



CHICAGO STATE  
UNIVERSITY

A COMMUNITY CARE MODEL  
CSU COUNSELING CENTER

# COUNSELING CENTER STAFFING

Director of Counseling - Dr. Christine M. Brown

Assistant Director of Abilities - Mrs. Nicole Matthews

Licensed Clinical Counselor - Ms. Lakeisha Robinson

Counseling Interns



Chicago State University's Counseling Center provides services that engage, embrace, enlighten, and empower, student's personal, academic, and professional goals. CSU provides safety, mutual aid, guidance, peer support and wellness services.

One of the ways to achieve this?





**ACTING AS IF.....**

**TRAUMA HAS OCCURRED  
NO, NOT EVERYONE IS IMPACTED BY  
TRAUMA EVENT**

# Trauma can be defined as any experience in which a person's internal resources are not adequate to cope with external stressors (Hoch, et. al., 2015)

- Some traumatic experiences occur once in a lifetime, and others are ongoing
- Students of Color (SOC) are at increased risk for multiple traumas that may result in chronic health conditions
- Trauma can happen to both individuals and communities
- Global experiences of trauma (e.g. Asian (COVID-19), Black (community violence/slavery), Hispanic (immigration), Muslim (Sept. 11th), LGBTQ, Native Americans, Youth in Care
- Trauma is experienced differently based on a range of cultural contexts, as well as social and psychological variables, unique to individuals and communities (Elliot & Urquiza, 2006).



# PTSD VS. DEVELOPMENTAL TRAUMA

The DSM-5-TR was released in March 2022 and failed to acknowledge “developmental trauma,” which describes individuals whose history of trauma causes persistent and pervasive emotional and physiological dysregulation. (Bremness & Polzin, 2014).

When an individual is dysregulated, he/she/they are unable access the rational part of their brain that allows processing/thought.

Those of us with direct contact with students may experience avoidance, anger, fear, hypervigilance, disconnect, bullying, exhaustion, difficulty establishing boundaries, giving up, over-engagement, sleeplessness, anxiety, irritability, inadequacy, and/or helplessness. Students are responding the way that their bodies are informing them to. Let me tell you why.



# THE BRAIN

**CORTEX - REASON**

**LIMBIC - RELATE**

**DIENCEPHALON - REGULATE**

**BRAINSTEM**

The brain receives a message which activates the stress-response system which immediately shuts down the cortex. So there is no chance for a reason/rational response, which is what we expect.

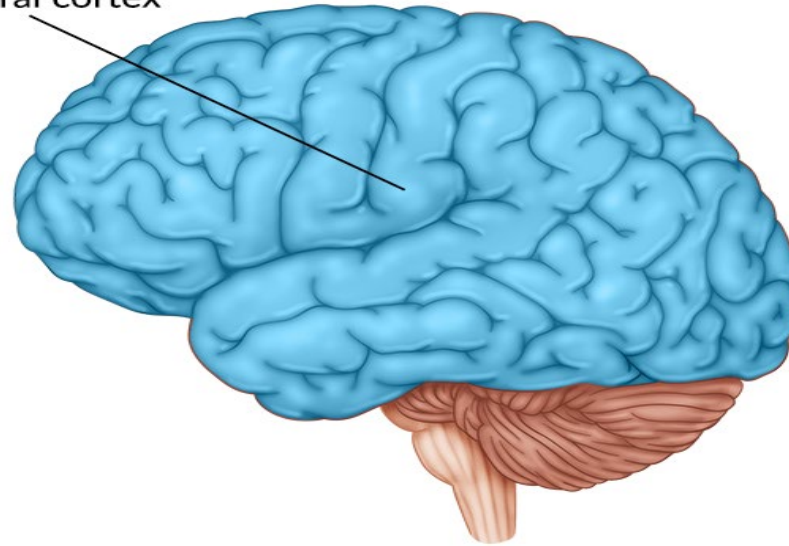
Experiences are processed in the lower-level of our brains (reactive) before reaching our rational-thinking area.

A person receives the message, "I am inadequate, I am a bad person" instead of I have experienced trauma. Depending on the person in which is encountered, their messages are validated based on how we respond.





Cerebral cortex



**If someone is stressed, angry, frustrated, or otherwise dysregulated, the incoming input will be short-circuited, leading to inefficient and destroyed input to the cortex.**

**Without some degree of regulation, it is difficult to connect with another person, and without connection, there is minimal reasoning.**

**Regulate, Relate, then Reason.**





# TRAUMA CAN LOOK LIKE.....

Isolation

Invisibility

Shame

Unsafe

Resiliency – Get Over it – Personal Flaw

Trauma Impacts Learning & Development (memory, cognition,  
physical body, emotionality, relationships)





# TRAUMA RECOVERY

Requires Human Connection  
Persons must be covered with  
community of caring individuals



# Counseling Support

- Administration, Faculty, and Staff - Front Line
- Refer to the Counseling Center
- We assess and integrate Mindfulness, Yoga, Meditation, and Nature with counseling techniques (CBT, etc.) to teach self-regulation
- We encourage exercise, nutrition, dancing, music, art, rhythms/repetition, sports and the outdoors
- Trauma happens in the body, we support movement, breathing, connecting to the five senses and bring awareness to the body.
- Reprocessing trauma is traumatic
- Groups in Residence Hall
- WRC will relaunch in November (parenting class/women's empowerment series)
- Mental health awareness events throughout the academic year

# Counseling Center

## Services

### Abilities Office

Process all request for accommodations for our students with disabilities and provide those accommodations (testing, note-taking,..)

### Counseling

Assessment, treatment planning, Individual/group counseling services  
Psychoeducation, Case management, and Consultation

### Women's Resource Center

Parenting Classes, Women Empowerment Series, Breastfeeding/Lactation site

### Additional Supports

Cougar Closet - Dean Cameron

Food Pantry - Dean Cameron

Homeless Services - Dr. Brown



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# ACCESSING OUR SERVICES

## COUNSELING CENTER

CORDELL REED STUDENT UNION SUITE 190  
WAYS TO CONNECT



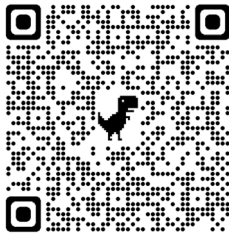
Email - [counselingcenter@csu.edu](mailto:counselingcenter@csu.edu)

Phone - 773.995.2383

Class presentation

773.995.2383

QRCode



Visit counseling center - Monday thru Friday - 9:00 am - 5:00 pm

Walk in hours - Tuesdays, 1:30 - 3:30 pm (Students will be seen by a counselor on the day of visit)



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