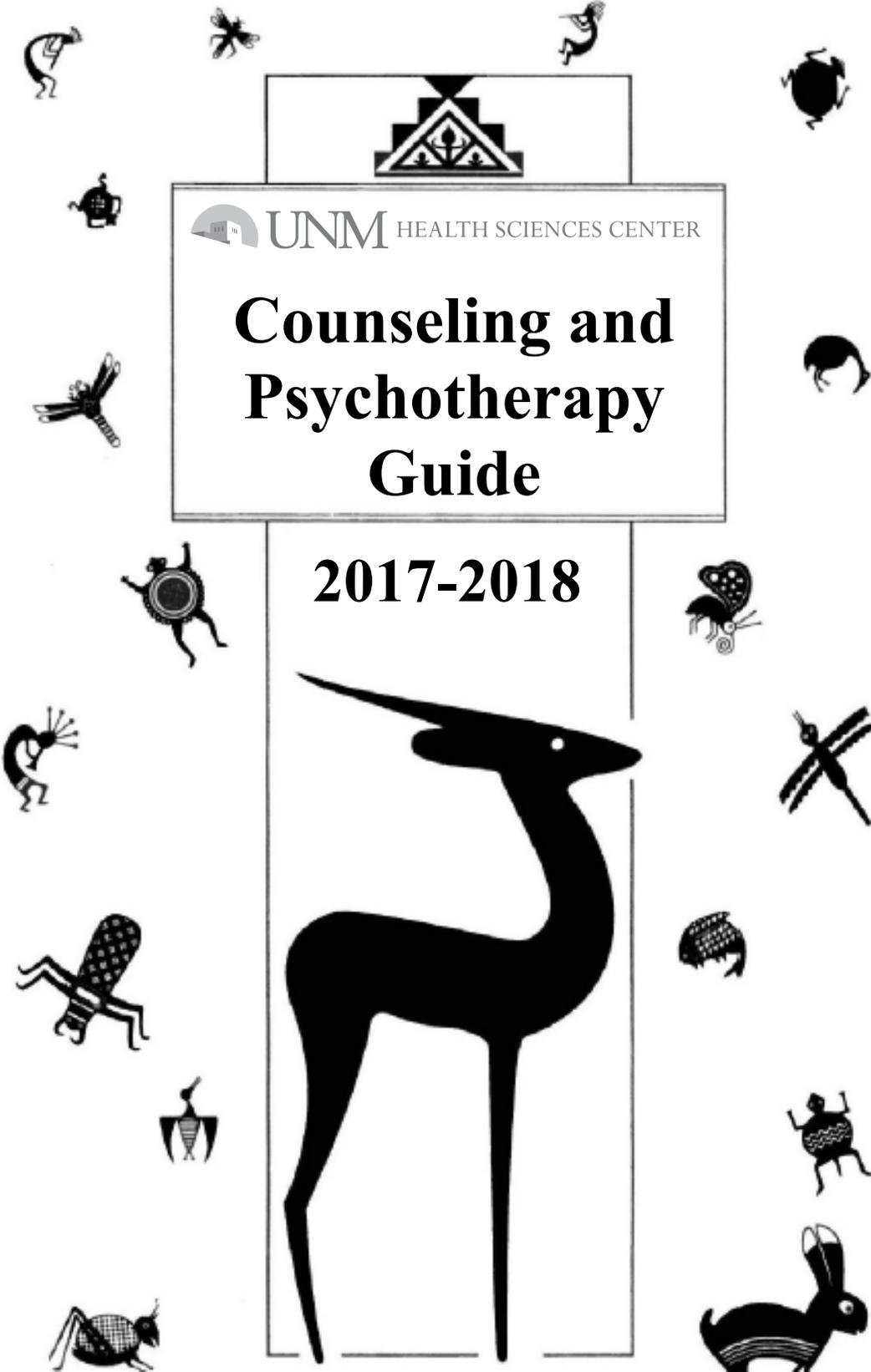


UNM HEALTH SCIENCES CENTER

Counseling and Psychotherapy Guide

2017-2018



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A detailed list of support groups and organizations in greater Albuquerque, Sandoval, and Valencia Counties appears in the Directory of Community Services, compiled and published by the United Way of Greater Albuquerque. The Directory is available at the Health Sciences Center Library Reference Desk.

Equal Opportunity

The University of New Mexico is committed to providing equal educational and employment opportunity regardless of race, color, religion, national origin, physical or mental disability, age, sex, sexual preference, ancestry, or medical condition. Title IX of the Educational Amendments of 1972 prohibits discrimination on the basis of gender in any educational program or activity receiving federal financial assistance by way of grant, contract, or loan. Title VI of the Civil Rights Act of 1964 is similar in its prohibition of discrimination on the basis of race, color, or national origin. Section 504 of the Rehabilitation Act of 1990 prohibits discrimination against qualified individuals with disabilities.

