

# 木禾心理

## 校园资讯资源整合

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# 目录

- [简介](#)
- [联系方式](#)
- [心理健康相关服务类型](#)
- [Brandeis Counseling Center Services](#)
- [Resilience, Information, Skills and Experiences \(RISE\) Program](#)
- [Health and Wellness Courses](#)

# 简介

**咨询中心名称:** Brandeis Counseling Center

**咨询中心介绍:**

- The Brandeis Counseling Center (BCC) provides counseling for both Graduate and Undergraduate students. Treatment is available in English, Hebrew, Mandarin and Spanish. All concerns are addressed with sensitivity to and respect for diversity and individuality. We maintain the strictest standards of privacy and confidentiality and serve as a resource to the entire Brandeis community.

**校园资讯中心官方网站:** <https://www.brandeis.edu/counseling/>

**收费:** 保险可以cover; All on-campus counseling services are provided with no out-of-pocket or direct costs passed along to students.

**Covid information:** 所有服务都改为远程线上。

回目录

# 联系方式

- **Phone:** 781-736-3730 ; bcc@brandeis.edu (non-urgent email)
- **Hours:**
  - The office will be staffed
  - Monday through Friday: 9 A.M to 5 P.M; Closed Noon - 1PM daily
  - After 5 P.M open by appointment only.
  - URGENT CARE HOURS
  - Monday through Friday:
    - 11 a.m. - noon
    - 3 - 4 p.m.
  - **Location:**
    - in Mailman House, near Public Safety and the pedestrian bridge that crosses South Street.



# 心理健康相关服务类型

- 我是一名本科生, 或者我认识一名本科生, 他/她.....
- 遭遇过性方面的不当行为(包括性侵犯、性剥削、被跟踪或恋爱/家庭暴力)。
- 遇到经济困难, 需要工作, 或者经济状况发生了变化。
- 需要看医生, 需要医疗转诊, 或需要专家。
- 一周中大部分时间感到悲伤、焦虑、担心、压力或不知所措。
- 经历过歧视或骚扰。
- 感到孤独或觉得不属于自己。
- 需要找人倾诉。
- 以令人担忧的方式使用毒品和酒精。
- 受到人身攻击或发生争执。
- 想了解更多关于休学的情况。
- 想交朋友, 参与校园活动。

# 遭遇过性方面的不当行为(包括性侵犯、性剥削、被跟踪或恋爱/家庭暴力)

- Office of Equal Opportunity
- <https://www.brandeis.edu/oeo/index.html>
- Online Reporting Form
- <https://www.brandeis.edu/equal-opportunity/reporting/index.html>
- Public Safety (emergency services)
- <https://www.brandeis.edu/publicsafety/>
- Prevention, Advocacy & Resource Center (PARC) (confidential)
- <https://www.brandeis.edu/parc/index.html>
- Brandeis Counseling Center (confidential)
- <https://www.brandeis.edu/counseling/appointments/index.html>
- University Ombuds (confidential)
- <https://www.brandeis.edu/ombuds/>
- Center for Spiritual Life
- <https://www.brandeis.edu/spiritual-life/index.html>

# 遇到经济困难，需要工作，或者经济状况发生了变化

- Student Financial Services
  - <https://www.brandeis.edu/student-financial-services/index.html>
- Emergency Funding
  - <https://www.brandeis.edu/student-financial-services/financial-aid/emergency-funding.html>
- Student Employment
  - <https://www.brandeis.edu/student-financial-services/employment/index.html>
- Hiatt Career Center resources
  - <https://www.brandeis.edu/hiatt/jobs-internships/index.html>
- Dean of Students Office
  - <https://www.brandeis.edu/studentlife/deansoffice/>
- Brandeis Counseling Center
  - <https://www.brandeis.edu/counseling/reach/index.html>
- Center for Spiritual Life
  - <https://www.brandeis.edu/spiritual-life/index.html>

# 需要看医生，需要医疗转诊，或需要专家

- Brandeis Health Center
- <https://www.brandeis.edu/health/?support-student>
- BEMCO in case of an emergency
- <https://www.brandeis.edu/publicsafety/bemco/index.html>
- Brandeis Counseling Center
- <https://www.brandeis.edu/counseling/reach/index.html>



