## Testimonials provided by past clients of Cabrini's Counseling and Psychological Services:

- 1. "Counseling has helped me through so many difficult situations, such as depression, death, anxiety and all of my personal problems that hinder me on a day to day basis. It was great just having one person I know would listen to me without judging me from what they observed."
- 2. "This is the third year I have been involved with the counseling services at Cabrini. Counseling through Cabrini has helped me to grow as a student and as a person. You can easily tell how much all of the counselors care about the students here."
- 3. "The Counseling services here at Cabrini truly helped me. I felt understood and accepted, and it helped to talk to a neutral person. My stress was reduced and I saw a positive improvement in my life. I would definitely recommend the Counseling services to anyone."
- 4. "Counseling and Psychological services helped me become aware of my problem and deal with in an appropriate manner. During difficult times, I was able to get the flexibility and support I needed with my academics with the assistance of the counseling staff."
- 5. "I have received outstanding services from the counselors at Cabrini Counseling and Psychological services. They are trained very well and work at the highest professional level. I consider the counselor who I have been working with to be one of the best who has ever helped me."
- 6. "I worked with my counselor for the past three years and could not say nicer things about her and the Counseling Services at Cabrini College. The service and my counselor have helped me with stress management and I know I would not still be at Cabrini if it was not for their help. I am extremely thankful to them for all of their hard work and compassion."
- 7. "I have sought counseling outside of Cabrini before, but I have never before had the positive experiences that I had on this campus. The services were always available to me when I needed them most, and I was relieved with the convenience. College is a very stressful time, and life continues while we are studying. Having the opportunity to use the counseling services at Cabrini made it easy to maintain a healthy mental lifestyle amid the chaos of the college years."
- 8. "I was shy at first about seeking help. I wasn't entirely sure of how I was supposed to go about setting up appointments, but the staff was very friendly, helpful and patient. I was nervous about having a new counselor but that was not because of feeling uncomfortable with the counselors. I am always apprehensive in that situation. My counselor was very friendly and understanding and I found myself getting comfortable with her very quickly. She was very helpful in her empathetic listening and showed a true interest in helping me, and it was very helpful to be able to count on her support. It is a great program and I am glad that I took advantage of this service. It has helped me stay focused and motivated in my academics as well as helping me to be confident in everyday situations. I feel that I have made much self-improvement with the help of Cabrini College's counseling services."
- 9. "Counseling and Psychological Services has been such a blessing. It helps enormously to know that there are adults on campus who are specifically there to help me when I feel overwhelmed or when I just want someone to talk to. Also, it's wonderful to know that they really care about, and are concerned for, me as a person. It is obvious how personally invested all the counselors are in helping me and the other students to succeed. Thank you Counseling and Psychological Services for all you do!"