

Rowan University Wellness Center

Location: 201 Mullica Hill Rd., Glassboro, NJ 08028

Web Site: <https://sites.rowan.edu/wellness/counseling>

Site Supervisor(s): Jennifer Perry, Psy.D.

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NOTE: THIS SITE IS PART OF THE UNIFORM TIMELINE AND FOLLOWS A SPECIFIC APPLICATION TIMELINE. THE DEADLINE FOR APPLICATIONS FOR THE 2019-2020 PRACTICUM YEAR IS JANUARY 22ND.

Site Description

The Wellness Center welcomes graduate-level practicum students from psychology, counseling, and social work programs, as well as full-time predoctoral psychology interns and postdoctoral appointees. Practicum students are expected to commit a minimum of 16 hours per week to the training experience at the Wellness Center. Start and end dates of the placement are negotiable based on each educational program's expectations. However, all practicum students must commit to a minimum of September 1st through May 31st.

The Wellness Center provides services to undergraduate and graduate Rowan University students diverse in race, ethnicity, socioeconomic status, religion, disability status, gender identity, and sexual orientation. Rowan University is the 2nd ranked public comprehensive research university in New Jersey. Its main campus is located in Glassboro, 20 minutes southeast of Philadelphia. The Wellness Center at Winans Hall houses a wide array of health and wellness services in one location – Counseling and Psychological Services, Student Health Services, Alcohol and Other Drug Services, Healthy Campus Initiatives, and Emergency Medical Services – in a recently renovated, centrally located facility. This allows for integrated care and close collaboration among wellness professionals.

All trainees provide a variety of services to students through Counseling and Psychological Services (CPS), which includes individual and group therapy with occasional inclusion of partners or family members as clinically indicated. Common concerns include depression, anxiety, post-traumatic stress, Autism Spectrum Disorder, alcohol and drug abuse, suicidality, self-injurious behaviors, eating disorders, relationship issues, and personality disorders. There are a typically 12-15 therapy groups offered per semester, including skills-based, psychoeducation, and process groups. All trainees receive individual and group supervision with licensed professionals

with various areas of expertise and theoretical orientations. Audio and video recording of therapy sessions are a vital part of supervision. There are additional opportunities for case consultation and clinical discussion, depending on the days on which the trainee is on site. Furthermore, CPS prides itself on our team approach to training and as such, our staff typically make themselves available for informal consultations whenever possible. There are also opportunities to participate in the outreach activities in the form of workshops, trainings, and presentations for students, faculty, and staff. All trainees will present a minimum of two hour-long comprehensive case presentations to the Wellness Center staff during the training year. They provide an excellent opportunity to practice presenting a case, as well as receiving valuable feedback from a variety of perspectives.

Student Health Services Specialization:

Trainees in this track work within our Student Health Services (SHS), an established provider of medically-based services and initiatives focused on improving behavioral and physical health of the students at Rowan University. SHS consists of a team physicians, nurse practitioners, and nurses who provide a range of evidence-based clinical services as well as education. As a result of the integration with CPS years ago, SHS continues to integrate behavioral health practices to further support the emotional and physical well-being of the students.

Trainees can choose to spend a portion of their practicum time in SHS, working from a behavioral-health integrated care model of treatment. The trainee will provide evidenced-based brief interventions, consultation, and education to students who are identified as at-risk. Examples of issues addressed include alcohol or drug use, tobacco cessation, sleep disturbance, or chronic illness. Trainees may also have the opportunity to hone in on a particular area of interest or specialty within the field of behavioral health. The trainee also facilitates communication between medical staff and counseling staff when referrals are clinically indicated. Trainees will further develop consultation skills through these contacts and interventions. Trainees also have the opportunity to participate in various didactics, case conferences, and outreach events to the campus community during the course of the practicum.

Application Procedure: Applicants must submit the standard PenDeIDOT application form (available on our website), CV, and two letters of reference. The Wellness Center adheres to the standardized application timeframe established by the Pennsylvania and Delaware Directors of Training Consortium, with applications accepted from mid-December to mid-January and interviews in late January-mid February. Applications can be mailed to:

Jennifer Perry, Psy.D.
Wellness Center, Winans Hall
201 Mullica Hill Rd.
Glassboro NJ 08028

Or scanned and emailed to:
perryj@rowan.edu