

10-6-2008

GSU Offers Free Family Counseling Services

Office of Public Affairs

Follow this and additional works at: http://opus.govst.edu/press_releases

Recommended Citation

Office of Public Affairs, "GSU Offers Free Family Counseling Services" (2008). *Press Releases*. Paper 398.
http://opus.govst.edu/press_releases/398

This Article is brought to you for free and open access by the Marketing and Communications at OPUS Open Portal to University Scholarship. It has been accepted for inclusion in Press Releases by an authorized administrator of OPUS Open Portal to University Scholarship. For more information, please contact opus@govst.edu.

| | | | | | | | |
|---|--|---|--|--|--|--|--|
|  | | Faculty & Staff | | A-Z Index | | Home | |
| Directions | | Class Schedule | | GSU Online | | Bookstore | |
| Library | | Alumni | | Directory | | | |
|  | | | |  | | | |
| Apply | | About GSU | | Degree Programs | | Registration & Financial Aid | |
| Student Services | | News & Events | | | | | |
| The Office of Marketing and Communications | | <p>Date: October 6, 2008 Contact: Lindsay Gladstone Governors State University Phone: (708) 534-7090 Fax: (708) 534-8399 Email: l-gladstone@govst.edu</p> | | | | | |
| Public Affairs Services | | <p>For Immediate Release</p> | | | | | |
| Events | | <h2>GSU Offers Free Family Counseling Services</h2> | | | | | |
| Production Procedures | | <p>University Park, IL, October 6, 2008 – Today's families face economic and social pressures as well communication difficulties that frequently disrupt family unity and the ability to cope.</p> | | | | | |
| Image Standards | | <p>Frequently, one of the most important tools needed to understand and cope with these issues is family counseling. Unfortunately, families often do not know how to access counseling, believe they cannot afford it, or are embarrassed to seek it out.</p> | | | | | |
| Font and Typeface Guidelines | | <p>"It is especially important for individuals and families to know about the free, confidential counseling services available at Governors State University. We want to help as many people as we can," said Dr. Byron Waller, Co-Clinical Coordinator of the Counseling Lab Governors State University in University Park.</p> | | | | | |
| Editorial Style Guide | | <p>"Coping with the many issues that challenge a family can be very difficult. Besides the problems caused by outside influences like the stress from work and financial issues, families also face increased conflict as children reach adolescence," said Waller.</p> | | | | | |
| Downloads | | <p>"Family counseling can positively influence an individual's productivity, the atmosphere within the home, one's parenting skills, and parent child communication."</p> | | | | | |
| Photography | | <p>The free, confidential family counseling services at GSU are offered by the Division of Psychology and Counseling as part of its training program for advanced graduate counseling students. Students who are studying for their Master of Arts in Counseling learn about family, couples, individual, and vocational counseling. As part of their training and as a community service, they provide free counseling services.</p> | | | | | |
| Recent Press Releases | | <p>Counseling sessions are conducted on campus in total confidentiality. A series of eight sessions bring members of the family together with counselors who first assess the situation and then provide counseling services.</p> | | | | | |
| Archived Press Releases | | <p>The sessions assist both the clients and the GSU counseling students. 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.</p> | | | | | |
| Contact Us | | <p>Besides family counseling, the Counseling Lab also provides counseling services for depression, stress management, communication difficulties, loneliness, lack of self-confidence, and career counseling. Children under the age of 18 are seen only in conjunction with their parents. Career counseling services, however, are available, with parental permission, for sixteen and seventeen year olds.</p> | | | | | |

The Counseling Lab is located at Governors State University, 1 University Parkway, University Park. For more information, call (708) 534-4545.