

# 木禾心理

## 校园资讯资源整合



JOHNS HOPKINS  
UNIVERSITY



木禾心理  
Mood Psychological Counseling

# 目录

- [简介](#)
- [联系方式](#)
- [Eligible Schools & Programs](#)
- [资源介绍](#)
  - [Self-help 自助](#)
  - [疫情期间的自我情绪管理](#)
  - [SilverCloud](#)
  - [Self-assessment 自我评估](#)
  - [其他资源](#)

- [服务介绍](#)
  - [Remote Drop-In Hours](#)
  - [Mental Health Workshops](#)
  - [Group Therapy](#)
  - [Brief Goal-Focused Individual Therapy](#)
  - [Psychiatric Evaluations and Medication Management](#)
  - [Referral Assistance](#)
  - [Crisis and Emergency Services](#)

# 简介

咨询中心名称: Homewood Student Affairs Counseling Center

咨询中心介绍:

- Our mission is to facilitate the personal growth and development of students. Our services are designed to enhance the **personal and interpersonal development** of students and to maximize their potential to benefit from the academic environment and experience.

校园资讯中心官方网站: <https://studentaffairs.jhu.edu/counselingcenter/>

收费: No cost for services.

Covid information: 所有服务都改为远程线上。

# 联系方式

- **Phone:** 410-516-8278
  - 如果在工作时间外打电话, 请拨打410-516-8278后按1, 联系on-call counselor。(24/7)
  - 2021年暑假时期, 仍提供咨询服务, 小组咨询, workshop, 拨打410-516-8278 后按2.
- **Hours:**
  - Monday: 8:30am - 5pm
  - Tuesday: 8:30am - 5pm
  - Wednesday: 8:30am - 5pm
  - Thursday: 8:30am - 5pm
  - Friday: 8:30am - 5pm
- **Location:**
  - 3003 N Charles St, Homewood Apartments, Suite S-200, Baltimore, MD 21218
  - 从South Entrance进入, 人行道旁有指示牌。
  - 需要用你的J-Card刷卡进入楼内。
  - Counseling center在二楼(电梯2F)。

## Eligible Schools & Programs:

School/Program	Who's Eligible?
Krieger School of Arts and Sciences	Undergraduate and graduate students currently enrolled in full-time programs
Whiting School of Engineering	Undergraduate and graduate students currently enrolled in full-time programs
Peabody Conservatory	All students of the Peabody Conservatory (Students at Peabody Preparatory are not eligible)
Post-Baccalaureate Pre-Med	All students enrolled in the program

\* 详情请点击链接, 网站列出了 Counseling Center不服务的群体

: <https://studentaffairs.jhu.edu/counselingcenter/about-us/eligibility-for-services/>

回目录

# 服务介绍

**如果你是第一次到咨询中心的新同学：**

- 必须先进行Remote Drop-In Hours (详情见下文)。

**如果你之前已经使用过咨询中心的服务：**

- 可以直接打电话预约，也可以通过Remote Drop-In Hours。
- 如果你需要换一位咨询师，可以打电话预约，讨论更适合你的服务。

\* 更详细的内容可以查看官网：<https://studentaffairs.jhu.edu/counselingcenter/our-services/>

回目录

# 服务介绍 - Remote Drop-In Hours

- **Brief consultation** with a counselor to receive support, discuss concerns, and develop a plan to reach goals
- 给Counseling center打电话并留言，一小时内会收到回复，然后需要花 1-2小时完成paper work(包括basic demographic info, concerns, history)。接下来，和一位咨询师一起通过电话讨论咨询计划。
- \*Available most weekdays
- \*Summer Remote Drop-In Hours
  - Mondays, Tuesdays, Thursday, Fridays: 9-11am, 1-3:30pm
  - Wednesday: **Crisis only**

# 服务介绍 - Mental Health Workshops

- \*Homewood和Peabody的学生可免费参加
- \*通过Zoom举行
- \*Sign-up: <https://studentaffairs.jhu.edu/counselingcenter/our-services/outreach-workshops-programs/>
- Workshops包括:
  - Mindful Living Workshop
  - The Anxiety & Stress Management Skills Workshop
  - Living Your Best Life Workshops
  - Friday International Coffee Break
  - Mindful Yoga
  - Wellness Workshops
  - Understanding Procrastination
- 需要request的项目:
  - Outreach Program
  - QPR Suicide Prevention Training



# 服务介绍 - Group Therapy

Counseling groups让学生可以与有类似经历的同伴交流感受, 互相支持。Groups分为两类:

