

THE COUNSELORS

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DO YOU WANT TO MAKE AN APPOINTMENT?

We offer counseling in English, German, Mandarin and Cantonese!
All our services are free and confidential!

Please send us an e-mail: counseling@jacobs-university.de
Call us at: 0421 200-4300

For more information on our service, visit

jacobs-university.de/counseling-intercultural-services

FEEL
FREE TO
CONTACT
US

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WE HELP
YOU GROW

COUNSELING & INTERCULTURAL SERVICES

PSYCHOLOGICAL COUNSELING. CROSS-CULTURAL
TRAINING. SOFT-SKILLS WORKSHOPS.



WE HELP YOU GROW

OUR MISSION

Life at Jacobs University is likely to be a period of intellectual and cultural stimulation, self-exploration, and career development. Students tend to assume new roles, face new challenges, and even come to question some of their own values and beliefs. Our goal is to actively assist you in resolving existing and preventing potential problems, and developing new skills that will enrich your lives and help you cope with challenges. We are dedicated to helping you grow!

OUR SERVICES



Intercultural Services

In order to foster intercultural understanding on and beyond campus our team offers a variety of intercultural services to our Jacobs community including cross cultural coaching, diversity workshops and intercultural peer trainings.



Individual and/or Group Counseling

To explore your concerns and discover ways how to implement solutions you can meet with us one-on-one. Alternatively, you can approach us as group and share common concerns, exchange ideas and receive feedback and support from fellow students.



Couple Counseling

Couple counseling is an option for those who seek help with mastering romantic relationship challenges, improve communication patterns, and develop healthier relationship dynamics.



Peer Counseling

We train and supervise students to become dedicated peer counselors. Peer counselors are resourceful and empathic fellow students committed to offering emotional support and guidance to peers.

FREQUENTLY ASKED QUESTIONS

WHAT IS PSYCHOLOGICAL COUNSELING?

In very short, counseling can be described as a collaborative process, in which a trained counselor assists you in exploring alternative viewpoints and helps you to develop a better understanding of yourself and solutions for your concerns and challenges.

WHAT ARE TYPICAL PROBLEMS A COUNSELOR CAN HELP ME WITH?

The list of issues you can get support for is really long:

- Having difficulty adjusting to college and coping with academic and social demands.
- Experiencing emotions such as panic, anxiety, sadness or anger and having difficulty regulating them.
- Being concerned about a distressed friend or relative looking for advice on how to best support or refer them.
- Engaging in challenging and/or unhealthy relationships not knowing how to improve or end them.
- Having a hard time adapting to Germany and thriving in Jacobs' multicultural campus community.
- Etcetera ...

IS EVERYTHING SHARED IN SESSION CONFIDENTIAL?

Yes. By German law, counselors are obliged to keep all information shared by clients and even the fact that they are seen, confidential to protect their privacy rights. Only exceptions are if they provided an explicit statement that private information can be shared, with whom, for what period of time OR if clients displayed behavior unambiguously indicating that they are at imminent risk of severely physically endangering themselves or others.

WHAT QUALIFICATIONS DO JACOBS COUNSELORS HAVE?

Jacobs counselors are trained psychologists and/or clinical social workers with many years of experience in providing psychological counseling to international students. In addition to their university education they have received post-graduate professional training in psychotherapy and counseling, and they are committed to lifelong learning and professional development (check their CVs for more info).

WHAT IS THE DIFFERENCE BETWEEN COUNSELING AND PSYCHOTHERAPY?

Traditionally speaking, psychotherapy focusses on diagnosing and treating mental disorders within the frameworks of a specific psychotherapeutic school of thought (in Germany either cognitive-behavioral or psychodynamic) — and psychological counseling on fostering clients' problem mastery and personal growth through empathic, non-judgmental, client-centered conversations. However, over the past decade, both, state-of-the-art psychological counseling and clinical psychotherapy has become eclectic and integrative in their approaches readily incorporating, systemic, cognitive-behavioral, psychodynamic, humanistic, etc. methodology into their counseling/therapy practices.



WHAT PROBLEMS TYPICALLY NECESSITATE REFERRAL TO OTHER INTERNAL OR EXTERNAL SERVICES?

Upon request and with explicit consent of the student, Jacobs counselors can refer to or involve other departments such as the Resident Mentors, Career Counselors, the EQ-Committee, the Undergraduate Studies Coordinator, etc., if desired. The involvement of external services is particularly indicated, if students present more severe concerns such as exposure to (sexual) violence, harassment and stalking and/or mental disorders that may require psychiatric expertise for (medical) treatment.

CAN COUNSELORS PRESCRIBE MEDICATION?

No. In Germany, although potentially helpful in supporting the psychological treatment of mental disorders, psychopharmacological medication such as anxiolytics, antidepressants or stimulants can only be prescribed by physicians NOT by psychologists or social workers.

CAN COUNSELORS ISSUE A MEDICAL NOTE THAT EXEMPT ME FROM ACADEMIC OBLIGATIONS?

It depends. Counselors can recommend reasonable academic accommodations including deadline extensions, different exam conditions, and leave. However, unlike sick notes issued by licensed external GPs or Specialists, Jacobs counselors' recommendations are non-binding and the Student Records Office and/or faculty member concerned ultimately decide whether or not to follow it.

WHAT SHOULD I DO IF I AM CONCERNED ABOUT FRIENDS AND WANT TO REFER THEM TO YOU?

Helping friends in need is an important, but sometimes a difficult task. It is good to keep in mind that while it is important to care about the emotional well-being of others, we cannot make decisions for them. Including the one whether or not to accept counseling. However, the way you talk to your friends about counseling can make a difference in whether they will accept your advice. Feel free to approach us to explore ways in which you can best emotionally support or refer a friend.