
SPCC Mission

The Student Personal Counseling Center (SPCC) is committed to enhancing the educational experience of Thomas Jefferson University students and Thomas Jefferson University Hospital residents by addressing the social, emotional, developmental, interpersonal and cultural needs of students and trainees. Continued goals of the SPCC are to assist students and House Staff in identifying problems early, promote efforts towards wellness and balance, and help students and residents to learn skills which will help them to effectively meet their career and life goals. The SPCC counselors strive to uphold strict confidentiality and hold themselves to the highest level of clinical and ethical standards. The SPCC respects, supports and embraces diversity and diverse populations.

Deanna Nobleza, MD

Director, Emotional Health
and Wellness Program
for House Staff
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Emotional Health and Wellness Program for TJUH House Staff

Department of Psychiatry
and Human Behavior



THOMAS JEFFERSON UNIVERSITY HOSPITALS

Introduction

The years of medical training can be among the most exciting and gratifying of a physician's life. However, the years of residency can also cause significant amounts of stress, fatigue, and uncertainty. During these times, House Staff may find it helpful to have additional support and encouragement. Counselors and psychiatrists are available to provide the assistance and guidance House Staff need to achieve personal success.

Emotional Health and Wellness Program for House Staff

The Emotional Health and Wellness Program for House Staff is designed to meet the emotional needs of Thomas Jefferson University Hospital residents with compassion, honesty, and confidentiality. All issues are taken seriously and no problem is "too small" to talk about. Counselors and psychiatrists are available for crisis consultation, individual counseling, couples counseling, psychiatric consultation, and help in seeking off-campus referrals. The benefits of counseling include improved relationships with friends and family, better ability to manage stress and create balance in life, as well as increased personal and career satisfaction.

Common Concerns

There are many concerns that may lead a resident to seek counseling:

- Stress or anxiety
- Depressed mood
- Marital or relationship problems
- Personal or family crises
- Difficulties adjusting
- Difficulties making a career decision or choice
- Eating or body image concerns
- Alcohol or drug problems
- Difficulty dealing with physical illness or disability
- Difficulty maintaining work/life balance

What to Expect

All Thomas Jefferson University Hospital residents are eligible for three visits without charge through the Emotional Health and Wellness Program for House Staff. Counselors and psychiatrists are in-network with a limited number of insurance providers for those who are interested in receiving ongoing support or counseling. Residents may call **215-503-2817** to receive further details and information about services for House Staff.

About Confidentiality

All information shared during counseling is strictly confidential. No one may have access to such information without the resident's prior written permission, except in situations where there is a threat or danger to life.

How to Make an Appointment

House Staff can schedule an appointment by calling Dr. Deanna Nobleza, Director of the Emotional Health and Wellness Program for House Staff, directly at **215-503-2817**. Residents should leave their name and contact information on the confidential voicemail.

Location and Hours

We are located at 833 Chestnut Street, Suite 210. Hours are Monday – Friday, 9 a.m. to 5 p.m. *Early morning and evening appointments are sometimes available.*

Urgent Situations

Counselors and psychiatrists are available for in-person crisis intervention 9:00 a.m. to 5:00 p.m.. After hours, residents experiencing an emergency should call 911 or go to the nearest emergency room. Dr. Nobleza is also available after hours for urgent phone consultation by calling **215-503-2817** and then dialing "1" and then "0."