

UNM HEALTH SCIENCES CENTER  
**COUNSELING** and  
**PSYCHOTHERAPY GUIDE**



SCHOOL OF  
MEDICINE

OFFICE OF PROFESSIONAL  
WELLBEING

## **Equal Opportunity**

*The University of New Mexico is committed to providing equal educational and employment opportunity regardless of race, color, religion, national origin, physical or mental disability, age, sex, sexual preference, ancestry, or medical condition. Title IX of the Educational Amendments of 1972 prohibits discrimination on the basis of gender in any educational program or activity receiving federal financial assistance by way of grant, contract, or loan. Title VI of the Civil Rights Act of 1964 is similar in its prohibition of discrimination on the basis of race, color, or national origin. Section 504 of the Rehabilitation Act of 1990 prohibits discrimination against qualified individuals with disabilities. Issues regarding equal opportunity should be directed to the Office of Equal Opportunity (OEO) at 277-5251.*

# **UNM Health Sciences Center Counseling and Psychotherapy Guide 2021-2022**

Welcome to the University of New Mexico Health Sciences campus. Your years in training to become a health care professional may be some of the most satisfying and rewarding years of your lives.

You will inevitably face many challenges on your long and rigorous journey to becoming a clinician. At times, you may feel overwhelmed or confused, stressed or disillusioned.

The “Counseling and Psychotherapy Guide” will provide you with resources to use during the times you feel well and the times you feel challenged. Knowing how and when to seek help is an important skill to have when you are a health care professional. Often intervention with a trained professional can facilitate your capacity to cope with and resolve problems in a constructive and growth-related manner.

Please do not hesitate to contact any of the people or resources listed, and please let me know if you come across information in this guide that will be useful to others in the future.

Best,

Liz Lawrence, MD, FACP

UNM SOM Chief Wellness Officer and Assistant Dean for Professional Wellbeing

[Office for Professional Wellbeing](#)

[Elawrence@salud.unm.edu](mailto:Elawrence@salud.unm.edu)

## **When Should I Seek Help?**

- When you have discussed your feelings with family and/or friends and they/you do not feel they can help.
- When you choose not to discuss your feelings further with family and/or friends for fear of “burdening” them.
- When you feel isolated and believe that you have no one who cares about how you feel.
- When you don’t spontaneously snap out of feeling badly within a few days to several weeks.
- When you feel stuck in a behavior, thoughts, or feelings that you want to change but can’t change on your own.
- When you want the perspective of a trained professional.
- When you believe your work and/or relationships may be compromised by how you are feeling, thinking, or behaving.
- When you want to learn a specific coping skill, i.e. relaxation, biofeedback, assertiveness, etc.
- When you and your partner want help communicating better (couples counseling).
- When your self-esteem seems to be draining away and/or you feel overwhelmed with responsibilities.
- When you don’t necessarily feel you have a problem, but would like to think “preventively” about your emotional health and personal growth.
- When you feel you are using alcohol or illicit drugs to “self-medicate” or to make yourself feel better.
- When you feel burned out and/or emotionally exhausted.
- When you are thinking about self-harm or about suicide.
- When you are engaging in self-harm or self-destructive behavior.
- Whenever you think it would be helpful to you.

## **Selecting a Mental Health Professional**

**Just because someone calls him/herself a counselor or mental health professional is no guarantee of quality. Consider the following:**

- **CONNECTION**

Trust your intuition when you speak with any counselor. If you do not feel safe or comfortable, choose a different counselor or mental health professional.

- **EDUCATION**

Ask when and where degree was earned, along with subsequent relevant training, if any.

- **EXPENSE**

Hourly fee, charge for introductory session, sliding fee scale, covered by insurance.

- **EXPERIENCE**

Counselor's work experience (i.e. public or private sector, clientele).

- **PHILOSOPHY**

Philosophical approach taken (Freudian, Jungian, Rogerian, existential, etc.).

- **TIME COMMITMENT**

Number of sessions considered appropriate as a normal intervention.

