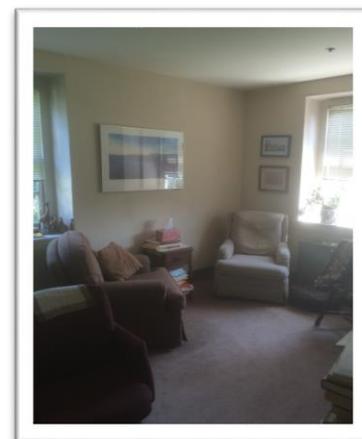
One rationale might be that we hate deadlines, deadlines that are arbitrary and can be symbolic of an authority relationship. The person who sets the deadlines has an authority relationship over us, and we may not like that. Sometimes professors will say that "I am getting 50 papers on the last day of the semester, and so what difference does it make if you need a couple of days more?" For some students with either an unplanned crisis in their lives or several assignments due on the same day, a couple of days more saves the student and their papers. For other students, moving the deadline just moves when they will actually start working on the paper. Those students eventually may come to realize that the deadline can be a gift: yes, it is arbitrary but it serves to hold a space for the work to be done and then after that, the work is done and one can move on.

Doctors Jane Burke and Lenora Yuen (1) argue that people who procrastinate may have a complicated relationship with the nature of time. Some may have a belief that there is always enough time, or that schedules don't really matter. Some people are always late with interviews, deadlines, and so forth.

Another factor in procrastination, perhaps less obvious, is perfectionism and the expectation that every paper be perfect and, not only perfect, but also be brilliant. If one starts writing papers due the next day at midnight, the paper probably won't be perfect and the best ever written. One can excuse the inadequacy of the argument or the sloppiness of the proofing to the fact that the paper was written in the eight hours between midnight and 8 am.

These (resistance to authority, relationship with time, and perfectionistic expectations) are all complex psychological issues that can be explored with a counselor at CAPS.

Burke, J and Yuen, L. (1990) *Procrastination: Why You Do It, What To Do About It*. Boston, MA: Da Capo Press.



First Generation College Students Support Group

Being a first-generation student (FGS) is a very proud accomplishment. However, first-generation students are susceptible to doubts about their academic and motivational abilities, and may believe that they are not college material. Whether balancing the demands of family or managing the different cultures of home and college, first generation students may find it difficult to feel integrated socially and academically. Starting in November, CAPS is offering a confidential group for them to process their experiences including their thoughts and feelings (e.g., anxiety & excitement), relationships, successes, and struggles. Group serves as an opportunity to better understand one's identity and how to thrive at Haverford. Group is also a place where group members can support and learn from each other.

Specific areas of exploration during group sessions may include:

- imposter syndrome
- “cultural capital”
- identity: expectations from family, friends, or self
- school-life balance
- stereotypes/microaggressions
- clashes with socioeconomic class and culture of fellow students

The group will meet on **Fridays at 2:30pm for 75 minutes**. The location of the group is to be determined. If you are interested and considering joining this group, please email Adam Edmunds (aedmunds@haverford.edu) or Pamela Lehman (plehman1@haverford.edu) to schedule a 30 minute screening to see if the group is right for you or if you have questions.



Mindfulness Skills for Stress-Reduction Group

CAPS is pleased to again offer a four-week group co-facilitated by Rebecca Ergas and David Fask designed to teach students mindfulness skills, including deep breathing, guided imagery, and sitting, walking and eating meditation. For many students, sitting meditation can be difficult, especially in the beginning, so this group will teach other tools for bringing mindfulness into daily life. A growing body of evidence suggests that practicing mindfulness has clear benefits for improving our emotional and physical well-being and reducing the effects of stress. Effects have been found such as:

- Deepen our attention and awareness;
- Greater clarity and acceptance of present-moment reality;
- Develop an increasing ability to live in the present moment;
- Release our worries and thoughts about the future and past;
- Foster non-judgmental awareness of thoughts and feelings, which allows one to develop an observing self rather than just getting caught up in thinking and reacting to stress and judgments; and
- Use these skills in our everyday experiences to help bring clearer awareness to what is really happening, making it easier to cope.

The group has mandatory attendance, required reading and homework (10-minutes of skills to practice each day). Attendance is limited. For more information or to register, please contact Rebecca Ergas (rergas@haverford.edu). (We will be running this group again during spring semester on February 9, 16, 23, and March 1)

Group Dates and Times: Wednesdays 3:15-4:30pm (October 28 – November 18)

Location: Campus Center Room 207

Weekly Yoga/Meditation Group

Weekly drop-in Yoga/Meditation class-Come and take a break, breathe deeply, and move mindfully. Yoga can balance your body and mind, help you relax and let go of stress and anxiety, while you strengthen, stretch, and tone your body. All levels are welcome.

Tuesdays 2:45-4:15 in Campus Center Room 207

For more information, please contact Rebecca Ergas (reergas@haverford.edu)



Inspired thoughts for 2015-2016



“A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty.

Sir Winston Churchill

“Winning is great, sure, but if you are really going to do something in life, the secret is learning how to lose. Nobody goes undefeated all the time. If you can pick up after a crushing defeat, and go on to win again, you are going to be a champion someday.”

Wilma Rudolph

“If you don't like something, change it. If you can't change it, change your attitude.”

Maya Angelou

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