Counseling Services
Helping you thrive.

OUR MISSION
Medical, physician assistant and graduate student education can be stressful and demanding with many competing commitments. Resilience and the ability to balance commitments to one’s self, others and the larger educational and professional context are key developmental capacities for adapting and thriving during this time of continuous learning and growth. Many students find that participating in counseling activities such as individual counseling or small-group book discussions can enhance their ability to thrive in this intense and highly demanding environment.

It is with this awareness that our mission was developed — to support and promote the emotional, intellectual, physical, social and spiritual well-being of students on our campus by providing counseling services and activities designed to promote well-being.

Types of Services*
- Counseling/Coaching
- Couple Counseling
- Small Group Discussions
- Mindfulness Meditation
- Stress Resiliency
- Yoga for stress relief

*Our services are offered at no charge and are completely confidential.

ELIGIBILITY
Services are available free of charge to all currently enrolled, full-time students in the Wake Forest School of Medicine, including medical and PA students as well as biomedical sciences graduate students.

APPOINTMENTS
Students requesting counseling, coaching, and consultations are seen by appointment.

Appointments are available Monday-Friday and are 45-90 minutes long, depending on needs. Our waiting room is in Gray 5095.

Please use our confidential email to set up your appointment:
pgreason@wakehealth.edu

WHAT IS COUNSELING/COACHING?
Counseling & coaching are all confidential processes whereby someone who is struggling with an issue or in need of an outside perspective and information in some area of their life enters into a relationship with a trained mental health professional in order to gain insight, get support and possibly make changes. This process may involve exploring thoughts, perceptions, reactions, behaviors and emotions in order to recognize and understand oneself better. Through the counseling/coaching experience, individuals can reduce their internal feelings of stress, improve their ability to make healthy and effective choices, as well as take appropriate actions to enhance their relationships with themselves and others. You are a full partner in this process.

CONSULTATION & OUTREACH
Consultation and educational presentations are available to student organizations and faculty in the form of presentations, seminars, workshops and small group or individual consultation.

Contact us at: pgreason@wakehealth.edu
http://www.wakehealth.edu/Student-Wellness/
EMERGENCY/CRISIS COUNSELING

Twenty-four hour emergency counseling is not available; however, every effort will be made to see an individual, as soon as possible. Students who are experiencing an emergency should go to the hospital emergency department.

Other resources include:
- WF Baptist Medical Center ER 713.9000
- Forsyth Medical Center ER 718.2001
- Mobile Crisis 888-581-9988
- WFBMC Security 716.9111
- Sexual Assault Response Team 722.4457
- National Suicide Prevention Lifeline 800.273.8255
- National Hopeline Network 800.784.2433

PSYCHIATRY & REFERRALS

Who Are We?

PAIGE GREASON
Ph.D., MA.Ed., LPC-S, RYT
Director Counseling Services
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Dr. Greason has graduate degrees in counseling and counselor education from Wake Forest University and UNC-Greensboro. She is licensed to provide psychotherapy and clinical supervision. She completed training through the National Institute for the Clinical Application of Behavioral Medicine to become a Master Practitioner in mindfulness-based psychotherapy. She is also a certified clinical hypnotherapist and registered yoga teacher. She has training in Mindfulness Based Cognitive Therapy, Acceptance and Commitment Therapy, Dialectical Behavior Therapy, Myers Briggs Type Indicator, EMDR, and Somatic Experiencing.

MARCIA McCALL
MBA, CMPE, RYT
Counseling Intern
mmcall@wakehealth.edu • 336.713.7008 • Gray 5084

Marcia McCall graduated from Pennsylvania State University and from Wake Forest University. She worked for many years at Wake Forest Baptist Medical Center as a Department Director responsible for financial, business, research and clinical operations of the Departments of Pathology and Obstetrics and Gynecology. She has strong interests in humanistic counseling, in serving the medical community and in bringing wellness-oriented programming to medical students. She is currently completing her Master's Degree in Counseling at Wake Forest University and is a Registered Yoga Teacher.

Confidentiality

The Medical and Graduate Schools place a high priority on privacy and confidentiality. All communication between a client and counselor—including the decision to seek counseling—are confidential to the full extent provided by law and are not released outside the Student Wellness Counseling Services without a voluntarily signed consent.