

Understanding Campus and Community Counseling Services

Counseling provides a wonderful opportunity to increase self awareness, improve how you feel, and provide skills to help tackle situations that may arise in the future. At Goucher College, our services are designed for immediate problems and short-term therapy (typically 1-12 sessions). Services here are ideal for issues that have arisen recently or that are expected to resolve quickly. If you are facing ongoing difficulties (6 months or longer) or if you have required ongoing therapy in the past, it is likely that Counseling Services will recommend that you establish a relationship with a provider in the community to ensure you have access to mental health treatment that is not limited.

If you will be joining the Goucher community as a new student, anticipate what your needs may be as you make this transition. While often exciting, this transition may also be stressful. If you have had the ongoing support of a counselor, psychologist, or psychiatrist in the past, please anticipate that you will likely benefit from continued treatment at least during the first semester. In these instances, it is recommended you establish a relationship with a provider in the community. We encourage you to identify a provider before you arrive to ensure you have access to support in your first weeks of classes. An online resource that may be useful is <http://www.transitionyear.org/>.

Finding a Community Provider

In the Towson area, there are many sources of high quality mental health treatment including private practitioners (licensed counselors, social workers, psychologists, and psychiatrists), as well as larger establishments including Sheppard Pratt Health System and mental health programs affiliated with community hospitals.

The internet provides an amazing opportunity for you, as a consumer, to seek out a provider who best meets your needs. If using your health insurance, it may be best to start by contacting your insurance provider (call “Member” # on back of card; there may be a separate number for Behavioral Health/Mental Health) or searching their online database of paneled mental health providers. Therapists who are not paneled by your insurance company are often able to submit necessary documentation to help you get reimbursed through “out-of-network” benefits. To find a provider within walking distance of Goucher College, search based on the following zip codes: 21204, 21252, 21212, 21286

In addition, the following may be helpful search engines to locate a provider:

Psychology Today: http://therapists.psychologytoday.com/rms/prof_search.php

Maryland Psychological Association: <http://www.marylandpsychology.org/public/findapsychologist.cfm>

GoodTherapy: <http://www.goodtherapy.org/>

Student Health & Counseling Services

The listing below is not exhaustive, but may provide a starting point in your search for a provider. Please note that their inclusion here is not an endorsement. These are clinicians in close proximity to Goucher's campus who have expressed a willingness to work with Goucher students.

Community Clinicians:

Claudia Cameron, LCSW-C
Cathy S. Brookman, Ph.D
205 E. Joppa Rd, Ste 103
Towson, MD 21286-32603
410-296-3448

Nancy Fiorentino, Psy.D.
28 Allegheny Ave., STE 507
Towson, Maryland 21204
(410) 296-7098

Tanya Morrel, Ph.D.
222 Bosley Ave., Ste A5
Towson, MD 21204
410-832-0113

Jennifer Neemann, Ph.D
Psychological Testing
420 Joppa Green
2324 W. Joppa Road
Lutherville, MD 21093
410-952-6081
Dr-Jen@comcast.net

Anthony Parente, LCPC
28 Allegheny Ave.,
Ste 1208
Towson, MD 21204
410-321-7753

Sharon Peterson, LCSW-C
Eating Disorders
25 West Chesapeake Ave.
Towson, MD 21204
410-339-3474

Emily Samuelson, Ph.D
28 Allegheny Avenue
Towson, MD 21204
410-296-7715

Expert in Trauma; EMDR

Tara Simpson, Psy.D
660 Kennilworth Dr.,
Suite 101
Towson, MD. 21204
410-303-3402

thsimpson@gmail.com

Geraldine Skuhr, LCSW-C
410-832-8700
Cog. Behavioral Therapist

Stacey Uebersax, Psy.D.
Eating D/O & Mood D/O
2002 Clipper Park Rd, Ste 110
Baltimore, MD 21211
410-554-0099

Gayle Davis, LCMFT
2215 Wonderview Road
Timonium, MD 21208
410-308-0187
Former Goucher Therapist

Judy Ward, LCSW-C
410-938-4989
Cog. Behavioral Therapist

Psychiatrists:

Joan Bielefeld, MD
1122 Kenilworth Dr Ste 315
Towson, MD 21204
Phone: (410) 823-1600

Andy Feinberg, MD
ADHD and ADD specialist
1104 Kennilworth Dr., Ste 209
Towson, MD 21204
410-825-6666

Robert Littman, MD

1104 Kenilworth Dr, Ste #302
Towson, MD 21204
Phone: (410) 377-7050
Fax: (410) 377-4844

Brian Siegel, MD
205 E. Joppa Road, Suite 103
Towson, MD 21286-3203
410-296-3448

Centers:

TurnAround Baltimore County
Sexual Assault/ Domestic
Violence
410-377-8111

Loyola Clinical Center
(sliding scale)
Belvedere Square
410-617-1200

Loyola College
Alcohol and Drug
Education Program
4502 B Seton Court (Loyola
Campus)
410-617-2928

Sheppard Pratt Health Services
6501 N. Charles Street
Towson, MD 21204
Therapy Referral: 410-938-5000
Addictions: 410-296-2268 x 224
Main: 410-938-3000
Eating Disorders: 410-938-5242

Eastern Area Treatment Centers
Drug/Alcohol Programs
9100 Franklin Square Drive
410-887-6465

1021 Dulaney Valley Road, Baltimore, MD 21204

Edited 4/11