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 alumni 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 is 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.

Wesleyan University
Counseling & Psychological Services (CAPS)

Staff Members
Jennifer D’Andrea, Ph.D.
Director
Chariklia Flanagan
Administrative Assistant
Smith Kidkarndee, Psy.D.
Assistant Director
Sarah Powers, LMFT
Full-time Psychotherapist
Tamanna Rahman, APRN
Psychiatric Nurse Practitioner
Neal Sardana, LPC
Full-time Psychotherapist
Priya Senecal, LPC
Full-time Psychotherapist
Jennie Setaro, LPC
Full-time Psychotherapist
Ginnie Taylor, Ph.D.
Full-time Psychotherapist
Kelsea Visalli, Ph.D.
Post-doctoral Fellow

Pre-doctoral Trainees 2019-2020
Kathleen Burns, M.A.
Elena Cela, NCC, LPC
Sri Harathi, M.A.
Kayla Kleinman, M.A.
Christopher Praetzel, M.S., M.A.
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, healthy eating, international student issues (including acculturation), mindful action, mindfulness, positive psychology, stress reduction, test anxiety, time management, and Wesupport.

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 an appointment.

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 call (860) 685-2910 and ask for the on-call clinician.