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.

Routine clinical services are free of charge. 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
Angie Makomenaw    Mental Health Education & Prevention Coordinator
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 2020-2021

Tania Alaby-Varma, M.S.
Anthony Carnevale, M.S.Ed
Elena Cela, NCC, LPC
Sara Jalbert, M.A., LPC
Cale Kaminsky, B.S.
Kirbi R. Kidd, M.S.Ed
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?

* Due to the impact of COVID-19 and recommendations for physical distancing, all routine clinical services will be delivered via video conferencing to currently enrolled Wesleyan students who meet the eligibility criteria for telehealth services.

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, intuitive eating, resilience, mindfulness, self-care, social anxiety, and time management.

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. To schedule a virtual appointment, please contact CAPS at (860) 685-2910 during regular hours or, when the office is closed, email your availability to counseling@wesleyan.edu.

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.