## **Counseling and Psychotherapy Services Available for Health Sciences Students**

**ALL SERVICES ARE FREE AND CONFIDENTIAL**

### **OFFICE OF PROFESSIONAL WELL-BEING**

#### **Raven Cuellar, PhD (Available to all HSC Students & Residents)**

Raven Cuellar, Ph.D. is a licensed clinical psychologist and Assistant Professor in the UNM Department of Psychiatry and Behavioral Sciences. She provides clinical services through the UNM HSC Office of Professional Wellbeing and the UNM ACTION Childhood Trauma Clinic. Dr. Cuellar's clinical approach is broadly relational, multicultural, and empowerment-based. She is trained in a variety of evidence-based treatment models, including: Attachment, Regulation, and Competency (ARC) for complex traumatic stress; Cognitive Behavioral Therapy (CBT) for depression, anxiety, panic, and perfectionism; Trauma and Affect Regulation: Guide for Education and Therapy (TARGET) for stress-related difficulties; Motivational Interviewing; Dialectical Behavior Therapy (DBT) skills training; mindfulness and acceptance-based approaches. She has also trained extensively in somatic and archetypal psychology, which informs her approach to fostering wellness and resilience in healthcare professionals.

Dr. Cuellar also specializes in professional wellbeing and resilience; coping with stress, trauma, and grief reactions; recognizing and responding to secondary traumatic stress, burnout, and moral distress; issues related to identity and self-development throughout the lifespan; and methods of promoting empowerment, equity and justice.

Dr. Cuellar can be reached by text or call at 505-239-9880 or by e-mail at [ravencuellar@salud.unm.edu](mailto:ravencuellar@salud.unm.edu)

**Jeff Dunn, MD (Available ONLY to Medical Students & Residents)**

Dr. Dunn is an Associate Professor in the UNM Department of Psychiatry. Dr. Dunn has a longstanding interest in working with and supporting students and other trainees and, in the past, has served as a student clerkship director and a residency-training director.

Dr. Dunn is available to see medical students confidentially in the University Psychiatry Consultants Office located on the fourth floor of the Family Medicine Building. Dr. Dunn can provide counseling, psychotherapy and medication management for a variety of problems ranging from stress and adjustment difficulties to mood and anxiety disorders. Dr. Dunn is available by appointment. His office number is (505) 272-6130 and he can be reached by email at [jedunn@salud.unm.edu](mailto:jedunn@salud.unm.edu).

**Rebecca Ezechukwu, PhD (Available to all HSC Students & Residents)**

Rebecca Ezechukwu, PhD, is a licensed clinical psychologist and Assistant Professor in the UNM Department of Psychiatry and Behavioral Sciences. She provides clinical services through the UNM HSC Office of Professional Wellbeing and UNM ACTION Child Trauma clinic. Dr. E approaches psychotherapy from multicultural, developmental, and relational perspectives; she is trained in a variety of evidence-based treatment approaches, including Cognitive Behavioral Therapy (CBT), Attachment, Regulation, and Competency (ARC) treatment for complex trauma, Trauma Affect Regulation: Guide for Education & Therapy (TARGET), Motivational Interviewing, Mindfulness-Based approaches, Parenting Skills training, and Dialectical Behavioral Therapy skills training.

Dr. E's areas of specialized training, education & practice: treatment of anxiety, depression, stress and trauma-related disorders, including burnout and secondary traumatic stress; provider resilience and human development; multicultural stress, identity development, and cultural bias reduction; archetypal and experiential approaches to psychotherapy.

Dr. E can be reached by e-mail at [REzechukwu@salud.unm.edu](mailto:REzechukwu@salud.unm.edu) or by leaving a message on her confidential voicemail at 505-274-8919.

**Liz Lawrence, MD**

Dr. Lawrence is the Chief Wellness Officer and the Assistant Dean for Professional Well-being at the UNM School of Medicine and Professor in the Department of Internal Medicine. Dr. Lawrence has worked with students throughout much of her career and has special expertise in the area of physician and trainee health and wellness.

Dr. Lawrence is available to meet with students in a safe and confidential setting to discuss any question, concern or problem that may arise concerning wellness. In this setting, options are explored and solutions sought. Problems are addressed utilizing an active short-term approach, and, if indicated, referrals will be made to professionals within the therapeutic community.

Dr. Lawrence is available by appointment. To schedule an appointment, please contact Dr. Lawrence directly at [ELawrence@salud.unm.edu](mailto:ELawrence@salud.unm.edu). or at 505-272-7979

**APPLIED COGNITION IN THE MEDICAL SCIENCES PROGRAM (ACP)**  
**(Available to Medical Students ONLY)****Tom Markle, PhD, Director****Alyssa Gammon, MEd, Learning Specialist**

Web page: <https://hsc.unm.edu/medicine/education/md/student-affairs/advisement/acmsp.html>

The Applied Cognition in the Medical Sciences Program (ACMSP) focuses on the use of cognitive science to enhance student abilities throughout medical school. ACMSP teaches advanced techniques for retaining medical knowledge, and methods of transferring complex information into problem solving skills for medical exams or clinical settings. ACMSP provides workshops and walk-in support for preparing for USMLE Step 1 & 2 exams; developing data driven study habits; improving memory by understanding neural networks; and understanding the science of comprehending high volumes of information.

