regular hours
During the academic semester, counseling is available from 9 a.m. to 9 p.m., Monday through Friday, and for abbreviated hours on Saturday. For further information or to schedule an appointment, Student Counseling Services may be reached at (516) 463-6791.

emergency access
In the event of an emergency, on-call counselors may be reached by calling Public Safety at (516) 463-6789. Public Safety will contact a crisis counselor who will respond immediately.

location
Student Counseling Services is located at the Saltzman Community Services Center, which is on the south side of Hempstead Turnpike, at the Oak Street entrance.

John C. Guthman, Ph.D.
Director
(516) 463-6791

Merry E. McVey-Noble, Ph.D.
Staff Psychologist
(516) 463-6791

Dodie A. Gillett, Ph.D.
Staff Psychologist
(516) 463-6791

Joan and Arnold Saltzman Community Services Center
Phone: (516) 463-6791
Web site: hofstra.edu/saltzmancenter
services
A student may participate in psychological counseling to discuss emotional difficulties or personal concerns related directly to academic or other matters. Cognitive and behavioral strategies are used to help students achieve their goals and derive maximum benefit from the college experience. Individual counseling may consist of one or two consultations, or may involve a longer series of meetings during the academic year. Students generally meet with a counselor once per week for approximately 50 minutes, depending on individual need as determined at the initial meeting. Common concerns that students bring to counseling include: relationship difficulties, anxiety, low self-confidence, academic problems, substance abuse, depression, and lack of assertiveness.

The focus of educational counseling is on helping individuals set goals and overcome personal challenges implementing academic success. Activities in counseling often involve the development of methods to better manage time, situational and personal demands, as well as the implementation of learning strategies.

staff
Counseling services are administered by a staff of licensed psychologists and intern psychologists. Psychology interns are in their fourth and fifth years of a doctoral training program in psychology. Each intern is provided with ongoing supervision of all clinical work.

confidentiality
All services are provided in a confidential and professional atmosphere. Student Counseling Services takes every reasonable precaution to protect the privacy of clients. The identity of those using our services, along with personally identifiable disclosures made in the course of the counseling relationship, will be regarded as confidential. Information is not shared with parties outside Student Counseling Services without the expressed written consent of the client, or except where law, regulations or life-threatening situations require it.

group counseling
Group sessions provide a modality for meeting the needs of an individual in a group setting. Group members are encouraged to explore their style of relating to other group members, by interacting freely and honestly in a supportive environment. The group format generally involves 90-minute sessions with 6 to 10 members who come together once per week. Past themes discussed during group counseling sessions included eating disorders, bereavement, children of alcoholics, and relationship management.

workshops
Skill-building workshops provide a structured presentation of information and skills practice appropriate to the students’ interests, personal development and need. Workshops are conducted at Student Counseling Services as well as other locations on campus.

referral
Students may be introduced to resources that offer specialized or additional services other than those provided by Student Counseling Services.

eligibility/fees
Any full- or part-time undergraduate, graduate or law student currently enrolled at Hofstra University may use our services. Personal and educational counseling are available to all students free of charge for the first three sessions. A fee of $30 is charged for each counseling visit beyond the third session. Workshops and psychoeducational groups are provided free of charge.