

Rowan University Wellness Center

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

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

Site Training Coordinator: Helen Polak, Psy.D. 856-256-4333 [polak@rowan.edu](mailto:polak@rowan.edu)

NOTE: THIS SITE IS PART OF THE UNIFORM TIMELINE AND FOLLOWS THE PENDELDOT GUIDELINES REGARDING THE APPLICATION AND INTERVIEW PROCESSES FOR PSYCHOLOGY EXTERNS. PLEASE SEE <https://pendeldot.apa.org/> FOR DETAILS AND DEADLINES. FOR SOCIAL WORK AND COUNSELING EXTERNS, APPLICATIONS ARE DUE April 30, 2022.

#### Site Description:

The Wellness Center welcomes graduate-level practicum students from psychology, counseling, and social work programs, as well as full-time pre-doctoral 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. Additionally, Counseling Services has a satellite office located in a house on Victoria Street, which is a few blocks from the Wellness Center. 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. Furthermore, CPS prides itself on our team approach to training and as such, our staff 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. These presentations provide an excellent opportunity to practice presenting a case, as well as receiving valuable feedback from a variety of perspectives.

Application Procedure for Psychology Externs:

Applicants must submit the standard PENDELDOT application form (available at <https://pendeldot.apa.org/>), 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 to mid-February. Application Procedure for Counseling and Social Work Externs: Applications are due April 30, 2022. Please send a cover letter, CV or resume, and two letters of reference. Interviews will start the beginning of May and continue until complete.

Please send all applications to:

Helen E. Polak, Psy.D.  
polak@rowan.edu