

ATTENTION DEFICIT DISORDER SPECIALIST

ROBIN BELLANTONE

Attention Defecit Disorder is actually two related but different disorders: Hyperactive (ADHD) and Inattentive (ADD) attention disorders. It is possible to have both disorders at the same time.

The ADD/ADHD Specialist at the Counseling Services Office is trained and experienced in diagnosing these disorders. The Counseling Services Office at MassArt offers diagnosis, academic accommodations, treatment, coaching, and group help. More information, including an explanation and recognition of ADD/ADHD, obtaining academic accommodations and treatment, can be found in the Coueseling Services Office.

OFF CAMPUS REFERRALS

The staff can assist in off-campus referrals for more lengthy treatment or consultation regarding medication.

CONFIDENTIALITY

Counseling Services maintains a strict policy of confidentiality and informed consent so that students may be assured of complete privacy in their relationship to the counseling staff, including record keeping.

MASSART CARES

massartcares@massart.edu

MassArtCares is a group of volunteer faculty, staff, and students whose purpose is to be available for students who may be having a hard time (academically, financially, personally, emotionally, or in any other way) adjusting to life at MassArt.

MassArtCares has helped mediate with faculty and staff, provide resources for 'at risk' students, give small scale advice, escort students to a safe place, provide resources of groups who can help, be supportive listeners, provide a structured post-crisis plan, etc.

STRESS BUSTERS!

- Start your day off with breakfast (lack of food affects immunity)
- Occasionally change your routine by meeting a friend for lunch
- Find time during the day to meditate or listen to a relaxation tape
- Instead of drinking coffee all day, switch to juice or water
- Organize your work - set priorities
- Do not always try to be perfect or feel like you have to do it all
- Avoid trying to do 2 or 3 (or more!) things at a time
- Optimize your health with good nutrition, rest, and exercise
- Avoid people who are negative and always stressed
- Do not watch the 11 o'clock news
- Give yourself praise and positive support
- Develop a variety of resources for gratification in your life (i.e., family, friends, hobbies, special weekends, or vacations)
- Allow extra time to get to appointments and complete your work
- Be assertive - learn to say, "NO!" more often
- Seek out the emotional resources available to you: counseling services, massartcares, faculty, family, and friends
- Take a walk
- When stressed, ask yourself, "is this really important?" or, "will this matter a year from now?"
- Resist the urge to judge or criticize - we do not all see or do things in the same way
- Be flexible with change - things do not always go as planned

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counseling services

2ND FLOOR, KENNEDY



Students experience many changes and pressures related to college. They may bring personal, family and relational concerns with them to the academic setting.

Counseling Services is committed to encouraging the psychological development of students. We assist in clarifying their understanding of themselves in order to make informed choices regarding their life at college and their future.

OFFICE HOURS

ACADEMIC YEAR (SEPTEMBER - MAY)

Monday - Friday, 9 AM - 5 PM

SUMMER (JUNE, JULY, AUGUST)

The Counseling Services Office is not open during the entire summer period. The office is generally closed from mid-June to mid-August. Please call 617.879.7760 for information on alternate resources during summer.

APPOINTMENTS

Appointments with any of the staff may be made in person at the office (2nd floor, Kennedy) or by calling the office at 617.879.7760.

EMERGENCY WALK-IN SERVICE (MON - FRI 3:00p)

A daily emergency drop-in time is available for any crisis that needs immediate attention or when seeking a short, quick response to any mental health query.

COUSELING SERVICES STAFF

DAYNE RIPELLINO, PSY. D. - DIRECTOR

Dr. Ripellino is a licensed clinical psychologist. He received his Master in Pastoral Counseling from L'Institut Catholique de Paris, and his Doctorate in Clinical Psychology from the Massachusetts School for Professional Psychology. In his role as director, he supervises and trains the psychotherapists, is available for counseling, and offers consultation to faculty and staff.

PSYCHOTHERAPISTS

The intern psychotherapists in Counseling Services have academic training in counseling psychology. They are involved in an ongoing graduate process of advanced education, training and supervision. Victoria Paratore acts as the supervising psychologist and Linda Robinson Esher acts as a group supervisor to the psychotherapy interns. The following biographies were submitted from each of this year's psychotherapists.

AMY LYNNE JOHNSON

We each have our own unique talents, experiences, strengths, and challenges that shape our lives and relationships. The counselors who have helped me the most have been people who made me feel safe, respected, and most importantly, accepted. It is my goal to do the same for my clients by creating a supportive and therapeutic environment in which they can feel comfortable and confident to explore, discover, and clarify their personal definition of a satisfying, meaningful, and healthy life. As we move through the healing process, clients can develop and strengthen the skills that work best for them to maintain and further enhance their own health outside and beyond our time together at the counseling center.

I am currently a graduate student in the Clinical Mental Health Counseling program at Lesley University.

MICHAEL LANDERS

I believe we all possess an innate wisdom regarding who we are and what we need, but at times it remains hidden from us. Counseling can help us to become aware of this knowledge and use it to heal old wounds, deal with present challenges, and have the lives we wish for ourselves. The most creative and powerful aspects of this process result from the therapeutic alliance between client and counselor. This is a unique relationship, which I view as both a privilege and a responsibility.

Counseling is a second career for me. Before this I spent many years in my own business as an advertising photographer. I'm also a husband, father, and spiritual seeker. My experience in these many roles informs and enriches my work as a counselor. I am currently enrolled in the graduate Counseling Psychology Program at Lesley University. My personal interests include yoga, meditation, physical fitness, and music.

TAMMY PERKOSKI

When working with others, I strive to create a safe, supportive, and nurturing environment that fosters exploration and growth. I tend to adopt a strengths perspective, always considering one's internal and external resources that may play a role in promoting change. I have a background in Social Work and have participated in diverse training and professional experiences. Most recently, I spent four years working in an acute mental health setting. While I am partial to certain theories and treatment methods, I work to maintain an open, flexible mindset within the therapeutic relationship. This approach not only encourages the essential element of trust, but allows for one's unique characteristics to be appreciated. I consider it a privilege to enter into helping relationships with others and make every effort to ensure that the therapy is tailored to meet the distinct needs of each individual. I am currently a second year student in the Clinical Psychology Doctoral Program at the Massachusetts School of Professional Psychology. I am very much looking forward to working with the MassArt community, and feel honored to have this opportunity.