Dr. Markle can be reached at [DTMarkle@salud.unm.edu](mailto:DTMarkle@salud.unm.edu),  
And Alyssa at [AAGammon@salud.unm.edu](mailto:AAGammon@salud.unm.edu)



## **ASSESSMENT AND LEARNING**

**(Available to Medical Students ONLY)**

### **Jacob Imber, MD**

Dr. Imber is an Associate Professor in the Division of Hospital Medicine and is the Executive Director of Assessment and Learning at the School of Medicine. He has experience teaching in all phases of the medical curriculum from facilitating Doctoring and Clinical Reasoning blocks to in-patient mentorship for sub-interns. Dr. Imber and his office are available to review any performance or computer-based testing assessments as well as provide support and feedback on all assessments. He has availability most days of the week by appointment and can be reached via e-mail at [jimber@salud.unm.edu](mailto:jimber@salud.unm.edu) or at 505-272-8028

## **LEARNING ENVIRONMENT OFFICE**

**(Available to Medical Students, BSGP Students, Health Professions Students, and Medical Residents)**

### **Diana Martínez, MPH, Director**

### **Emma Naliboff Pettit, MA, Assistant Director**

The mission of the Learning Environment Office (LEO) is to foster an inclusive learning environment where teachers, staff, and learners thrive, and relationships are mutually respectful and beneficial to each other and to our institutional climate. The primary goals are to increase exemplary behavior and decrease incidents of learner mistreatment. Diana and Emma are available to discuss incidents of personally experienced or observed mistreatment and review your options for reporting with you. If you have experienced or witnessed potential Title IX – Sexual Misconduct or Sexual Harassment, and you are not sure if you want to report it, please consider speaking directly with Diana, who is a Confidential Employee and not required to report the incident to the UNM Office of Equal Opportunity. Diana can be reached at: [deemb@salud.unm.edu](mailto:deemb@salud.unm.edu) and Emma at [ecpettit@salud.unm.edu](mailto:ecpettit@salud.unm.edu).

## **LGBTQ SUPPORT**

**(Available to all HSC Students and Residents)**

### **Cameron Crandall**

Dr. Crandall is a Regents' Professor in the Department of Emergency Medicine and the Associate Vice Chancellor for LGBTQ Diversity, Equity, and Inclusion in the UNM HSC Office for Diversity. Dr. Crandall is available to LGBTQ students who may need support or with career planning. He can be reached at:

[ccrandall@salud.unm.edu](mailto:ccrandall@salud.unm.edu).

## **OFFICE FOR DIVERSITY, EQUITY AND INCLUSION**

**(Available to all HSC Students and Residents)**

Leading the charge for a better New Mexico. At the UNM Health Sciences Center Office for Diversity, Equity & Inclusion, we believe that our dimensions of difference unify us. Much like our beautiful New Mexico landscapes, the people we serve are all vastly different. Celebrating these differences and striving to be as diverse as the communities we serve is what our office is all about. To learn more, visit <https://hsc.unm.edu/diversity/>.

## **UNM HSC ACCOMODATONS**

**(Available to all HSC Students and Residents)**

If you think that you might need accommodations while you are in school and/or for national standardized testing, please contact Kelly Cano at [KCano26@unm.edu](mailto:KCano26@unm.edu). Further information is available at the [Accessibility Resource Center](#).

## **PARENTS-IN-MEDICINE**

**(Available to all HSC Students and Residents)**

Parents-in-medicine is a group of medical students, residents, and faculty who have children. They send out periodic e-mails of interests to parents and hold periodic meetings. To join their listserv, please e-mail HSC [parentsinmedicine@salud.unm.edu](mailto:parentsinmedicine@salud.unm.edu).

