Counseling and Psychological Services (CAPS)

Dr. Sean Serluco
Chicago Campus CAPS Office
Abbott Hall, 5th Floor
(Between Superior & Huron)

Schedule an initial consultation appointment online or by phone
Call (847) 491-2151
Monday – Friday 8:30AM-5:00PM
www.northwestern.edu/counseling
Services We Offer

• Individual Counseling
• Couples Counseling
• Group Counseling
• Stress Management Clinic
• Psychiatric Consultation
• Referrals to community providers
• “Let’s Talk” Drop-in Consultation
Mindfulness Workshops

Enhancing Attention with Muse Neurofeedback

TUESDAYS, 12:00-12:50 PM
October 15, 22, 29
November 5, 2019

Chicago CAPS, Abbott Hall
710 N Lake Shore Dr, Suite 500

Introduction to Mindfulness

TUESDAYS, 12:00-12:50 PM
September 17, 24, October 1, 8, 2019
November 12, 19, 26, December 3, 2019

Northwestern CAPS
Remember to **BREATHE**

Breathe is a mobile stress management resource created for Northwestern students that provides brief guided meditations and breathing practices to help cope with stress, anxiety, and sleep problems.

Download the NUhelp App or visit [www.northwestern.edu/breathe](http://www.northwestern.edu/breathe)
Common Student Concerns

- Anxiety/Fears/Worries
- Schoolwork and Grades
- Procrastination
- Depression
- Perfectionism
- Imposter Syndrome
- Relationship issues
- Adjustment issues
Confidentiality and Scope of CAPS Services

• Any information disclosed during your contact with CAPS will be kept strictly confidential as required by the Illinois Mental Health and Developmental Disabilities Confidentiality Act. Three situations when we are required to release information:
  – If a minor child or elder is at risk of being abused or neglected.
  – If someone presents an imminent risk of serious injury to themselves or are unable to care for themselves.
  – If there is a direct threat of serious harm to another person.

• In order to use its resources most effectively, CAPS utilizes a short-term model of therapy to assist students to address issues common in a university setting.
Initial Phone Consultation

• Call (847) 491-2151 and ask for a first appointment or schedule online. There is typically an appointment available within 24-48 hours during the business week.

• Call back at the appointment time to speak with a CAPS counselor for 15-20 minutes.

• The discussion will result in clarifying concerns and finding the next best step to connect the caller with best fit resources.
Next steps…

• You initial phone consultation can lead to some of the following options:
  – Workshops
  – Personalized Care Plan Meeting
  – Group Therapy
  – Crisis Appointment
  – Referrals to community providers for specialized and/or longer-term treatment
Questions?