# 一周中大部分时间感到悲伤、焦虑、担心、压力或不知所措

- Brandeis Counseling Center
- <https://www.brandeis.edu/counseling/appointments/index.html>
- Public Safety in case of an emergency
- <https://www.brandeis.edu/publicsafety/>
- Center for Spiritual Life
- <https://www.brandeis.edu/spiritual-life/index.html>
- Academic Services
- <https://www.brandeis.edu/acserv/>
- Care Team Reporting Form / I Care Form
- <https://www.brandeis.edu/care/form.html>
- Community Therapists
- <https://www.brandeis.edu/counseling/services-programs/community-therapists/index.html>

# 经历过歧视或骚扰

- Office of Equal Opportunity
- <https://www.brandeis.edu/oeo/index.html>
- Online Reporting Form
- <https://www.brandeis.edu/equal-opportunity/reporting/index.html>
- Dean of Students Office
- <https://www.brandeis.edu/dean-of-students/index.html>
- Office of Diversity, Equity and Inclusion
- <https://www.brandeis.edu/diversity/index.html>
- University Ombuds (confidential)
- <https://www.brandeis.edu/ombuds/>
- Prevention, Advocacy & Resource Center (PARC) (confidential)
- <https://www.brandeis.edu/parc>

# - 感到孤独或觉得不属于自己

- Brandeis Counseling Center
  - <https://www.brandeis.edu/counseling/reach/index.html>
- Public Safety in case of an emergency
  - <https://www.brandeis.edu/publicsafety/>
- Center for Spiritual Life
  - <https://www.brandeis.edu/spiritual-life/index.html>
- Intercultural Center
  - <https://www.brandeis.edu/studentlife/icc/>
- Gender and Sexuality Center
  - <https://www.brandeis.edu/glbtc/>
- Office of Diversity, Equity, & Inclusion
  - <https://www.brandeis.edu/diversity/index.html>
- Care Team
  - <https://www.brandeis.edu/care/resources.html>

# - 需要找人倾诉

- Brandeis Confidential Complaint Hotline: 781-736-4452
- Brandeis Health Center
- <https://www.brandeis.edu/health/>
- Brandeis Counseling Center
- <https://www.brandeis.edu/counseling/reach/index.html>
- University Ombuds
- <https://www.brandeis.edu/ombuds/>
- Care Team Reporting Form / I Care Form
- <https://www.brandeis.edu/care/form.html>
- Dean of Students Office
- <https://www.brandeis.edu/studentlife/deansoffice/?support-gradstudent>
- Office of Diversity, Equity and Inclusion
- <https://www.brandeis.edu/student-affairs/diversity/index.html>
- Center for Spiritual Life
- <https://www.brandeis.edu/spiritual-life/index.html>
- Brandeis DCL 24 Hour Support: For urgent matters after hours, please call 781-736-5000.  
Brandeis Police will contact an Area Coordinator on-cal

## - **毒品和酒精相关问题**

- **Brandeis Health Center**
- **<https://www.brandeis.edu/health/>**
- **Brandeis Counseling Center**
- **<https://www.brandeis.edu/counseling/reach/index.html>**
- **Public Safety in case of an emergency**
- **<https://www.brandeis.edu/publicsafety/>**
- **Care Team Reporting Form / I Care Form**
- **[https://cm.maxient.com/reportingform.php?BrandeisUniv&layout\\_id=4](https://cm.maxient.com/reportingform.php?BrandeisUniv&layout_id=4)**

# - 受到人身攻击或发生争执

- Public Safety
  - <https://www.brandeis.edu/publicsafety/>
- Community Standards Report
  - [https://cm.maxient.com/reportingform.php?BrandeisUniv&layout\\_id=2](https://cm.maxient.com/reportingform.php?BrandeisUniv&layout_id=2)
- Care Team
  - <https://www.brandeis.edu/care/resources.html>
- Brandeis Counseling Center
  - <https://www.brandeis.edu/counseling/reach/index.html>
- University Ombuds
  - <https://www.brandeis.edu/ombuds/>
- Brandeis Health Center
  - <https://www.brandeis.edu/health>

# - 休学的情况

- Academic Services
- <https://www.brandeis.edu/advising/policies/loa.html>
- Brandeis Counseling Center
- <https://www.brandeis.edu/counseling/reach/index.html>
- Brandeis Health Center
- <https://www.brandeis.edu/health/>
- Student Financial Services
- <https://www.brandeis.edu/student-financial-services/index.html>

