

LIFE IS FULL OF UPS & DOWNS.

College life includes tasks, experiences and challenges that can make for a particularly bumpy ride.

It can be easy to feel like you are the only one running into problems as you go along.

The Student Counseling Center provides a place for you to come and talk about whatever life issues or problems are bothering you. From stress, to relationship issues, to difficulty with drugs or alcohol, no problem is too big or too small. The counselors sincerely want to help and you can talk confidentially, without worrying about being judged or put down for your thoughts, feelings or actions. The Student Counseling Center is a safe place to receive help.



It is not necessary to have a major issue to come to the Counseling Center. Some days are worse than others, and you may simply want to talk to someone who cares.

THE STUDENT COUNSELING CENTER
Suite 211

Jane P. Batten Student Center
8 a.m. – 5 p.m.

Bill Brown, LCSW
(757) 455-5730
bbrown@vwc.edu

Marea Hyman, LCSW
(757) 455-3131
mhyman@vwc.edu



Counseling Services



ISSUES & CONCERNS.



At Virginia Wesleyan College, counseling is available to all students as a personal, free and confidential service, directed to any concerns they may bring. Typical issues faced by college students may include:

- *Difficulty adjusting to college*
- *Problems in relationships of all kinds (familial, romantic, with roommates or friends)*
- *Stress caused by life events, by academic or financial difficulties*
- *Recent trauma such as death of a significant person, rape or sexual assault, witness to a traumatic event, etc.*
- *Feeling frequently depressed or anxious; feelings of panic or dread*
- *Low self-esteem*
- *Feelings of isolation, shyness and loneliness*
- *Difficulty controlling temper and tendency toward violence*
- *Questions about sexuality and/or sexual orientation*
- *Problems with alcohol and/or other drug abuse*
- *Problems with eating disorders and with obsession with food*
- *Past or present pregnancy*
- *Past or present verbal, physical and/or sexual abuse*
- *Attention Deficit Disorder*

THE STAFF

BILL BROWN, LCSW
Batten 213, 455-5730

Bill Brown was hired as the Director of Student Counseling Services in August of 1999. Before coming to Virginia Wesleyan, Bill spent eleven years providing psychotherapy services to adult clients at the City of Virginia Beach's Mental Health Center. Prior to settling in Virginia Beach, Bill worked in both inpatient and outpatient settings and held positions such as Clinical Social Worker at Southern Virginia Mental Health Institute, Family Therapist for another hospital's substance abuse and mental health units and Outpatient Service Director for the Mental Health Center in Danville, Va. He also ran his own private practice and acted as the clinical director for a group practice of substance abuse treatment providers. Bill completed his undergraduate degree in Psychology at Transylvania University in Lexington, Ky. He received his MSW at the University of North Carolina at Chapel Hill and was licensed as a Clinical Social Worker in 1987.

MAREA HYMAN, LCSW
Batten 212, 455-3131

Marea Hyman was hired as the Assistant Director of Student Counseling Services in June of 2005. Marea most recently worked as a Nephrology Social Worker, providing counseling and other support services to dialysis patients and their family members. Prior to that, Marea worked in the same unit of the Mental Health Center in Virginia Beach as Bill and they often collaborated on cases and were both instrumental in the development of a program that received statewide recognition. Marea has worked in the private sector and gained experience working with inmates at Virginia Beach's jail and with adolescents at Westbrook Hospital and the Family Crisis Center in Richmond, Va. After obtaining an undergraduate degree in Psychology and Sociology from Averett College, she went on to complete her MSW at Virginia Commonwealth University with a concentration in Mental Health, Mental Retardation and Substance Abuse services. She was licensed as a Clinical Social Worker in 1985 and held an adjunctive position with the Virginia Board of Social Work from 1987 to 1992.

OTHER SERVICES

In addition to individual counseling, the Counseling Center staff is prepared to serve as consultants to faculty and staff who may be concerned about a student. They will also provide presentations on a wide range of subjects for your group or organization and maintain a library of information on mental health and substance abuse issues. Staff members are sensitive to the fact that some students are unsure or uncomfortable about visiting the Counseling Center or may feel that they don't have the time. To help, online information and screening tools are available on the Counseling Services section of the Virginia Wesleyan Web site.

CONFIDENTIALITY

The information you share in any counseling session will be treated with the highest regard for confidentiality. This means that information will not be disclosed to any outside persons or agencies without your permission. The only time information can be disclosed without your consent is when it is necessary to protect you or someone else from imminent danger. Typically, in your first meeting with a counselor, you will be asked to decide if there is anyone that you would like us to share information with and how much or what type of information is to be shared.

HOURS AND LOCATION

The Student Counseling Center is located in **Suite 211 of the Jane P. Batten Student Center**. On the long open hallway of the second floor, the suite's entrance can be found between the Recreation and Leisure Services offices and The Marlin Chronicle office.

The Counseling Center includes a conference room, waiting area and offices for the two licensed clinicians on staff, as well as a graduate intern student. It also houses an extensive resource library on mental health and substance abuse topics.

The Student Counseling Center is open during the week from 8 a.m. until 5 p.m. The Center is not generally open for walk-ins outside these hours or on weekends but the counselors try to be flexible in order to accommodate the often-busy schedules of students.