

COUNSELING CENTER

Newsletter



What's new at the Counseling Center

SKILL-BUILDING WORKSHOPS

The Counseling Center offers multiple skill-building workshops in a small group format each semester. These are a great way to learn and practice concrete skills for effective anxiety management, positive coping for depression, stress reduction through mindfulness, and handling difficult emotions. The workshops run for three weeks each, so there is never a long wait to join one. Students can learn more about the workshops through an individual consultation session with a staff clinician.

More information about skill-building workshops on the next page.

This month's issue:

**SKILL-BUILDING
WORKSHOPS**

**STAFF SPOTLIGHT:
OLEG TURAYEV, PSY.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.

More About the Skill-Building Workshops:

MANAGING DIFFICULT EMOTIONS

The Managing Difficult Emotions skills workshop is focused on learning about emotions and strategies for managing intense emotional experiences. The purpose of this workshop is to provide a better understanding of emotions and how they work for us as well as to teach specific skills to cope with and reduce emotional intensity.

ANXIETY SKILLS WORKSHOP

The Anxiety Skills Workshop focuses on first understanding and then regulating anxiety. This will allow you to use anxiety to your advantage rather than engage in a constant struggle against it. You will learn why anxiety is there, how it operates, and how to regulate it up or down so that your level of anxiety matches the task in front of you.

MANAGING STRESS WITH MINDFULNESS

This mindfulness-based workshop is designed to help students learn how to cope more effectively with stress. Over the course of three weeks, you will complete a stress self-assessment, learn strategies for managing different types of stress, and practice mindfulness activities that may help you feel better able to respond to stress.

DEPRESSION SKILLS WORKSHOP

The purpose of this three week workshop is to provide students with specific tools and strategies to decrease their symptoms of depression. In addition to skills-building, it is hoped that students will feel empowered from learning to identify contributing factors as well as adaptive responses to cope with depression.

About Oleg:

Oleg joined the Counseling Center as Staff Psychologist in August 2018. He received his Bachelor's degree in Psychology from Penn State University in 2009, and his Doctoral degree in Clinical Psychology from Wright State University in 2015. He previously worked as a psychology intern at the College of William and Mary and as a staff psychologist at Gettysburg College. Oleg's primary interest is in conducting individual therapy with college students who experience anxiety, depression, social isolation, relationship concerns, and assertiveness problems. Other interests include mindfulness meditation, childhood trauma, and working with people with disabilities, as well as with international students.

Oleg is the Counseling Center's liaison to SAS for international students and students with disabilities. He leads the Counseling Center's Anxiety Skills Workshop and is also fluent in Russian.



**Oleg Turayev,
Psy.D.**

Helpful Links:

Counseling Center Page for Anxiety

<https://www.skidmore.edu/counseling/education/anxiety.php>

Counseling Center Page for Depression

<https://www.skidmore.edu/counseling/education/depression.php>

Counseling Center Page for Mindfulness

<https://www.skidmore.edu/counseling/education/mindfulness.php>

Counseling Center Page for Stress

<https://www.skidmore.edu/counseling/education/stress.php>