# - 想交朋友，参与校园活动

- Department of Athletics, Physical Education and Recreation
  - <http://www.brandeisjudges.com/>
- Department of Student Activities
  - <https://www.brandeis.edu/studentlife/activities/>
- Department of Community Service
  - <https://www.brandeis.edu/studentlife/communityservice/>
- Student Clubs and Organizations
  - <https://www.brandeis.edu/clubs/>
- Intercultural Center
  - <https://www.brandeis.edu/studentlife/icc/>
- Gender and Sexuality Center
  - <https://www.brandeis.edu/glbtc/>
- Center for Spiritual Life
  - <https://www.brandeis.edu/spiritual-life/index.html>
- Brandeis Hillel
  - <http://www.brandeishillel.org/>
- Brandeis Events calendar



# - Brandeis Counseling Center Services

- Assessments
- Short-Term Stabilization
- Group Therapy
- Case Management
- Urgent Care
- Community Therapists
- Medication Evaluation and Management
- 评估
- 短期稳定治疗
- 团体治疗
- 个案管理
- 紧急护理
- 社区治疗师
- 药物治疗评估和管理

# - Assessments 评估

- The first visit is called an assessment. You will meet with a counselor who, together with your input will help to determine the best treatment recommendations for you. This plan is tailored specifically to your unique needs.
- 第一次访问被称为评估。你将与一名咨询师会面，他将与你的意见一起，帮助确定适合你的最佳治疗建议。这个计划是专门针对你的独特需要而制定的。

# Short-Term Stabilization 短期稳定治疗

- The BCC focuses on stabilization and short-term individual therapy. Individual therapy appointments are generally 30 or 45 minutes. Therapists will help you with symptom reduction, as well as life skills and coping skills.
- BCC的重点是稳定和短期个人治疗。个人治疗预约一般为30或45分钟。治疗师将帮助你减轻症状，以及生活技能和应对技巧。

# - Group Therapy 团体治疗

- Group therapy increases a sense of social integration, a student's sense of belonging, a sense of “mattering” to others on campus and allows for the establishment of skills to create meaningful social relationships. The more someone has a sense of belonging, the less stressed and depressed they may be. A sense of belonging has also been shown to increase student retention and positive mental health.
- Finally, the more one feels they matter to others, that others rely on them and are concerned about them, the more successful they will be. This is especially true of immigrant and first-generation students and these students are also more likely to rely on peers for support than staff or faculty (Stebleton, Soria, and Huesman, 2011).

# - Group Therapy 团体治疗

- 团体治疗增加了社会融合感、学生的归属感、对校园里其他人的"重要"感, 并允许建立技能以创造有意义的社会关系。一个人越有归属感, 他们的压力和抑郁就越小。归属感也被证明可以增加学生的保留率和积极的心理健康。
- 最后, 一个人越觉得自己对别人重要, 别人依赖他们, 关心他们, 他们就会越成功。这对移民和第一代学生来说尤其如此, 这些学生也更有可能会依赖同伴的支持而不是教职员工 (Stebleton, Soria, and Huesman, 2011)。

# - Case Management 个案管理

- Students looking for longer term care or specialty care are able to work with our case manager, Vanessa Mena-Gibson, MSW, LCSW. She will facilitate referrals to community therapists, partial hospital programs, and specialty care。
- 寻求长期护理或特殊护理的学生可以与我们的个案经理Vanessa Mena-Gibson, MSW, LCSW一起工作。她将协助转介到社区治疗师、部分医院项目和专科护理。
- [vmenagibson@brandeis.edu](mailto:vmenagibson@brandeis.edu)

## - Urgent Care 紧急护理

- Urgent Care Counseling hours are from 11 a.m. to Noon and 3 to 4 p.m. Monday-Friday. Urgent appointments are for students who have an immediate concern or emergency that can not wait for a regularly scheduled appointment. For an emergency after business hours, call 781-736-3730 and select option 2 to speak with a clinician. We do not offer walk in psychiatry consultations.
- 急诊咨询时间为周一至周五上午11点至中午和下午3点至4点。紧急预约是为那些有紧急问题或紧急情况而无法等待定期预约的学生而设的。工作时间以外的紧急情况, 请致电781-736-3730, 选择选项2, 与临床医生交谈。我们不提供步入式的精神病学咨询。

