

COUNSELING SERVICES

There are times when the stresses of a personal, family or social situation impact your ability to function academically, professionally, and/or personally. Counseling Services encourages students to feel empowered and comfortable in reaching out for help. A team of Qualified Mental Health Professionals, counseling services staff incorporate a philosophy of wellness in which each person becomes more aware of who they are and makes choices toward positive change by using a client-centered, Cognitive Behavioral Therapy, solution-focused approach toward identifying solutions. No problem is too big or small to reach out for help!

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 issues related to:

Time Management
Relationship Help
Family Concerns
Depression-Anxiety
Body Image Concerns
Sexuality
Sexual Orientation
Self-Esteem Issues
Test Anxiety
Concerns about Mental Health of Friends/Family
Drugs and Alcohol
Communication
Coping during the COVID-19 pandemic

And Much More!

For More Information

During the pandemic, counseling services is offering virtual appointments only and not accepting walk-ins. For more information or to request services reach out to 818 252 5237 or via e-mail at ruth.burgher-gibore@woodbury.edu to begin services. Counseling team staff include Licensed Therapist Ruth Burgher-Gibore, Director of Counseling Services; Licensed Therapist Rhex Bartolome, and counselor Ryan Burtanog, for the San Diego campus. We look forward to working with you!
