



# Fall 2014

## Counseling & Testing Center News

**What is counseling?** Counseling is a process where someone asks for help from a trained professional to cope with problems of an emotional nature. Counseling is a chance to talk over what is on your mind with an objective person. She/he can help you learn new skills and ways of looking at a situation so that you will be more capable of solving problems on your own. Counseling can be one or more sessions weekly and can last for several weeks depending on the goals set by the therapist and the person seeking therapy, and on the severity of the issue.

### Services Offered:

- Individual, couples, group, & family counseling sessions to all UL students, faculty, & staff and crisis intervention.
- An unlimited number of sessions, FREE-of-charge to University students, faculty, and staff.
- Consultation services and workshops available to student groups, faculty, and staff.
- National standardized testing information and administration.
- For more information, please visit Our Website: [www.counselingandtesting.louisiana.edu](http://www.counselingandtesting.louisiana.edu)

### Office hours/location:

- Monday through Thursday, 7:30 am to 5:00 pm, and Friday, 7:30 am to 12:30 pm.
- There is a counselor-on-call 365 days a year including holidays for emergencies. The counselor-on-call is reachable via University Police at 337-482-6447.
- Counseling & Testing is located in Saucier Wellness Center, OK Allen Hall

## **PLEASE SHARE THE FOLLOWING INFORMATION WITH YOUR STUDENTS**

Appointments can be made by calling the center at 337-482-6480 or stopping by the

**Saucier Wellness Center O.K. Allen Bldg  
220 Hebrard Blvd, Rm 114 Lafayette, LA 70504**

### Staff:

Brian P. Frederick, Ph.D., Director  
Kristy D. Fusilier, Ph.D., LPC, Asst. Director, SLIDDE Coordinator  
Lorraine Hebert-Palmer, MS, LPC, Counselor

Wanda Clark, MS, LPC, Testing Supervisor/Counselor  
Janna Latiolais, MS, LPC, Counselor  
Beverly Craig, Adm Asst 3

Quitting smoking is the best thing you can do for your health. The act of quitting happens one minute, one hour, and one day at a time, and is difficult. Stay positive; don't beat yourself up. The first day of quitting isn't going to be perfect or easy, all that matters is that you don't smoke! A few helpful hints to make process a bit easier:

1. Throw away your cigarettes, lighters, and ash trays
2. Avoid caffeine: drink water instead.
3. Hang out with other non- smokers and in smoke free establishments
4. Get plenty of rest and eat healthy
5. Keep your hands busy with a pen or toothpick
6. Chew gum or hard candy
7. Change your regular routine and avoid your triggers
8. Have a positive support system in place

If you are not able to quit today set a quit date that makes sense for you. It's okay if you need a few more days to prepare to break the habit. Listed below are five possible options to utilize while trying to quit.

1. Relaxation techniques
2. Distractive thinking
3. Avoid using alcohol or other drugs
4. Meet with physician to discuss medication options
5. Get lots of exercise.

When you finally do achieve the 24 hours of being smoke free "REWARD YOURSELF". You deserve it!!!!