



Counseling and Psychological Services (CAPS)

Providing Personal Counseling to Help You Succeed

The Counseling and Psychological Services Office provides individual counseling and educational wellness programs to CIA students.

WHY SEEK COUNSELING?

Common reasons for students to seek counseling include stress management, relationship concerns, adjustment to a new environment, academic difficulty, self-esteem or body image concerns, grief, anxiety, depression, ADHD, and substance abuse.

For those students who have experienced emotional issues in the past, or who need to establish a mental health support system at college, we highly recommend that you consult us prior to your move-in date.

COUNSELING SERVICES

Our services include the following:

- Confidential personal counseling.
- Psychotherapy, such as cognitive-behavioral therapy.
- Ongoing support—Even if your mental health provider is off campus, we can meet with you regularly to help you negotiate academic or social stress.
- Referrals and coordination of care with area psychiatrists, community mental health resources, and substance abuse treatment facilities.
- One-on-one education for managing stress and building coping skills.

Please note: While we do offer short-term treatment, we are not able to provide comprehensive care for significant mental health issues without utilizing off-campus resources.

FREQUENTLY ASKED QUESTIONS

Are your services confidential?

Yes. Our office abides by New York State laws regarding confidentiality. Counseling records are *not* part of a student's academic record.

If a student has already had therapy before coming to the CIA, why should he/she continue at the college?

Coming to college is a major life transition, where students will need to adjust to new challenges and form a new social support group. Our goals are to help students maintain positive coping skills in these situations, and identify the effects of stress on their mental health.

How do students or parents arrange a consultation to discuss a student's needs?

Call the Counseling and Psychological Services Office at 845-905-4241 to request a consultation with one of our counselors. Or, if you plan to be on campus, you may call to arrange a confidential appointment. We will consult with both students and parents. Students can use the same number to request a confidential appointment on their own.

If your student will be less than 18 years of age at the time of entry, please see the back of this form for parental consent.

WE'RE HERE TO HELP

We welcome you to The Culinary Institute of America and want you to know that we're here for you.

The Counseling and Psychological Services Staff
Daria Papalia, Ph.D., Director



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Parental Consent for Counseling Services

For students younger than 18 years of age, a signature from a parent or guardian may be required for students to receive ongoing counseling services. We recommend that parents allow the student confidentiality for therapeutic purposes, except in cases where a student's status places his or her safety or well-being at high risk.

GENERAL INFORMATION

The goal of Counseling and Psychological Services is to provide personal counseling to support your student's success at the CIA. We provide short-term therapy and/or supportive counseling. We may recommend off-campus referrals to psychiatry, self-help groups, substance abuse treatment, or other specialized care.

CONFIDENTIALITY

We respect students' privacy and abide by professional ethical guidelines and State and Federal laws that protect the confidentiality of records, except in certain circumstances. Counseling records are not part of an academic record, and will not be released without written consent.

Your signature below indicates that you consent to allow your student to utilize our confidential services:

Please print name of student: _____

Print name of parent/legal guardian: _____

Signature of parent/guardian: _____ Date: _____

If you have questions about this consent, please call our office at 845-905-4241.

Please mail this form to:

Counseling and Psychological Services, The Culinary Institute of America, 1946 Campus Drive, Hyde Park, NY 12538
or fax it to 845-451-1046