

## **SPCC Mission**

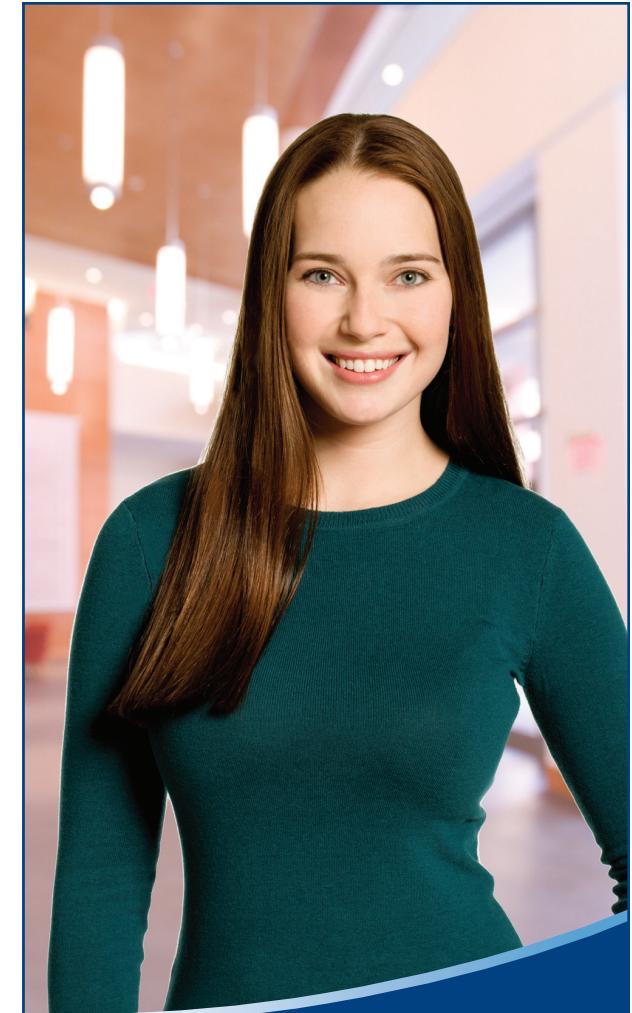
The Student Personal Counseling Center (SPCC) is committed to enhancing the educational experience of Thomas Jefferson University students and Thomas Jefferson University Hospital residents by addressing the social, emotional, developmental, interpersonal and cultural needs of students and trainees. 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.

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**Student Personal  
Counseling Center (SPCC)**



THOMAS JEFFERSON UNIVERSITY

### Welcome to the SPCC

The Student Personal Counseling Center (SPCC) is designed to meet the needs of the Thomas Jefferson University community with compassion, honesty, and confidentiality. All issues are taken seriously—no problem is “too small” to talk about.

The years of college, graduate school, and medical training can be among the most exciting and gratifying of a person’s life. However, being a student can also cause significant amounts of stress and uncertainty. During these times, students may find it helpful to have additional support and encouragement. The counselors of the SPCC are available to provide the assistance and guidance students need to achieve personal and academic success.

### Benefits of Counseling

There are many benefits to counseling including improved relationships with friends and family, better ability to manage stress, and increased academic success.

### SPCC Services

The SPCC offers crisis consultation, individual counseling, couples counseling, group therapy, and psychiatric consultation for students.

### About Confidentiality

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

### Common Concerns

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

- Stress or anxiety
- Depressed mood
- Relationship problems
- Difficulties adjusting to school or loneliness
- Personal or family crisis
- Difficulties making a career decision or choice
- Academic concerns
- Eating or body image concerns
- Alcohol or drug problems
- Identity issues
- Self-esteem issues
- Dealing with physical illness or disability

### What to Expect

All Thomas Jefferson University students are eligible for three visits without charge at the SPCC. Appointments last for approximately fifty minutes and are scheduled based on counselor availability. Students interested in making an appointment should call **215-503-2817** and leave a confidential voicemail with their name and contact number. A SPCC counselor will conduct a brief and confidential telephone screen to gather some basic information that will allow for a timely matching of services, based upon a student’s individual needs.

The SPCC staff encourages students to come in and talk, even if they are not sure that counseling is what they need. During the initial meeting, students will develop a course of action with their counselor, which may include continuing therapy on campus or receiving a referral to an off-campus provider. Some students may resolve their concerns during the initial three sessions and decide that no further sessions are required. Some students decide to see a SPCC counselor on an ongoing basis.

For students who desire or need ongoing support, SPCC counselors are in network with a limited number of insurance providers. Students may call the SPCC to receive further details and information.

### How to Make an Appointment

Students can schedule an appointment to see a counselor by calling the SPCC at **215-503-2817**. Students should leave their name and contact information on the confidential voicemail and a SPCC counselor will return their call.

### Location and Hours

The SPCC is 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

SPCC counselors and psychiatrists are available for in-person crisis intervention between 9 a.m. and 5:00 p.m. After hours, all students experiencing an emergency should call **911** or go to the nearest emergency room. On-campus students should go to the Thomas Jefferson University Hospital Emergency Room, located in the Main Hospital Building at 10th and Sansom (**215-955-6060**) and ask to speak to the Psychiatry Resident On-Call. Dr. Nobleza is also available after hours for urgent phone consultations for students by calling the SPCC phone number at **215-503-2817** and then dialing “1” and then “0.”