

Title: Enter: Dr. Saluk

Byline: Tebben Lopez

Last year, an estimated 25 percent of Fairfield University students sought help from the campus Counseling & Psychological Services (C&PS).

Help has arrived.

The C&PS office has a new clinical psychologist. Dr. James Saluk Ph.D. began his new work at Fairfield on March 2<sup>nd</sup>. Saluk earned his Ph.D. in clinical psychology at Nova Southeastern University Center for Psychological Studies and his masters in counselor education at Florida Atlantic University.

Already seeing students, The Mirror managed to grab a few minutes of Saluk's lunchtime.

**Q.** How do you like Fairfield University so far?

**A.** Very much. The staff, the students, the setting, I like everything about it.

**Q.** What brought you to the school?

**A.** I had previously been a referral source for the Counseling Center through my private practice.

**Q.** Specifically, what is it you will be doing at the school?

**A.** Counseling and psychotherapy, assessments, supervision of interns and collaborating with colleagues.

**Q.** What is your particular focus of expertise?

**A.** I have worked in a variety of settings prior to coming here including residential substance abuse, inpatient, partial hospital and outpatient settings. My private practice focus has been individual psychotherapy but I have spent considerable time facilitating groups as well in clinic settings.

**Q.** How did you first get involved in clinical psychology?

**A.** I began graduate school in 1983.

**Q.** What is the most common issue you've found that people come to you with for help?

A. A combination of anxiety and depression. University life can be very stressful, particularly as life after college becomes increasingly uncertain. I also find that many students struggle with excessive use of alcohol which is complicated by what may be considered the norm and peer pressure to conform.

Q. According to a 2009 national survey conducted by the Center for the Study of Collegiate Mental Health, 71 percent of counseling center directors on 66 college campuses believe the number of severe psychological problems in students is up. Do you agree?

A. I have not been here long enough to weigh in but I certainly am hearing that is the case.

Q. Are there warning signs students should look out for to know they should find help?

A. Problems with concentration and motivation, decreasing GPA, increasing sense of isolation, difficulty sleeping, changes in appetite and decreased capacity for pleasure are just some signs to pay attention to.

Q. Do you plan on staying with the school into the foreseeable future?

A. Absolutely.

Q. Anything you'd like to add/say?

A. Thanks to everyone here who has helped me to feel so welcome.

(For an appointment with Saluk or one of the three other full-time mental health clinicians, two part-time psychiatrists and a part-time substance abuse counselor, contact C&PS at [counseling@fairfield.edu](mailto:counseling@fairfield.edu) or call ext. 2146. Walk-in hours are from 3 – 4 p.m. in suite 120 of Dolan Hall.)

## 10 Question Reflection

My goal was to introduce a new face at Fairfield. I just wanted my audience to be aware of the new help that's available to them. I also wanted them to know how to get in contact with the services if they needed.

This is the first version of the story. I'm hoping that the format is okay, I know that you weren't crazy about the other examples you showed us in class.

This is a completely different type of story as far as format goes.

I think that I picked a good number of questions. I asked 15 questions, which gave me options on what questions and information to include. I also tried really hard to get the interview. I finally got the questions answered today! I called three different times on Friday to get a hold of the Dr. And I spoke two more times to him today. He's really busy! So I typed up the questions and emailed them to the Dr. too, on Friday. I sent a follow up email this morning to make sure. And finally! Answers!

I was shown the benefits of tenacity. As always, I feel like I can always improve as a whole.

As this is the first draft, I don't have any comments on it yet. But I look forward to any improvements I can make.

Thanks!

-Tebben

Relax. Sometimes u don't know how good u are. This is terrific. I encourage u to send it tonight to mirror ed mikaela tierney