



Eastfield Counseling Services

**Caring
Collaborative
Confidential**

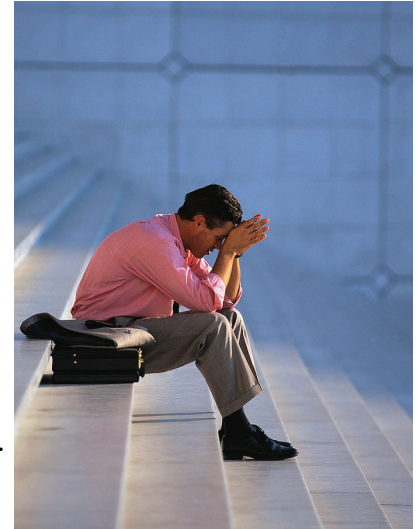
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Professional Counseling Available to Currently Enrolled Students

Eastfield Counseling Services (ECS) helps students with their personal concerns so that they can meet the daily challenges of student life.

ECS provides free counseling to any currently enrolled student who is experiencing mental health or behavioral health difficulties. Throughout their lives most people will encounter a number of life events that will leave them confused, anxious, angry or sad. While life situations often work themselves out, sometimes they linger and require assistance.

Staffed by a Licensed Professional Counselor, ECS offers brief, solution-focused therapy to assist students in acquiring the knowledge, life skills, and emotional management to maximize his or her personal, academic, and occupational potential. Therapy is available for the following concerns and more...



- △ Adjustment issues
- △ Anger management
- △ Anxiety
- △ Conflicted life choices
- △ Death, grief, and loss
- △ Depression
- △ Diversity issues
- △ Domestic violence
- △ Drug and alcohol use
- △ Eating disturbances
- △ Family concerns
- △ GLBTQ issues
- △ Job and career concerns
- △ Relationship concerns
- △ Self-esteem
- △ Test anxiety
- △ Time management
- △ Trauma recovery

Hours of Operation

Mon 10:30–7:00
 Tue 8:30–5:00
 Wed 8:30–5:00
 Thu 10:30–7:00
 Fri 8:30–5:00

Location

Building A, Room 214A

Contact

Jeff Quan, LPC
 972-860-7371 Office
 972-698-3066 Fax
 jquan@dcccd.edu

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Workshops and Seminars

To make a bad day worse, spend it wishing for the impossible.
Bill Watterson

Eastfield Counseling Services is pleased to offer workshops and seminars on a variety of topics to classes, clubs, departmental meetings, and professional development sessions. To schedule a presentation, please call 972-860-7371 or send an email to jquan@dcccd.edu.

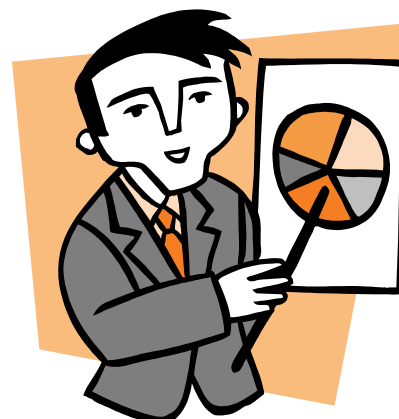
Topics previously presented:

Test Anxiety
Healthy Relationships
Coping with Change
Facing the Future
Managing Stress as a Family
Balancing Work and Life
Gangs and the Family Unit
Good Grief
Learning to be More Assertive
Teaming
Communication
Time Management

Upcoming seminars:

Conference Day 2/20/09 Behavioral Intervention and Threat Assessment

Friday 2/21/09 8:30 - 10:00, Library
Handling Difficult and Distressed Students



If we don't change, we don't grow. If we don't grow, we are not really living.
Growth demands a temporary surrender of security.
Gail Sheehyn

Meet the Counselor

Jeff Quan is a Licensed Professional Counselor and serves as the Director of Eastfield Counseling Services. Prior to coming to Eastfield he maintained a private practice in addition to providing therapy at Timberlawn Mental Health Systems where he was named Employee of the Year in 2006. He is a Certified Anger Resolution Therapist, Certified Trauma Model Therapist, and Certified Aggression Management Trainer.

Next month Jeff and Judy will celebrate 25 years of marriage. They enjoy spending time with their children and grandchildren. In addition to family and friends, they are passionate about animal rescue. In 2005 they formed a nonprofit corporation, Petite Paws Pet Advocates, dedicated to Pekingese rescue and more.



Referring a Student to Counseling Services

If a man does his best, what else is there?

General
George S.
Patton

The college years can be stressful for many. While most students cope adequately with the challenges these years bring, some students find the various pressures of life unmanageable or unbearable, and this interferes with learning. As faculty or staff you may encounter distressed students. Many of these distressed students have not sought counseling and may be unaware of the services available to them. Your role is an important one in identifying students who are in distress and assisting them to find the resources available to help themselves. The following guidelines might be useful.

Signs indicating a need for referral

- Δ Behavior that consistently interferes with classroom management
- Δ Abrupt/radical changes in behavior, quality of work, or personal hygiene
- Δ Isolation from others
- Δ Poor attendance with little or no work completed
- Δ Sudden outbursts of anger, high levels of irritability; aggressive, violent, or abrasive behavior
- Δ Repeated requests for special consideration
- Δ Dramatic weight loss or gain
- Δ Depression
- Δ Homicidal threats
- Δ Inability to make decisions despite repeated attempts to clarify and to encourage
- Δ Attention/memory difficulty; distorted thoughts; impaired speech
- Δ Chronic fatigue or low energy; listlessness, lack of energy, frequently falling asleep in class
- Δ Suicidal thoughts or feelings of low self-esteem
- Δ Dependency on you or others, e.g., making unnecessary appointments with you
- Δ Bizarre behaviors that are obviously inappropriate to the situation, e.g., hearing voices, hallucinations
- Δ Excessive anxiety
- Δ Normal emotions exhibited to an extreme degree or for an excessive period of time, e.g., tearfulness, nervousness, fearfulness

Sometimes the only way for me to find out what it is I want to do is go ahead and do something. Then the moment I start to act, my feelings become clear.
Hugh Prather

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www.efc.dcccd.edu/SSI/ECS/index.html

A happy heart is good medicine and a cheerful mind works healing.

Counselor to Santa Claus: "It's not important what little kids believe. What's important is that you believe in yourself."



Sometimes when you are angry with someone, it helps to sit and think about it.



"That's precisely what we are talking about, Bob. You cannot simply play dead anytime Vera raises a difficult issue."

We all have baggage, but some have too much carry-on.

**It's not my grip on reality that I'm worried about.
It's reality's grip on me.**

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"I think I know why you're hearing voices – it's called a podcast."