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GSU Offers Free Counseling Services

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For Immediate Release

GSU Offers Free Counseling Services

University Park, IL, March 17, 2010 – Today's individuals and families face economic and social pressures as well communication difficulties that frequently disrupt family unity and the ability to cope.

Counseling is one of the most important tools for understanding and coping. Free individual, family, and vocational counseling is available through the Division of Psychology and Counseling at Governors State University as part of its training program for advanced graduate counseling students.

"Coping with the many issues we face today – from career changes, to economic pressures, to family and relationship conflicts – is hard. It is important for individuals and families to know about the free, confidential counseling services available at Governors State University," said Dr. Shea Dunham, assistant professor and coordinator of the Counseling Lab. "We want assist as many people as we can."

Specific counseling services offered by the GSU Counseling Lab include individual, couple, family, and career counseling. Children under the age of 18 are seen only with their parents. Career counseling, however, is available, to sixteen and seventeen year olds with parental permission.

Counseling sessions are conducted on campus in total confidentiality. Students who are studying for their Master of Arts in Counseling serve as primary counselors at the lab. Sessions may be audio or video taped to aid in the evaluation and learning processes. Faculty members, who are also licensed counselors, supervise the sessions.

The Counseling Lab is located at Governors State University, 1 University Parkway, University Park. For more information, call (708) 534-4545 or visit www.govst.edu/counselinglab.