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For Immediate Release

Governors State University to offer free counseling sessions

University Park, January 4, 2005 - Counseling sessions that often cost as much as \$120 an hour are being offered free of charge at Governors State University.

Counseling for couples and families, as well as individual and career counseling, is offered through the university's College of Education and is performed by graduate students in counseling and psychology.

All sessions are supervised and managed by Governors State University professors of psychology and counseling.

"This is a valuable opportunity for people who need professional and caring counseling," said Dr. Catherine Sori, a GSU professor of marriage and family counseling. "Here, they can get the help they need, and they don't have to worry whether they have the resources to afford it."

Sori – a noted therapist, researcher and author – supervises the university's couples and family counseling sessions. Counselors-in-training, graduate students who are preparing to enter the field, conduct the actual face-to-face work with clients.

Couples counseling is available to couples in domestic relationships. It deals with the problems couples typically face in terms of communication, closeness, and problem solving.

"We help them recognize and overcome their difficulties," Sori explained. "In the process, we help them strengthen their relationships."

The university's family counseling helps families deal with a range of issues, including those involving children with behavioral and emotional problems, parenting, families of origin, in-laws, illness and loss, and money.

GSU's family counseling sessions sometimes also integrate play with therapy.

"This technique is unique and highly successful," Sori explained. "Integrating play with therapy helps children express feelings, and it helps families built attachment bonds."

The university's individual counseling helps clients who are having difficulties with depression, anxiety, panic disorder and other obstacles to healthy living.

Career counseling helps clients evaluate current and prospective career goals.

"We're doing screenings and making appointments now," Sori said. Sessions will begin the week of January 26, shortly after the university's winter trimester starts.

Individuals and families who would like to take advantage of the free counseling resources at Governors State can reach the university's counseling lab at 708-534-4545.