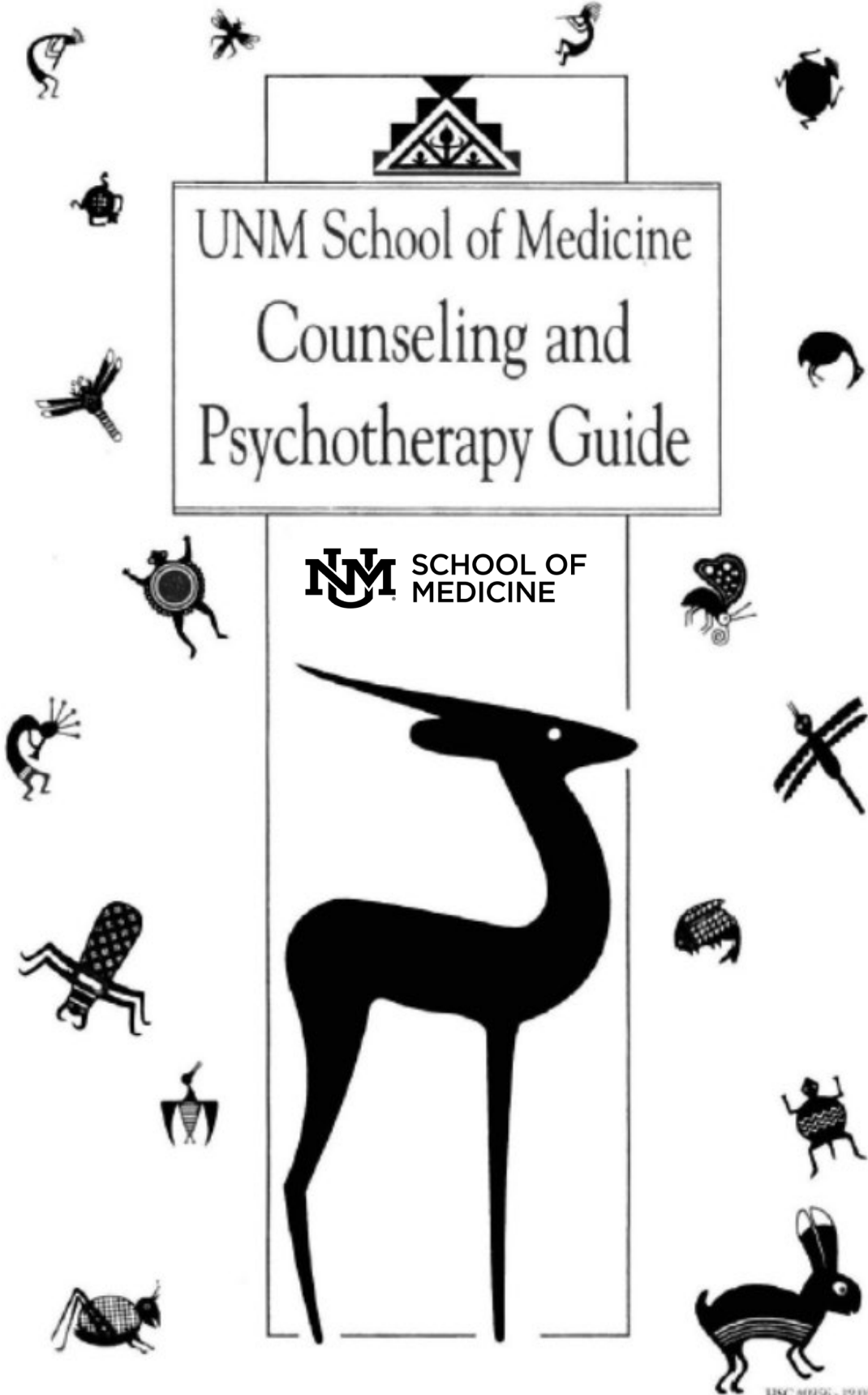




UNM School of Medicine
Counseling and
Psychotherapy Guide

UNM SCHOOL OF
MEDICINE



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UNM School of Medicine
Counselling and Psychotherapy Guide
2019-2020
Introduction

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” you hold in your hand will provide you with resources to use during the times you feel well and 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
Director, Office of Physician and Student Wellness
Elawrence@salud.unm.edu
April 15, 2019

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.

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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 HSC SERVICES ARE FREE AND CONFIDENTIAL.

Health Sciences Center Resources

Jeff Dunn, MD.

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.

Cheri Koinis, PhD

Dr. Koinis is an Associate Professor and clinical psychologist, with the Department of Family and Community Medicine. She currently practices behavioral medicine at the UNM Family Medicine Tucker Clinic. She has had a long history of working with UNM HSC students, interns and residents.

