

WOODBURY
UNIVERSITY
FOUNDED IN 1884

Student Mental Health and Counseling Services

Ruth Burgher-Gibore, MA, LMFT Director of Counseling Services



LOCATION AND HOURS OF OPERATION

Counseling Services is located in the Whitten Student Center with office hours of Monday through Friday from 9am to 6pm.

Virtual appointments are currently being provided during the COVID - 19 pandemic via Ring Central.

No walk-ins or requests for in person meetings are being accepted at this time.

Woodbury's Counseling Services offers the following services to students:

Individual, couple, and/or family assessment and short-term counseling

Workshops and presentations on a variety of topics emphasizing health and wellness

Support groups (organized around student interests)

Consultation with Woodbury faculty, staff, students, and parents concerned about the emotional or mental health of a specific student

Referrals to psychiatric and specialized mental-health or community services



Reasons Students Seek Counseling

Counseling Services staff can assist students with concerns related to:

Time Management
Relationship Help
Family Concerns
Depression-Anxiety
Body Image Concerns
Sexuality
Sexual Orientation
Self-Esteem
Test Anxiety
Concerns about Mental Health of Friends/Family
Drugs and Alcohol
Communication
Coping with COVID-19
Conflict Management
and Much More!





For More Information

Contact our office at 818-252-5237

or Ruth.Burgher-Gibore@woodbury.edu.

Appointments scheduled with counselors

Ruth or Rhex at the Burbank Campus,

Ryan at the San Diego campus.

For life threatening emergencies, always

dial 911.