

## **OUR MISSION**

The Consultation Center of the Roman Catholic Diocese of Albany is a non-profit mental health center which provides therapeutic services within a Christian environment, respecting the unity of body, mind and spirit.

## **OUR SERVICES**

### **Psychological Counseling**

The Center offers individual and couples counseling to assist persons in dealing with such issues as personal growth, interpersonal relationships, depression, marital difficulties, loss, anxiety, stress, and a variety of other psychological issues.

### **Group Therapy**

A number of therapeutic and personal growth groups are offered, enabling participants to address a variety of issues and to grow in psychological and emotional health.

### **Assessments**

The Center provides psychological testing services to dioceses and religious communities to assist them in the evaluation of their candidates. A wide range of psychological testing and assessment procedures is also provided. These can be tailored to particular needs.

### **Consultations**

Consultative services are provided to individuals, churches, other agencies and groups in matters calling for psychological expertise.

## **Educational Opportunities**

The Consultation Center offers a variety of lectures and workshops in the area of mental health and personal growth. The Center also offers specialized workshops and training programs to meet the needs of various groups.

### **Spiritual Direction**

The Center provides a program of individual spiritual direction for any person interested in developing a deeper relationship with God.

## **OUR STAFF**

The staff of the Consultation Center includes professionally trained and licensed psychologists, licensed clinical social workers, and licensed mental health counselors.

## **OUR FEES**

Fees for services are arranged according to the service provided. Some fees are third-party reimbursable. Reduced fees can be arranged when necessary.

## **APPOINTMENTS**

Appointments for counseling may be made by contacting the Center at 518-489-4431.

**For more information about our programs,  
visit our web page at  
[www.consultationcenteralbany.org](http://www.consultationcenteralbany.org)**

## **Creating a Supportive Faith Community for Those with Mental Health Issues**

This can be a one-night session or a multi-week training/reflection for a parish, local planning group, parish nurses or deanery to help participants learn how to:

- ☒ raise awareness of mental health issues locally,
- ☒ create an outreach to people with mental health issues,
- ☒ develop an advocacy program to address the larger needs of those with mental health issues.

For more information on how you can make this program available to your local group, please contact Father Tom Konopka at 518-489-4431.

## **Spiritual Direction Program**

Spiritual direction is a process in which individuals are assisted in developing a relationship with God. It assists a person in paying attention and responding to this personally communicating God in order to become more open to the presence of God in all aspects of life and to enhance personal growth. It helps one to discern and respond to God's call in one's life and take the Gospel message seriously. Spiritual direction is not counseling, therapy or psychological help.

To begin, call the Consultation Center at 518-489-4431 to obtain an application form and arrange a meeting with a spiritual director. Appointments are ordinarily 50 minutes to an hour once a month.

Suggested donation - \$40 per visit

## **The Spiritual Exercises for People in Everyday Life**

*Have you been wondering about your unique purpose as a Christian? Are you feeling restless in your ministry or personal life, wondering if it is the right choice for you? Would you like to deepen your prayer life and your relationship with Jesus?*

Following the centuries' old process for spiritual growth developed by St. Ignatius of Loyola, the Consultation Center offers this ministry again this year. Over the course of approximately seven to eight months, participants meet once weekly with a spiritual director for about an hour. Together they explore the participant's unique imaginative prayer.

For further information about the Spiritual Exercises and a list of available directors, contact the Consultation Center.

## **Anger Management**

The Consultation Center offers a program of individual sessions on anger management.

Arrangements can be made by calling the Center at 518-489-4431.

The fee for these ten one-hour sessions is \$25 per session.

*The Consultation Center is located at the corner of Lancaster Street and North Main Avenue in Albany. It is open Monday through Thursday from 8:30 a.m. to 7:00 p.m. and on Friday from 8:30 a.m. to 4:30 p.m.*

**For more information contact:**

**Consultation Center  
790 Lancaster Street  
Albany, NY 12203**

**Phone: 518-489-4431**

**Fax: 518-489-5189**

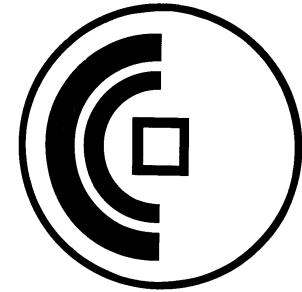
**E-mail: [consultation.center@rcda.org](mailto:consultation.center@rcda.org)**

**Web site: [www.consultationcenteralbany.org](http://www.consultationcenteralbany.org)**



*The Consultation Center is a member of the International Conference of Consulting and Residential Centers.*

# **Consultation Center**



**790 Lancaster Street  
Albany, New York 12203**

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