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For Immediate Release

Free counseling services now offered at Governors State University

University Park, September 7, 2005 – The Division of Psychology and Counseling at Governors State University will be offering free counseling services for families, couples, individuals, and job seekers beginning in mid September.

The free counseling sessions are conducted by GSU Counselors-in-Training at the university's newly renovated Counseling Lab. Sessions are supervised by university faculty who hold doctorate degrees in counseling or psychology. Many are also in private practice.

Supervised sessions for individuals can help those dealing with depression and anxiety, as well as adjustment and bereavement issues.

Career counseling is also available.

Dr. Catherine Sori, a Governors State University professor, supervises the free marriage and family counseling offered through the Counseling Lab. She said, "Couples counseling is offered to help couples improve their communication, increase intimacy, improve conflict resolution skills, and improve their relationship."

She added that the free family counseling can help families who are dealing with child problems, such as school problems, acting out behaviors, ADHD, depression, or anxiety.

The university's Counseling Lab is completely new this year. Renovations to the lab were made during the summer. Sori said the lab is now state-of-the-art.

"The entire lab is has been redesigned," she said. "We have a complete playroom and the latest technology for helping clients."

Sori is a noted therapist, researcher, and author. She teaches courses in marriage and family counseling.

Individuals, families, and couples who would like to make appointments for the free counseling services may do so by calling the Counseling Lab at 708-534-4545.