Issues regarding equal opportunity should be directed to the Office of Equal Opportunity (OEO) at 277-5251.

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Introduction

Caring for the health and well-being of others is a most gratifying and honorable calling. However, the process of becoming a competent clinician involves a long and rigorous journey. Gaining an understanding of the human body and the person who inhabits it is an ever-evolving and lifelong task. The challenges we encounter in medical training may provide some of the most satisfying, stimulating and rewarding years of our lives. Those same challenges, however, may be stressful and result in feelings of being overwhelmed, confused or disillusioned. Though distressing, these feelings generally respond well to competent professional attention.

It is with this intention that the “Counseling and Psychotherapy Guide” was conceived and has been effectively used over the past twenty plus years. The suggestions and referral sources were developed with the student specifically in mind. All of the professionals named in this guide have an interest and experience in working with students who are training in the various areas of health care.

So please use this guide as a means of connecting with a caring and competent professional to address those problems and issues that may arise as you pursue your goals. Also, we would appreciate any feedback you may have regarding your experiences with the resources listed in this guide as we are always seeking to improve its effectiveness.

When Should I Seek Help?

Several clues can alert you about when it is appropriate to seek professional help:

- When you have discussed your feelings with family and/or friends and they/you do not feel they can help.
- When you choose not to discuss your feelings further with family and/or friends for fear of “burdening” them.
- When you feel isolated and believe that you have no one who cares about how you feel.
- When you don’t spontaneously snap out of feeling badly within a few days to several weeks.
- When you feel stuck in a behavior, thoughts, or feelings that you want to change but seem unable to.
- When you want the perspective of a trained professional.
- When you believe your work and/or relationships may be compromised by how you are feeling, thinking or behaving.
- When you want to learn a specific coping skill, i.e. relaxation, biofeedback, assertiveness, etc.
- When you and your partner want help communicating better (couples counseling).
- When your self-esteem seems to be draining away and/or you feel overwhelmed with responsibilities.
- When you don’t necessarily feel you have a problem, but would like to think “preventively” about your emotional health and personal growth.
- When you feel you are using alcohol or illicit drugs to “self-medicate” or to make yourself feel better.
- When you feel burned out and/or emotionally exhausted.
- Whenever you think it would be helpful to you.

Selecting a Mental Health Professional

Just because someone calls him/herself a counselor or mental health professional is no guarantee of quality. Consider the following:

- **CONNECTION**

Trust your intuition when you speak with any counselor. If you do not feel safe or comfortable, choose a different counselor or mental health professional.

- **EDUCATION**

Ask when and where degree was earned, along with subsequent relevant training, if any.

- **EXPENSE**

Hourly fee, charge for introductory session, sliding fee scale.

- **EXPERIENCE**

Counselor's work experience (i.e. public or private sector, clientele).

- **PHILOSOPHY**

Philosophical approach taken (Freudian, Jungian, Rogerian, existential, etc.).

- **TIME COMMITMENT**

Number of sessions considered appropriate as a normal intervention.

Counseling and Psychotherapy Services Available for Health Sciences Students

The medical training years provide a number of challenging experiences that many students find rewarding and fulfilling; however, these same experiences may result in feelings of distress, confusion and/or disillusionment. Often intervention with a trained professional can facilitate an individual's capacity to cope with and resolve problems in a constructive and growth-related manner. It is important that students be aware of the opportunities available to receive competent professional counseling.

The University of New Mexico offers several different outlets to help students cope with the stresses of school and other challenges they may encounter. Descriptions and contact information for these resources available at the University of New Mexico are detailed in the following pages.

ALL SERVICES ARE FREE AND CONFIDENTIAL.

Health Sciences Center Resources

Jeff Dunn, MD.

Dr. Dunn is an associate professor in the UNM Department of Psychiatry. He has a longstanding interest in working with and supporting students and other trainees and, in the past, has served as a student clerkship director and a residency training director.

Dr. Dunn is available to see students confidentially in the University Psychiatry Consultants Office located on the fourth floor of the Family Medicine Building. He can provide counseling, psychotherapy and medication management for a variety of problems ranging from stress and adjustment difficulties to mood and anxiety disorders. Dr. Dunn is available by appointment. His office number is 272-6130 and he can be reached by email at jedunn@salud.unm.edu.

Cheri Koinis, PhD

Dr. Koinis is an associate professor and clinical psychologist with the Department of Family and Community Medicine. She has had a long history of working with Health Sciences students, interns and residents to help with study skills, test-taking strategies, boards prep, and balancing life events with high stress and health sciences education.

