

Who can use CAPS? Costs?

CAPS offers professional counseling and psychotherapy to anyone who is currently enrolled and registered as an undergraduate or graduate student at Wesleyan University. Wesleyan faculty, staff and alums may be seen for consultation and referral. Non-degree and non-matriculated Wesleyan students are also seen for consultation and referral.

The costs of our services are covered by tuition. CAPS provides short-term individual psychotherapy with supplemental medication management if appropriate. CAPS does not provide long-term, intensive psychotherapy. For students who seek this treatment model, CAPS can be of assistance in accessing community providers. Students who choose to see community therapists may pay out-of-pocket or utilize their student insurance or family insurance if possible.

Please refer to student insurance guidelines for information regarding psychological and psychiatric coverage.



To practice 4-7-8 breathing, find a place to sit or lie down comfortably. Be sure you practice good posture, especially when starting out. If you're using the technique to fall asleep, lying down is best.

Prepare for the practice by resting the tip of your tongue against the roof of your mouth, right behind your top front teeth. You'll need to keep your tongue in place throughout the practice. It takes practice to keep from moving your tongue when you exhale. Exhaling during 4-7-8 breathing can be easier for some people when they purse their lips.

The following steps should all be carried out in the cycle of one breath:

First, let your lips part. Make a whooshing sound, exhaling completely through your mouth.

Next, close your lips, inhaling silently through your nose as you count to four in your head.

Then, for seven seconds, hold your breath.

Make another whooshing exhale from your mouth for eight seconds.

When you inhale again, you initiate a new cycle of breath. Practice this pattern for four full breaths.

The held breath (for seven seconds) is the most critical part of this practice. It's also recommended that you only practice 4-7-8 breathing for four breaths when you're first starting out. You can gradually work your way up to eight full breaths.



Wesleyan University

**Counseling &
Psychological Services
(CAPS)**



**327 High Street,
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Middletown, CT 06459
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www.wesleyan.edu/caps***



What is Counseling?

Student life is often exciting and sometimes difficult. Many Wesleyan students experience problems they find they cannot resolve on their own or with the advice of friends and family.

Counseling provides an opportunity for students to talk over their concerns with a nonjudgmental, professional, experienced, empathic therapist. Therapists help students manage their difficulties through a combination of support and problem solving; students may learn new coping skills, gain new perspectives, or improve their interpersonal effectiveness in different areas of their lives.

Counseling is a dynamic, collaborative process -- students are active participants in the work of therapy along with their therapists, who join with them and provide expertise, perspective, support, and encouragement.

Counseling & Psychological Services (CAPS) at Wesleyan University

CAPS helps students to define and achieve their personal and academic goals. CAPS can help you to:

- Recognize what is upsetting you
- Clarify your goals and values
- Focus on your studies
- Find ways to deal with difficult situations
- Make decisions about your future

Therapists work with students on a wide variety of personal problems. Some of these concerns include:

- Achievement and motivation
- Adjustment to college
- Adjustment to a new language or culture
- Coping with a psychological or physical illness or disability
- Coping with traumatic events or memories
- Discrimination and Oppression
- Drug or alcohol use
- Eating, weight, or body image
- Family problems
- Feelings of anxiety or panic
- Feelings of depression, hopelessness or suicidality
- Gender identity exploration
- Grief
- Performance or creative blocks
- Relationship difficulties
- Sex, sexual identity, or sexual orientation
- Time management

What does CAPS offer?

CAPS provides individual psychotherapy, medication management, therapeutic groups, consultation, education, and outreach for the Wesleyan community.

In addition to one-on-one counseling sessions and group sessions, CAPS offers workshops, video screenings, and discussion groups. Topics of previous workshops have included active listening, attuned eating, mindfulness, sleep hygiene, social anxiety, stress reduction, test anxiety, time management, and understanding codependency.

CAPS is located on the 2nd Floor at 327 High Street (Davison Health Center). The office's regular hours of operation are 9 AM to 4:30 PM, Monday through Friday. Contact CAPS at **(860) 685-2910** or by email at counseling@wesleyan.edu during our regular hours to schedule a routine counseling appointment.

CAPS has limited daily availability to provide same-day appointments to students in crisis. In the event of acute emotional distress, students should call **(860) 685-3143** and clearly state they are experiencing an urgent situation. If an emergency occurs after business hours or on the weekend, students should contact the on-call clinician at **(860) 685-2910** for urgent support.

