

CONCERNS

As a medical student you are in a unique position. Intelligent, motivated, highly skilled, you have an established record of performing well and using your resources effectively. In the School of Medicine, you may encounter new and intense stressors. Some common issues of concern include: academic performance, self-identity, self-esteem, and conflicts in intimate, social or professional relationships.

SERVICES

PERSONAL ASSESSMENT

CAPS provides staff to assess your concerns. The initial session will help you clarify your needs, develop an action plan that may include counseling or therapy and possible referrals to appropriate resources.

INDIVIDUAL COUNSELING

CAPS provides counseling and psychotherapy to registered medical students. CAPS has a satellite office on the School of Medicine Campus which provides convenient, accessible services.

COUPLES COUNSELING

CAPS provides couples counseling to registered medical students and partners.

CONSULTATION

CAPS staff will provide confidential consultation to faculty and staff of the School of Medicine.

URGENT CARE

Students who have an urgent need to see a psychologist will be seen as soon as possible. Urgent care services are available daily on the main UC Davis campus. If possible, please call CAPS prior to your arrival to better enable us to assist you.

WORKSHOPS AND CONSULTATIONS

CAPS staff are available to offer a psychological perspective in the planning and implementation of educational programs (e.g., cross-cultural issues, writer's block, time management, procrastination, conflict management, stress reduction.)

ELIGIBILITY FOR SERVICE

Counseling Services are available at no cost to currently registered medical students. Partners may also receive service through couples counseling.

CONFIDENTIALITY

CAPS provides a supportive and confidential atmosphere. Confidentiality is strictly maintained in accordance with state laws and ethical standards. This applies equally to individual, group, crisis or consultation services. During your first appointment, a psychologist will discuss issues related to confidentiality as well as limits of CAPS Services.

FEES

There are no fees for counseling services for registered students in the School of Medicine. Counseling services is supported by the School of Medicine.

PROFESSIONAL STAFF

CAPS is a multiculturally and educationally diverse group of psychologists, psychiatrists, social workers, family counselors, doctoral interns, post doctoral fellows, and peer counselors. We are an experienced staff committed to assisting students and enriching the university community through providing a variety of educational programs, psychological consultation and other types of university service. Since 1990, CAPS has worked closely with School of Medicine faculty and staff to provide services to medical students. Three staff members work at the School of Medicine: Karin Nilsson, Ph.D., Karen Paez, Ph.D., Emil Rodolfa, Ph.D.



PROVIDING YOU WITH...

- Counseling & Psychotherapy
 - Urgent Care Assessment
 - Crisis Intervention
 - Individual Counseling
 - Couples Counseling
 - Educational and Career Counseling
- Referrals
- Workshops
- Consultations

TO HELP YOU WITH...

- Academic Problems
- Athletic Concerns
- Career Concerns
- Concerns with Alcohol/Drug Use
- Conflict Resolution
- Depression
- Eating Disorders
- Family Problems
- Loneliness
- Performance Anxiety
- Personal Development
- Problems with Intimacy
- Relationship Concerns
- Stress Management

RESOURCES

Campus Alcohol & Drug Abuse Program
(530) 752-6334

Campus Violence Prevention Program
(530) 752-3299

Sexual Assault/Domestic Violence Center
(916) 371-1907

Suicide Prevention
(916) 732-3637

CAPS HOURS (On the main campus)

Monday thru Friday, 8:00 am - 5:00 pm.
Staff hours at the School of Medicine Campus are variable and include some evenings.

FOR AN APPOINTMENT

Call CAPS at (530) 752-0871
during regular office hours and ask for
Dr. Nilsson, Paez or Rodolfa.

CAPS

Counseling And Psychological Services
UC Davis Medical Center
1400 Facilities Support Services Building
4800 2ND Avenue
Sacramento, California 95817-2216
(530) 752-0871

www.caps.ucdavis.edu
www.caps.ucdavis.edu/resources/map_ucdmc.pdf

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Counseling Services for Students at the

School of Medicine

School of Medicine
Counseling Office
1400 Facilities Support
Services Building

University of California, Davis
Medical Center
Sacramento, CA