## **UNM-SOM CROSSROADS**

**(Available to Medical Students ONLY)**

Crossroads is a student advocacy organization promoting the health and well-being of all medical students. The membership consists of elected representatives from each class and several physicians at large. Crossroads members recognize the unique stresses that health professionals confront, as well as the increased risk of the development of emotional difficulties and/or dependencies in response to those stresses. It is their goal to provide a forum in which to identify and diffuse stress issues and to offer confidential support to all students, especially those in danger of impairment and to educate peers on recognition of these issues and avenues for self-help. Crossroads maintains a resource base of community professionals willing to counsel students.

For more information, email Crossroads at [crossroads@salud.unm.edu](mailto:crossroads@salud.unm.edu).

For additional information, contact [HSC-OMSA@salud.unm.edu](mailto:HSC-OMSA@salud.unm.edu).

## **INTERESTED IN MORE RESOURCES?**

Check out [mentalhealth.unm.edu](http://mentalhealth.unm.edu)

## Main Campus Resources

### UNM STUDENT HEALTH AND COUNSELING CENTER

The University of New Mexico Student Health and Counseling (SHAC) has a multidisciplinary professional staff (psychiatry, psychology, and counseling) with expertise and experience in the difficulties generally encountered within a student population. Counseling Services offers assessment and referral, counseling, and workshops in addition to crisis intervention.

Counseling is initiated through a walk-in Triage process. You may walk in Monday through Friday between 10:00am and 4:00pm. Ongoing appointments are scheduled by calling 505-277-3136 between 8:00am and 5:00pm, Monday through Friday. Further information is accessible through their website at:

<https://shac.unm.edu/services/mental-health/index.html>

***If you are in crisis that cannot wait until regular SHAC clinic hours, call SHAC Counseling Services After-Hours On-Call Service (for UNM students only) at 277-3136; select option #3. A licensed counselor will receive your call and convey your need to the Director of Counseling Services. You may use this line 365 days a year.***

### AGORA CRISIS CENTER

“Call us anytime. Call us about anything.” Agora is a hotline aimed specifically for students to talk about personal or academic problems they may be having.

Volunteers at Agora are trained peer counselors who offer compassionate and non-judgmental listening. Agora also acts as a referral service.

To contact Agora, call their hotline at 505-277-3013. They also offer walk-in counseling at 1820 Sigma Chi Monday through Friday, 8:00 a.m. to 5:00 p.m.

Their website is accessible at: <http://www.agoracares.org>

## CAMPUS SAFETY

Recognizing the safety needs of its campus community, the University of New Mexico has taken another step in its goal of enhancing safety for all its faculty, staff and students. UNM has added LoboGuardian, the latest technology-driven app designed to increase user safety through real-time interactive features that create a virtual safety network of friends and family. For a free download, go to <http://loboguardian.unm.edu/>. LoboGuardian allows users to designate “Guardians” to act as a virtual safety escorts in timed Safety Sessions. From the LoboGuardian website, there are links to additional topics on campus safety.

## SEXUAL HARASSMENT AND ASSAULT

The University of New Mexico is committed to maintaining a campus environment that is free from sexual harassment and assault. To ensure that the best and most effective services and process for handling sexual assault on campus are available, UNM has created a Sexual Misconduct and Assault Response Team (**SMART**).

**SMART** is part of the university's overall efforts to reduce sexual violence on campus. It is a victim centered, victim controlled coordinated response team composed of community and university organizations to quickly respond to cases of sexual violence while providing appropriate services to all parties involved. SMART responders make services for victims a priority. Victims of sexual assault may choose to activate one, or all, components of the response team: medical, counseling, law enforcement, and/or the student conduct process.

If you have been sexually assaulted, it is important to remember it is **not your fault**. Seek the appropriate services so all of your needs can be met. If you wish to be accompanied by a trained and sensitive advocate, you can **call the Rape Crisis Center’s 24-hr hotline at 505-266-7711** and an advocate will meet you.

You can choose to utilize any or all components of the sexual assault response team.

Call the SMART responder that you feel most comfortable contacting:

- ABQ Sexual Assault Nurse Examiners (SANE) **505-884-7263** 24-hour hotline
- Rape Crisis Center of Central New Mexico. **505-266-7711** 24-hour hotline
- Student Health and Counseling (SHAC) **505-277-3136** 24-hour number
- Counseling and Referral Services (CARS) **505-272-6868**
- UNM Police Department (UNMPD) **505-277-2241** 24-hour number
- Dean of Student (DOS) **505-277-3361**

Other contacts:

