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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](mailto:prawling@haverford.edu)) or visit room 317 in Founders Hall. Students can request counselors based upon gender and race. Students interested in seeing our psychiatrist should first contact Patty.

### What's new @CAPS for 2014 - 2015

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## Welcome, Dr. Edmunds!

This fall, CAPS is very proud to welcome Adam Edmunds, Psy.D., as our newest counselor.

Dr. Edmunds comes to Haverford from Temple University's Tuttleman Counseling Center, where he worked as a post-doctoral fellow. Prior to this, Dr. Edmunds was a Pre-doctoral intern at the University of Delaware's Center for Counseling and Student Development. He earned his undergraduate degree in Psychology from Johns Hopkins, a Masters of Education in School Psychology from the University of Virginia, and a Doctorate of Psychology from James Madison University.

Dr. Edmunds' interests include anxiety, depression, adjustment, relationships, and working with students of color and with first-

His office is in Leeds, 006



## Daily Drop-in Hours

### When?

CAPS is pleased to introduce a **daily drop-in hour** from **11AM – 12PM**, Monday through 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.



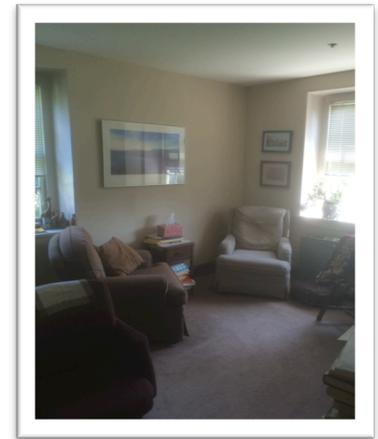
### Where?

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.





## Bereavement Group

For the Fall 2014 semester, CAPS is offering a confidential group for students who have suffered a recent loss in their families or close friends and who want to process feelings associated with this loss. Losing a parent, grandparent, sibling or close friend can be painful, generating strong feelings of abandonment, anger, sadness, loneliness and confusion. Meeting and talking with others who have also suffered such a loss in a safe environment can be very helpful.

The group will meet on **Tuesdays at 11 AM for 75 minutes**. The location of the group is to be determined. If you are interested and considering joining this group, please email Jane Widseth ([jwidseth@haverford.edu](mailto:jwidseth@haverford.edu)) to arrange a time for a meeting. She will describe the group and talk with you about whether group and/or individual counseling would make the most sense for you.



## Mindfulness Skills for Stress-Reduction Group

CAPS is pleased to 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.

Mindfulness involves purposefully paying attention to one's present moment experience without judgment. When we apply mindfulness to our lives, we:

- Deepen our attention and awareness;
- 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 will be based on the Koru program, which was developed and tested on college students at Duke University. The group has mandatory attendance, required reading and homework (10-minutes of skills to practice each day). Attendance is limited. If you are interested or would like more information, please email Rebecca Ergas ([reergas@haverford.edu](mailto:reergas@haverford.edu)).

**Group Dates and Times:** Tuesdays 12:30 – 2:00 PM (October 28 – November 18)

**Location:** TBA

## Meet the CAPS Trainees

### Jon Krigel, Psy.D.

Dr. Krigel is returning to Haverford as a Post-doctoral fellow having recently completed his Psy.D. in Clinical Psychology at Widener University. He worked as a psychology extern at Haverford in 2011-2012. In addition, he completed his Internship at Fairmount Behavioral Health System, where he conducted individual and group therapy.



### David Fask, Ph.D.

Dr. Fask is a Haverford alumni returning to the college as a Post-doctoral fellow. He was recently awarded a Ph.D. in Clinical Psychology from the University of Virginia. Prior to Haverford, Dr. Fask worked as a Psychology Intern at the Veterans Administration Hospital in NJ where he treated individuals with trauma, substance abuse and multiple diagnoses.

### Ari Pizer, M.A.

Ari Pizer is returning to CAPS as an extern. He is beginning his third year of doctoral training in a joint Clinical Psychology and MBA program at Widener University. He is a trained music therapist and received a degree from Temple University in 2010. He previously worked at the Keystone Center, an inpatient drug and alcohol rehabilitation center.



### Eliza Costosco, M.A.

Eliza Costosco is also returning to CAPS as an extern for a second year. She is beginning her fourth year as a Clinical Psychology doctoral student at Immaculate University. She has a Masters in Mental Health Counseling from Marywood University and previously worked in their counseling and student development center.

### Scott Levenson, M.A.

Scott Levenson is beginning his first year of training at Haverford. He is a second 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.



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# Inspired thoughts for 2014-2015



- "Tell me and I forget, teach me and I may remember, involve me and I learn."  
Benjamin Franklin

- "I have not failed. I've just found 10,000 ways that won't work."  
Thomas Edison

- "The artist is nothing without the gift, but the gift is nothing without work."  
Emile Zola

- "Knowledge speaks, but wisdom listens."  
Jimi Hendrix

- "With great power comes great responsibility"  
Ben Parker

- "I have never let my schooling interfere with my education."  
Mark Twain

- "A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty."  
Sir Winston Churchill

- "Half this game is ninety percent mental."  
Yogi Berra

- "If you don't like something, change it. If you can't change it,  
change your attitude."  
Maya Angelou

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