# - Community Therapists 团体治疗师

- Driven by the counseling center's mission and inspired by Brandeis' value of community transformation, BCC Community therapists provide free, confidential mental health services at several locations around campus. Community Therapists can offer strategies to strengthen life and coping skills, insight and support, as well as information and connection to additional resources.
- **Services include:**
  - Brief one-on-one supportive appointments
  - Whether it's stress, worry, sadness, relationship or family dilemmas, or academic performance, sharing concerns with another person can make an impactful difference. No topic is off limits! Community Therapists can also help determine whether formal counseling would be useful and, if appropriate, assist in getting connected to appropriate services.
  - Community-focused groups
  - Workshops



# - Community Therapists 团体治疗师

- 在咨询中心使命的驱动下，在布兰代斯大学社区改造价值的激励下，BCC社区治疗师在校园周围的几个地点提供免费的、保密的心理健康服务。社区治疗师可以提供加强生活和应对技能的策略，洞察力和支持，以及信息和连接到其他资源。
- **服务包括**
- 简短的一对一的支持性预约
- 无论是压力、忧虑、悲伤、人际关系或家庭困境，还是学习成绩，与另一个人分享关切可以产生影响。没有任何话题是不允许的。社区治疗师还可以帮助确定正式的咨询是否有用，如果合适的话，还可以协助联系到适当的服务。
- 以社区为重点的小组支持
- 研讨会

# - Medication Evaluation and Management

- 药物治疗评估和管理
- Students who are being seen at the BCC for therapy are eligible for referral to a psychiatrist at the BCC for short-term medication evaluation and management. In order to access this service, we ask that you are participating in counseling at the BCC.
- If you are seeing a therapist off campus, our case manager can help facilitate a referral to a psychiatrist in the community. If you are interested in psychiatry services at the BCC, please speak to your therapist about requesting a medication evaluation. Psychiatry services are billed from the first visit.

# - Medication Evaluation and Management

- 药物治疗评估和管理
- 在BCC接受治疗的学生有资格被转介到BCC的精神科医生那里进行短期药物评估和管理。为了获得这项服务，我们要求你在BCC参加咨询。
- 如果你在校外看治疗师，我们的个案经理可以帮助你转介到社区的精神科医生。如果你对BCC的精神病学服务感兴趣，请与你的治疗师谈谈申请药物评估的问题。
- 精神病学服务从第一次就诊开始计费。

# Resilience, Information, Skills and Experiences (RISE) Program

## 复原力、信息、技能和经验(RISE)计划

- Work in small groups with Brandeis faculty and Counseling Center clinicians to learn effective time management and goal setting techniques, while developing skills for coping with and bouncing back from stress.
- RISE consists of two stand-alone programs. You can participate in one or the other, or both, for maximum benefit.
- 与布兰代斯大学的教师和咨询中心的临床医生进行小组合作，学习有效的时间管理和目标设定技巧，同时发展应对压力和反弹的技能。
- RISE由两个独立的项目组成。你可以参加一个或另一个，或同时参加。

# Health and Wellness Course 健康和保健课程

- HWL 67
- For all undergraduates, the Health & Wellness Course (HWL 67) meets weekly throughout the fall semester (12 weeks). Students will have the opportunity to master and implement time management and study skills, while receiving continued support on how to deal with challenges throughout the semester.
- This course fulfills 2 Mind & Body Balance Modules toward the Health, Wellness and Life Skills general education requirement.
- 对于所有本科生来说，健康与保健课程(HWL 67)在整个秋季学期(12周)每周举行一次。学生将有机会掌握和实施时间管理和学习技能，同时在整个学期中得到如何应对挑战的持续支持。
- 本课程满足了健康、保健和生活技能通识教育要求的2个身心平衡模块。

## References:

<https://www.brandeis.edu/counseling/services-programs/rise.html>

<https://www.brandeis.edu/counseling/services-programs/index.html>

<https://www.brandeis.edu/counseling/services-programs/community-therapists/index.html>

<https://www.brandeis.edu/support/undergraduate-students/mental-health.html>