The Marist College Office of Counseling Services is part of the Division of Student Affairs. Located in the Health and Wellness Center in the Student Center, we offer an array of counseling services, workshops and trainings to the Marist community to promote emotional well-being, healthy choices and personal growth.

The journey of 1000 miles begins with a single step.
- Lao Tzu
OUR SERVICES ARE PROVIDED AT NO COST

• Individual Counseling Students typically see a counselor for a few one-to-one sessions. For some problems, even a single session can be helpful. Counseling focuses on problem solving and bolstering skills to negotiate personal challenges successfully.

• Group Counseling/Support Groups Many problems such as anxiety, relationship conflicts, eating issues and loss can be addressed in a group setting. Groups are facilitated by one of our counselors and are completely confidential. Duration and types of groups may vary each semester.

• Workshops and Trainings for students, faculty and staff Programs address topical issues geared to the interests and needs of the Marist Community. You do not need to be in counseling to participate. Recent offerings include mindfulness meditation, healthy eating, enhancing self-care, men’s health and wellness, and Tai Chi. Please feel free to contact us if you would like to arrange for a particular workshop or training.

• Referrals Some students prefer to receive counseling or medication services in the community. We can assist with referrals to off-campus resources. Contact us for more information.

• Consultations We provide consultations to students, faculty, staff and families who may be concerned about a student. Call us to discuss or schedule an appointment.

• Psychiatric Medication and Consultation Services Students requiring medication may see our psychiatrist for a medication evaluation and short term management. Students are encouraged to transition their care to off campus providers for longer term follow up.

SOME COMMON STUDENT CONCERNS

• Stress | Anxiety | Depression/Mood Swings
• Sleep Difficulties
• Suicidal Thoughts
• Alcohol/Drug Use
• Eating/Body Image Concerns
• Adjustment/Homesickness
• Conflict with friends/roommate(s)
• Relationship Issues
• Self-Esteem
• Family Issues
• Grief/Loss
• Sexual Concerns
• Recovery from Sexual/Physical abuse/assault
• Academic Issues | Career Concerns
• Religious Issues
• Medication

MEET THE STAFF

Our counseling staff consists of licensed psychologists, clinical social workers, a psychiatrist and consulting nutritionist. We have extensive experience working with students of diverse ages and backgrounds, and are committed to providing culturally-sensitive services.

Naomi Ferleger, Ph.D., Director
Allison Friedman, LCSW, ACSW
Andrea Pesavento, LCSW
Matt Spitzer, LCSW
Janine Fitzmaurice, LCSW
Michael Manza, LCSW
Jenny Colman, MD, Psychiatrist
Evelyn Gezo, MS, RD, CDN, Consulting Nutritionist