- The LoboRESPECT Advocacy Center provides a safe and welcoming environment for students to receive support and advocacy services for a number of areas. It can be accessed at <http://loborespect.unm.edu>
- Vassar House, located at 917 Vassar NE, is the North Campus satellite office for the UNM Women's Resource Center. The Women's Resource Center offers free counseling and crisis intervention. <https://women.unm.edu>
- The UNM Office of Equal Opportunity provides information on UNM's response to campus sexual assaults. <http://oeo.unm.edu>

Please also know that the faculty OMSA and the Office of Professional Well-being are available to help you and to meet with you in a confidential setting if you have been assaulted or harassed:

- Sheila Hickey, MD, [SHickey@salud.unm.edu](mailto:SHickey@salud.unm.edu), Phone: 505-272-3414
- Teresa Vigil, MD, [TVigil@salud.unm.edu](mailto:TVigil@salud.unm.edu), Phone: 505-272-3414
- Liz Lawrence, MD, [Elawrence@salud.unm.edu](mailto:Elawrence@salud.unm.edu), Phone: 505-272-3414
- Jeff Dunn, MD, [JeDunn@salud.unm.edu](mailto:JeDunn@salud.unm.edu), Phone: 505-272-6130
- Rebecca Ezechukwu, PhD, [Rezechukwu@salud.unm.edu](mailto:Rezechukwu@salud.unm.edu), Phone: 505-274-8919
- Raven Cuellar, PhD, [RavenCuellar@salud.unm.edu](mailto:RavenCuellar@salud.unm.edu), Phone: 505-239-9880

## **Albuquerque Psychiatrists, Psychologists, & Counselors Interested in Working with Health Sciences Students\***

Molly Adler, LCSW (LGBTQ community)	505-916-1081
Patricia Allaire, LPCC	505-514-8630
Michael Baron, PhD	505-843-7279
Rev. Dr. Jeanine Driscoll (LGBTQ community)	919-448-6202
John R. Evaldson, MD (Santa Fe)	505-983-1887
Lisa Feierman, MD	505-450-7626
Gail Carr Feldman, PhD	505-833-4356
Debbie C. Gee, MD	505-837-9782
Julie Kilpatrick, MD	505-345-6944
Linda Najjar, PhD	505-306-4144
Kevin Rexroad, MD	505-255-4701
Janet Robinson, PhD	505-206-7558
Matt Tandy, LPCC, LADAC (substance use)	505-385-7194
Holly Finley, MA (Eating disorders specialist)	505-266-6121
Vivian Fernandez, PhD (Spanish, BIPOC & LGBTQ focus)	505-321-0833
Claire Wilcox, PhD (General Psychiatry & substance abuse)	505-633-8102
Umoja Behavioral Health	505-633-8173

\* Please note that these clinicians are in private practice and are not necessarily covered by UNM student health insurance. All financial arrangements must be worked out individually.

## Support Groups and Community Resources

### ALCOHOL AND SUBSTANCE ABUSE

Adult Children of Alcoholics	505-263-0289; 505-269-5861
Al-Anon Information Service	505-262-2177
Alcoholics Anonymous	505-266-1900
Addictions & Substance Abuse Program (UNM)	505-994-7999
Cocaine Anonymous	505-344-9828
Narcotics Anonymous (Greater ABQ area)	1-800-798-6649
National Council on Alcoholism & Drug Abuse	314-962-3456

### COMMUNITY MENTAL HEALTH RESOURCES

Agora Crisis Center (24-hour hotline)	505-277-3013
Albuquerque Family Advocacy Center	505-243-2333
Catholic Charities of Central New Mexico	505-724-4670
Domestic Violence Resource Center	505-248-3165
National Suicide Prevention Lifeline	1-800-273-8255
NM Crisis and Access Line (NMCAL)	1-855-662-7474
Outcomes	505-243-2551
Overeaters Anonymous	505-891-2664
Psychiatric Emergency Services	505-247-1121
Rape Crisis Center of Central New Mexico	505-266-7711
Sage Neuroscience Center	505-884-1114
UNM Suicide Prevention Hotline	505-247-1121
UNM Dept. of Psychology Clinic	505-277-5164
UNM Psychiatric Center/Mental Health Center	505-272-2800
UNM Student Health & Counseling Center	505-277-3136
UNM Manzanita Center	505-277-7311
UNM Women's Resource Center	505-277-3716
UNM LGBTQ Resource Center	505-277-5428

A detailed list of helpful resources and organizations in the Greater Albuquerque area is also available at <https://www.cabq.gov/help>



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