Dr. Koinis currently practices behavioral medicine at the UNM Family Medicine Tucker Clinic. She is also the [HSC ADA liaison](#) for all HSC students and residents to the UNM Accessibility Resource Center.

Dr. Koinis looks forward to meeting with all students from the UNM School of Medicine programs, as well as from the Colleges of Nursing and Pharmacy, on issues including, but not limited to: depression, anxiety, relationships, academic pressures and worries, stress management, grief, communication, and balancing academic and personal life.

Dr. Koinis is available by appointment. She can be reached at ckoinis@salud.unm.edu or by calling directly to 505- 272-3898.

Health Sciences Center Resources (continued)

Liz Lawrence, MD

Dr. Lawrence is Director of Physician and Medical Student Wellness at the UNM School of Medicine and is an associate professor in the Department of General Internal Medicine. Dr. Lawrence has worked with students throughout much of her career and has special expertise in the area of physician and trainee health and wellness.

Dr. Lawrence is available to meet with students in a safe and confidential setting to discuss any question, concern or problem that may arise concerning wellness. In this setting, options are explored and solutions sought. Problems are addressed utilizing an active short-term approach, and, if indicated, referrals will be made to professionals within the therapeutic community.

Dr. Lawrence is available by appointment. To schedule an appointment, please contact Dr. Lawrence directly at ELawrence@salud.unm.edu.

Ed Fancovic, MD

Dr. Fancovic is a professor in the Division of General Internal Medicine, and he is also the Executive Director of Assessment and Learning at the School of Medicine. He previously was Director for LGBT Equity and Inclusion at the UNM HSC Office for Diversity. He has worked with medical students at all points in their education, from premedical shadowing to match advising. He has a particular interest in working with LGBT students who may need support in their personal lives or with career planning, or who might need information about LGBT-friendly health care for themselves and their families. He has meeting times available on most days, either at his practice or on campus. You can reach him by email at efancovic@salud.unm.edu

Jonathan Bolton M.D.

Dr. Bolton is an associate professor in the UNM Department of Psychiatry and the director of the HSC Office of Professionalism. Established in July 2011 by Chancellor Paul Roth, the HSC Office of Professionalism is dedicated to promoting humane medical care, effective teaching environments, and a respectful work environment. Dr. Bolton and this office are available to respond to reports of unprofessional behaviors and concerns about professionalism. Dr. Bolton can be reached by email at JWBolton@salud.unm.edu and by phone at 505- 272 6663.

UNM Student Health and Counseling Center

The [University of New Mexico Student Health and Counseling](#) has a multidisciplinary professional staff (psychiatry, psychology, and counseling) with expertise and experience in the numerous difficulties generally encountered within a student population. Counseling Services offers assessment and referral, counseling, and workshops in addition to crisis intervention.

Counseling is initiated through a walk-in triage process. You may walk in Monday through Friday between 10:00 a.m. and 4:00 p.m. Ongoing appointments are scheduled by calling 277-3136 between 8:00 a.m. and 5:00 p.m. Monday through Friday.

If you are in crisis that cannot wait until regular SHAC clinic hours, call SHAC Counseling Services After-Hours On-Call Service (for UNM students only) at 277-3136; select option #3. A licensed counselor will receive your call and convey your need to the Director of Counseling Services. You may use this line 365 days a year.

Agora Crisis Center

“Call us anytime. Call us about anything.” [Agora](#) is a hotline aimed specifically for students to talk about personal or academic problems they may be having. Volunteers at Agora are trained peer counselors who offer compassionate and non-judgmental listening. Agora also acts as a referral service.

To contact Agora, call their hotline at 277-3013. They also offer walk-in counseling at 1820 Sigma Chi Monday through Friday, 8:00 a.m. to 5:00 p.m.

UNM Alliance

The [UNMH Alliance](#) is a local chapter of the AMA Alliance, and our mission is to support the partners and families of residents and medical students throughout their medical training in Albuquerque. Visit them [on Facebook](#).

UNM-SOM Crossroads

[Crossroads](#) is a student advocacy organization promoting the health and well-being of all medical students. The membership consists of elected representatives from each class and several physicians at large. Crossroads members recognize the unique stresses that health professionals confront, as well as the increased risk of the development of emotional difficulties and/or dependencies in response to those stresses. It is their goal to provide a forum to identify and diffuse stress issues, to offer confidential support to all students, especially those in danger of impairment, and to educate peers on recognition of these issues and avenues for self-help. Crossroads maintains a resource base of community professionals willing to counsel students.

For more information, email Crossroads at crossroads@salud.unm.edu.

