

SERVICES

The following personal services are available at the Counseling Center. To schedule appointments with the Counseling Center you can call Monday through Friday, 8 a.m.-12 p.m. or 1-5 p.m. at 464-5002 or stop by the Counseling Center in person. We can also be reached at Counseling.Center@valpo.edu for general questions. Please call though to make an appointment.

Individual and Couples Counseling

personal, relational, academic support

Topical Group Presentations

e.g. relationships, assertiveness, study skills

Group Counseling

e.g. personal development, self-esteem, sexual trauma, grief and loss, eating/body image concerns

Psychological Testing

personality, interest, developmental

Crisis Intervention

for students in immediate distress

Consultation and Referral

for students, faculty, staff, and parents

Professional Training Program For Graduate Students

If you have additional questions, e-mail Counseling.Center@valpo.edu

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