Counseling and Psychological Services

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Please visit our website for additional information regarding our services, training program, links regarding many health and wellness issues, online mental health screenings, and to learn how to establish as a client.

www.fgcu.edu/CAPS

Dedicated to developing and providing services that promote emotional, social, intellectual, and cultural well-being for all Florida Gulf Coast University students.

We aim to help our Eagles soar!!

CAPS Help Line:
239-745-EARS (3277)
Available to students in need 24/7
What is CAPS?

College is a time of great personal development, learning, and opportunity. It can also be stressful. Students may feel depressed, anxious, or overwhelmed. Counseling and Psychological Services (CAPS) provides an array of therapeutic services in addition to consultation and referral, outreach programs, emergency crisis response, and assessment services. All clinicians are licensed for independent practice as psychologists, mental health counselors, psychiatrists, or are supervised by a licensed clinician.

Holistic Approach

The CAPS team has an important shared goal: to work collaboratively with other departments on campus to create a strong, reliable support network for students. We achieve our goal by:

- Developing and maintaining liaison relationships with other departments on campus, such as Prevention and Wellness, Adaptive Services, Student Health Services, Housing and Residence Life, Athletics, the Center for Academic Achievement, Student Care Services, University Police, and many more.
- Serving on the Behavioral Consultation and Assessment Team (BCAT), and joining with other campus administrators to develop strategies that will identify and help at-risk students.

We are here to help

Students who come to our office are asked to complete forms on the computer, and make an appointment. In some cases they can then talk with a counselor (same day) to discuss concerns and decide on the best next steps and treatment options. We work hard to identify students who need immediate support and give them an opportunity to talk with a counselor as soon as possible.

Even if we cannot fully meet the needs of students who come to us, we will work hard to make helpful suggestions and provide referrals for other services or providers who might better meet the students’ needs.

Comprehensive Clinical Services

All clinical visits are confidential and most services are free for current FGCU students. We operate on a short-term, targeted therapy model and work to help students reach their therapeutic goals as efficiently as possible.

- Individual Therapy (up to 6 sessions per semester)
- Group Therapy (unlimited access based on available space)
- Couples/Relationship Therapy (must be current FGCU students)
- Psychiatry Services
- LD/ADHD Testing (at a reduced rate)
- Psychoeducation on coping skills
- Crisis Counseling
- Adjunctive Services (e.g., nutritionist, biofeedback)

Outreach & Consultation

Consultation & Referral Services: For students, staff, or faculty who need one or two informational visits and/or referral recommendations. Anyone may also visit www.fgcu.rints.com for a searchable database of local providers.

Online Mental Health Screening: For those who are curious about the degree to which mental health issues may apply, a link to screening tools for anxiety, depression, and substance issues can be found on our homepage. (www.fgcu.edu/caps)

Outreach Services and Programs: In conjunction with Prevention & Wellness Services, CAPS offers a number of programs to the university community.

Two of our distinctive outreach programs are:

- **Safe Zone** training helps identify, educate and support allies of gay, lesbian, bisexual transgender, intersex, or questioning (LGBTQI+) people at FGCU.

- **Suicide Prevention:** CAPS offers a program that gives participants skills to effectively intervene with people in crisis or who are considering suicide and is the home for the statewide college suicide prevention efforts (https://www.fgcu.edu/clasp/).