Campus Safety

Recognizing the safety needs of its campus community, the University of New Mexico has taken another step in its goal of enhancing safety for all its faculty, staff and students. UNM has added LoboGuardian, the latest technology-driven app designed to increase user safety through real-time interactive features that create a virtual safety network of friends and family. For a free download, go to <http://loboguardian.unm.edu/>. LoboGuardian allows users to designate “Guardians” to act as a virtual safety escorts in timed Safety Sessions. From the LoboGuardian website, there are links to additional topics on campus safety.

Sexual Harassment and Assault

The University of New Mexico is committed to maintaining a campus environment that is free from sexual harassment and assault. To ensure that the best and most effective services and process for handling sexual assault on campus are available, UNM has created a Sexual Misconduct and Assault Response Team (**SMART**).

SMART is part of the university's overall efforts to reduce sexual violence on campus. It is a victim-centered, victim-controlled coordinated response team composed of community and university organizations to quickly respond to cases of sexual violence while providing appropriate services to all parties involved. SMART responders make services for victims a priority. Victims of sexual assault may choose to activate one, or all, components of the response team: medical, counseling, law enforcement, and/or the student conduct process.

If you have been sexually assaulted it is important to remember it is **not your fault**. Seek the appropriate services so all of your needs can be met. If you wish to be accompanied by a trained and sensitive advocate, you can **call the Rape Crisis Center's 24-hr hotline at 266-7711** and an advocate will meet you.

You can choose to utilize any or all components of the sexual assault response team.

Call the SMART responder that you feel most comfortable contacting:

- Sexual Assault Nurse Examiners (SANE) 24-hour hotline: **505-884-7263**
- Rape Crisis Center of Central New Mexico 24-hour hotline: **505-266-7711**
- Student Health and Counseling (SHAC) 24-hour number: **505-277-3136**
- Counseling and Referral Services (CARS) phone: **505-272-6868**
- UNM Police Department (UNMPD) 24-hour number: **505-277-2241**
- Dean of Student (DOS) phone: **505-277-3361**

Other contacts:

- The [LoboRESPECT](#) Advocacy Center provides a safe and welcoming environment for students to receive support and advocacy services for a number of areas.
- The [UNM Office of Equal Opportunity](#) provides information on UNM's response to campus sexual assaults.

Please also know that the staff of OMSA are always available to help you if you have been assaulted or harassed:

- [Sheila Hickey, MD](#) phone 505-272-3414
- [Teresa Vigil, MD](#) phone 505-272-3414
- [Liz Lawrence, MD](#) phone 505-272-3414
- [Cheri Koinis, PhD](#) phone 505-272-3898

**Albuquerque Psychiatrists, Psychologists, & Counselors Interested in
Working with Health Sciences Students***

Patricia Allaire, LPCC	925-2400
Michael Baron, PhD	843-7279
Thomas Bien, PhD	242-2603
John R. Evaldson, MD (Santa Fe)	505-983-1887
Janice Evans, MD	878-0177
David Ewing, MD	255-6002
Lisa Feierman, MD	450-7626
Gail Carr Feldman, PhD	833-4356
Debbie C. Gee, MD	837-9782
Nancy Handmaker, PhD	897-7755
Susan Kaspi, PhD	345-6100
Julie Kirkpatrick, MD	345-6944
Liza Mermelstein, PhD	345-6100
Chris Maneta, MD	291-5300
Linda Najjar, PhD	306-4144
Kevin Rexroad, MD	255-4701
Janet Robinson, PhD	265-0154
Matt Tandy, LPCC, LADAC (substance use)	385-7194
Brenda Wolfe, PhD (Eating disorders specialist)	884-5700

* Please note that these clinicians are in private practice and are not covered by UNM student health insurance. All financial arrangements must be worked out individually.

Support Groups and Community Resources

Alcohol and Substance Abuse

Adult Children of Alcoholics	256-8300
Al-Anon Information Service	262-2177
Alcoholics Anonymous	266-1900
Addictions & Substance Abuse Program (UNM)	925-2300
Cocaine Anonymous	291-3888
National Council on Alcoholism & Drug Abuse	256-8300

Community Mental Health Resources

Adult Survivors of Child Abuse	255-3182
Agora Crisis Center (24-hour hotline)	277-3013
Albuquerque Shelter for Victims of Domestic Violence	247-4219
Albuquerque Rape Crisis Center	266-7711
Catholic Charities	724-4670
NM Crisis and Access Line (NMCAL)	1 -855-622-7474
Outcomes	243-2551
Overeaters Anonymous	292-9080
Psychiatric Emergency Services	272-2920
Samaritan Counseling Center	842-5300
Suicide Hotline	1-800-273-8255 505-247-1121
UNM Dept. of Psychology Clinic	277-5164
UNM Psychiatric Center/Mental Health Center	272-2870
UNM Student Health & Counseling Center	277-4537
UNM Manzanita Center	277-2132
UNM Women's Resource Center	277-3714

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