## Treatment groups

- 咨询师为治疗提供者, Group screening for fit required, 需要一定的commitment  
KSAS, WSE, Peabody的, 在Maryland的学生可以参加
- Treatment groups包括:
  - Asian & Asian American Students Process Group(针对亚裔美国学生及亚洲留学生)
  - Graduate Student Therapy Group(针对研究生在人际交往方面的挑战)
  - Substance Change Group(针对想要控制酒精药物摄入的学生)...
  - 更多groups及详细介绍请查看以下网址。

## Drop-in groups

- 非治疗, 没有名单, 不需要很多commitment
- 不需要是Counseling Center的client
- Drop-in groups包括:
  - Pandemic Support Group (针对因疫情产生的困境的支持)
  - Parenting Support Group (针对身为父母的学生)
  - ...
  - 更多groups及详细介绍请查看以下网址。

\* 详情请查看: <https://studentaffairs.jhu.edu/counselingcenter/our-services/group-therapy/>

回目录

# 服务介绍 - Brief Goal-Focused Individual Therapy

- 一对一咨询, 和咨询师一起确立一些在几个sessions就可以完成的目标
  - 把大目标转换为更manageable的小目标
- Session数没有要求, 平均值为不到5个sessions。
- 一般为weekly或bi-weekly。

# 服务介绍 - Psychiatric Evaluations and Medication Management

- 精神科&药物治疗
- 现在提供线上远程服务, 可以打电话联系Counseling center.
- <https://studentaffairs.jhu.edu/counselingcenter/our-services/cc-services-during-covid-19/>

## 服务介绍 - Referral Assistance

- 如果你需要off-campus的心理服务(包括ongoing open-ended treatment, more frequent or more specialized services)
- Online database of local mental health providers:

[jhu.thrivingcampus.com](https://jhu.thrivingcampus.com)

# 服务介绍 - Crisis and Emergency Services

- 如果你需要紧急帮助, 请查看下一页的表格:
- 官网详情: <https://studentaffairs.jhu.edu/counselingcenter/our-services/crisis-and-emergency-services/>



# 资源介绍

## Self-help 自助

- <https://studentaffairs.jhu.edu/counselingcenter/self-help-and-assessments/self-help-resources/>
- 列出了学生中常见的一些问题和自助方法，例如睡眠，人际关系，完美主义等。

## 疫情期间的自我情绪管理

- <https://studentaffairs.jhu.edu/counselingcenter/wp-content/uploads/sites/36/2020/08/emotional-self-care-duing-covid-19-pandemic.pdf>

## SilverCloud

- Cognitive Behavioral Therapy (CBT) 的线上课程。
- 对所有JHU full time学生24/7免费开放。
- <https://studentaffairs.jhu.edu/counselingcenter/wp-content/uploads/sites/36/2020/02/silvercloud-faq.pdf>

# 资源介绍

## Self-assessment 自我评估

- Stress and Depression Questionnaire
  - 匿名线上工具。一位JHU的咨询师会根据你的回答提供 personalized feedback。可以匿名和咨询师简单了解有关资源。
  - <https://jhu.caresforyou.org/welcome.cfm>
- ULifelineSelf - eValuator
  - 匿名线上工具。当你或你的朋友有困难时可使用。
  - \*Not monitored by Counseling Center staff
- e-CHUG
  - 酒精摄入评估。
  - 包括Personal risk patterns, individual level of alcohol tolerance, unique family risk factors, harm reduction strategies, helpful resources.



# 其他资源

## Worried about someone?

- <https://studentaffairs.jhu.edu/counselingcenter/worried/>

## On-Campus

- 校内不同的心理和健康援助中心开放 时间和联系方式。
- <https://studentaffairs.jhu.edu/counselingcenter/additional-resources/on-campus-resources/>

## Off-Campus

- 包括一些校外的 emergency room 和 clinics 的联系方式
- <https://studentaffairs.jhu.edu/counselingcenter/additional-resources/off-campus-resources/>

## 在Counseling Center可能会用到的表格：

- <https://studentaffairs.jhu.edu/counselingcenter/forms/>

## References:

<https://studentaffairs.jhu.edu/counselingcenter/>

<https://studentaffairs.jhu.edu/counselingcenter/our-services/crisis-and-emergency-services/>

<https://studentaffairs.jhu.edu/counselingcenter/our-services/outreach-workshops-programs/>

<https://studentaffairs.jhu.edu/counselingcenter/our-services/group-therapy/>

<https://studentaffairs.jhu.edu/counselingcenter/worried/>

<https://studentaffairs.jhu.edu/counselingcenter/about-us/eligibility-for-services/>

<https://studentaffairs.jhu.edu/counselingcenter/about-us/faqs/>