

COUNSELING CENTER

Newsletter



What's new at the Counseling Center

PATHWAYS TO CARE

"Our Pathways to Care model infuses the counseling process of matching appropriate care with each student's acute needs with timely access and personal choice. Starting, in many cases, with an individual "one-at-a-time" consultations, our professional mental health clinicians engage students in assessing their acute needs. From there, a range of short-term services are available which are chosen in collaboration with the clinician and student."

This month's issue:

**WHAT'S NEW AT THE
COUNSELING CENTER**

**STAFF SPOTLIGHT:
ASHLEY REDA, PH.D.**

HELPFUL LINKS



WWW.SKIDMORE.EDU/COUNSELING

Counseling Center

1st floor of Jonsson Tower
518-580-5555

Hours:

Monday - Friday
9:00 am - 12:00 pm
1:00 pm - 4:30pm

Emergency Appointments

are scheduled at 3:00 pm and
available more immediately
as appropriate.

For emergency situations after hours and on weeks, when the college is in session, please call 518-580-5555 and follow the prompt to access the appropriate resource.



Ashley Reda, Ph.D.

About Ashley:

Ashley Reda, Ph.D., is a Staff Psychologist at the Counseling Center. She joined the staff in August 2019 after completing her doctorate in Counseling Psychology from Tennessee State University. She previously trained with Vanderbilt University as a psychology practicum student as well as completed her doctoral internship at the State University of New York at Albany.

Ashley is the liaison to Skidmore's Opportunity Program where she will collaborate with OP students struggling with mental health. She will also be leading Counseling Center workshop, Dealing With Difficult Emotions.

Ashley looks forward to getting to know Skidmore students and community!

Helpful Links:

- **Counseling Center's Page for Homesickness**

www.skidmore.edu/counseling/education/homesickness.php

- **A Syllabus for College Transition**

<https://www.forbes.com/sites/brennanbarnard/2018/08/24/a-syllabus-for-college-transition/#796e85d76dfb>