Dr. Koinis meets with all HSC students on issues including, but not limited to: depression, anxiety, relationships, academic pressures and worries, stress management, grief, communication, balancing academic and personal life.

Dr. Koinis is available by appointment. She can be reached at ckoinis@salud.unm.edu or by calling directly to (505) 272-3898.

Health Sciences Center Resources (continued)

Liz Lawrence, MD

Dr. Lawrence is Director, Office of Physician and Student Wellness at the UNM School of Medicine and is an Associate Professor in the Department of General 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.

Ed Fancovic, MD

Dr. Fancovic is a Professor in the Division of General Internal Medicine and the Executive Director of Assessment and Learning at the School of Medicine. He previously was Director for LGBT Equity and Inclusion at the UNMHSC Office of Diversity. He has worked with medical students at all points in their education, from premedical shadowing to match advising. He has a particular interest in working with LGBT students who may need support in their personal lives or with career planning, or who might need information about LGBT-friendly health care for themselves and their families. He has meeting times available on most days, either at his practice or on campus; e-mail contact: efancovic@salud.unm.edu

Jonathan Bolton M.D.

Dr. Bolton is an Associate Professor in the UNM Department of Psychiatry and the director of the HSC Office of Professionalism. Established in July 2011 by Chancellor Paul Roth, the HSC Office of Professionalism is dedicated to promoting humane medical care, effective teaching environments, and a respectful work environment. Dr. Bolton and this office are available to respond to reports of unprofessional behaviors and concerns about professionalism. Dr. Bolton can be reached by email at JWBolton@salud.unm.edu and by phone at (505) 272-5428.

Health Sciences Center Resources (continued)

UNM HSC Accommodations:

If you think that you might need accommodations while you are in school and/or for national standardized testing, please contact Dr. Joan Green, Director of Accessibility Service, at JEGreen@unm.edu. Further information is available at <http://as2.unm.edu/index.html>

UNM Alliance

The UNMH Alliance is a local chapter of the AMA Alliance, and our mission is to support the partners and families of residents and medical students throughout their medical training in Albuquerque. Visit them at:

Facebook: <https://www.facebook.com/groups/unmmedspouses/>

Website: <https://unmhalliance.wordpress.com/>

UNM-SOM Crossroads

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.

For additional information, contact HSC-OMSA@salud.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:

<http://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.

Main Campus Resources (Continue)

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:

- | | | |
|--|---------------------|-----------------|
| • 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>
- 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 staff of OMSA are always available to help you if you have been assaulted or harassed:

- Sheila Hickey, MD SHickey@salud.unm.edu phone 505-272-3414
- Teresa Vigil, MD TVigil@salud.unm.edu phone 505-272-3414
- Liz Lawrence, MD Elawrence@salud.unm.edu phone 505-272-3414
- Cheri Koinis, PhD Ckoinis@salud.unm.edu phone 505-272-3898
- Jeff Dunn, MD JeDunn@salud.unm.edu phone 505-272-6130

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

Patricia Allaire, LPCC	505-514-8630
Michael Baron, PhD	505-843-7279
Thomas Bien, PhD	505-819-3751
John R. Evaldson, MD	(Santa Fe) 505-983-1887
Janice Evans, MD	505-878-0177
Lisa Feierman, MD	505-450-7626
Gail Carr Feldman, PhD	505-833-4356
Debbie C. Gee, MD	505-837-9782
Nancy Handmaker, PhD	505-897-7755
Susan Kaspi, PhD	505-345-6100
Julie Kilpatrick, MD	505-345-6944
Liza Mermelstein, PhD	505-345-6100
Linda Najjar, PhD	505-306-4144
Kevin Rexroad, MD	505-255-4701
Janet Robinson, PhD	505-206-7558
Francesca Shrady, LPCC	(Santa Fe) 505-386-2673
Matt Tandy, LPCC, LADAC (substance use)	505-385-7194
Claire Wilcox, MD (General psychiatry and substance use)	505-633-8102
Holly Finley, MA (Eating disorders specialist)	505-266-6121
Vivian Fernandez, PhD (Spanish speaking only)	505-321-0833

* 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	505-256-8300
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	505-256-8300

Community Mental Health Resources

Adult Survivors of Child Abuse	505-243-2333
Agora Crisis Center (24-hour hotline)	505-277-3013
Albuquerque Shelter for Victims of Domestic Violence	505-248-3165
Albuquerque Rape Crisis Center	505-266-7711
Catholic Charities	505-724-4670
NM Crisis and Access Line (NMCAL)	1-855-622-7474
Outcomes	505-243-2551
Overeaters Anonymous	505-891-2664
Psychiatric Emergency Services	505-247-1121
Sage Neuroscience Center	505-884-1114
Suicide Hotline	1-800-273-8255
	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

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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School of Medicine
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505-272-3414

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