

# Bard Student Counseling Service

## EXPLANATION OF COUNSELING SERVICES

The Bard College Student Counseling Service is available to support the student's successful transition to college life. The Service provides short-term, problem-focused individual therapy, group therapy, crisis intervention, and limited psychiatric evaluations and medication management.

With the exception of a mental or emotional crisis, appointments with the Counseling Service are scheduled on a first-come, first-served basis. The staff may make off-campus referrals for students who cannot be accommodated in a timely manner or require more intensive or specialized treatment.

**\*\*Please note:** Incoming students who are currently taking medications for an emotional condition, mood stabilization, or attention deficit disorder should make arrangements to have their medication monitored by the prescribing physician at home, or transfer their care to an off-campus physician in the area prior to coming to Bard. Likewise, students who have been in psychotherapy and anticipate continuing long-term therapy while at college should seek such care off campus.

Students with private comprehensive insurance must contact member services to verify the portability and benefits available in the Dutchess or Ulster County areas. Students seeing an off-campus therapist are responsible for all arrangements, including appointment scheduling, transportation, fees, and insurance issues.

The Counseling Service operates under ethical and legal confidentiality rules that restrict any transmission of information without explicit and voluntary permission of the student. Exceptions to confidentiality include imminent suicidal/homicidal risks and other symptoms that place a student at serious risk of harm. All treatment records are destroyed after seven years.

Information about mental health resources in the area, current mental health programming at Bard, and insurance questions related to mental health benefits, can be found on the Bard Counseling Service website at [www.bard.edu/counseling](http://www.bard.edu/counseling).

If you have any questions, please feel free to contact the Counseling Service at 845-758-7433 or via e-mail at [counselingservice@bard.edu](mailto:counselingservice@bard.edu).

### **Student Counseling Service**

Bard College  
Annandale-on-Hudson, NY 12504-5000  
Phone: 845-758-7433  
Fax: 845-758-7437  
E-mail: [counselingservice@bard.edu](mailto:counselingservice@bard.edu)  
Website: [www.bard.edu/counseling](http://www.bard.edu/counseling)

### **Staff Counselors**

Tamara Telberg, LCSW-R, *Director*  
Jennifer White, LCSW, *Assistant Director*  
Laura Mac Donald, Psy.D.  
Larry Cerecedes, Ph.D.  
Rebecca Stacy, LCSW

### **Consulting Specialists**

Jenny Meyer Colman, MD, *Staff Psychiatrist*  
Ilyse Simon, RD, CDN, *Registered Dietician and Nutritionist*