

Student Wellness Guide

HEALTH AND WELL-BEING
RESOURCES FOR CURTIS STUDENTS

Produced by the Office of the Dean



CURTIS
INSTITUTE OF MUSIC



WELLNESS REACHES
FAR BEYOND THE PHYSICAL.
AT CURTIS WE ARE COMMITTED
TO SUPPORTING OUR STUDENTS
IN ALL AREAS OF WELLNESS!

Fostering a healthy mind, body and spirit contributes to the well-being of our community.

We are a diverse community at Curtis and seek to celebrate our differences, as well as engage in the occasional difficult conversations that can render a better understanding of each other and often times a personal transformation. Embracing the core principles of diversity, inclusion, and tolerance fosters a healthy mind, body, and spirit and contributes to the well-being of our community.

Diversity= Individual differences—how we differ in personality, learning styles, and life experiences. Diversity extends to our social groups as well (race/ethnicity, class, gender, sexual orientation, or country of origin, as well as cultural, political, religious, or other affiliations).

Inclusion= The active, intentional, and ongoing engagement with diversity in the curriculum and in communities (intellectual, social, cultural, geographical) with which individuals might connect—in ways that increase awareness, content knowledge, cognitive sophistication, and empathic understanding of the complex ways individuals interact within systems and institutions.

Equity= The creation of opportunities for historically underrepresented student populations to have equal access to achievement and success.

Quoted and amended from: Making Excellence Inclusive. Guiding Principles of the American Association of Colleges and Universities, 2015. (www.aacu.org/making-excellence-inclusive)

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Health Services and Medical Care for Curtis Students

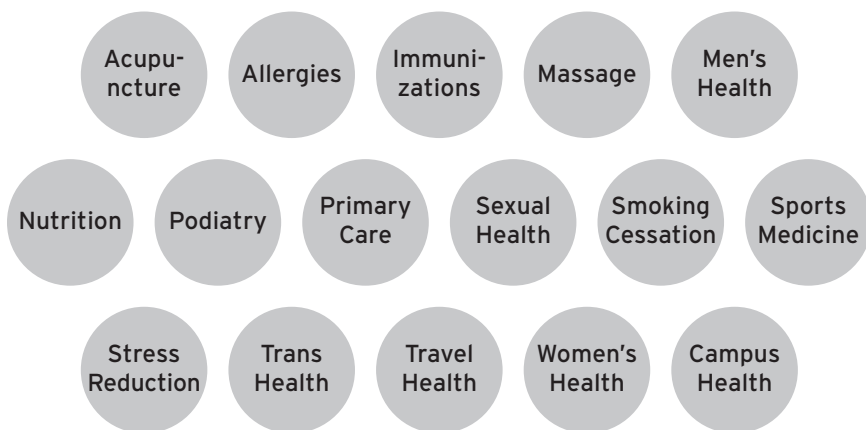
Our mission is to promote the health and well-being of Curtis students and provide a broad array of resources and information to help you lead healthy lives. Your student health service fee pays for primary and emotional health care needs.

Primary care is provided by University of Pennsylvania Student Health Service (SHS). Curtis has a long history with Penn in providing quality health care that is accessible and student-focused. All students, including those enrolled in the Student Health Insurance plan offered through Curtis, are encouraged to use SHS facilities whenever possible. All Curtis students can be seen at SHS regardless of their insurance coverage.

PENN STUDENT HEALTH SERVICE (SHS) 3535 MARKET STREET

All of the services outlined above are available to you as students at Curtis. Located on the Penn campus at **3535 Market Street**, Student Health Service (SHS) operates on an appointment system. Appointments may be scheduled in advance for non-urgent requests or for the same day for medical problems requiring more urgent attention.

TYPE OF APPOINTMENTS



CALL (215) 746-3535 to make an appointment.

For more details visit www.upenn.edu/shs.

WOMEN'S HEALTH SERVICES

Women's Health Services at SHS provide a number of services to students, including but not limited to contraception counseling, emergency contraception, well-woman care, sexually transmitted infections testing, sexuality issues, urgent care visits, pregnancy testing and options counseling, vaginitis treatment, women's health related nutrition concerns, and more. All services are confidential.

For more details, visit www.upenn.edu/shs. To make an appointment, call (215) 746-3535. Some additional offices have been designated as confidential for students who wish to seek guidance and support. Women's Health Services is located within SHS at 3535 Market Street.

PENN WOMEN'S CENTER (PWC)

Located on the Penn campus at 3643 Locust Walk, the Penn Women's Center provides education, advocacy, and co-facilitates support groups for survivors of sexual violence. Staff at the Penn Women's Center can assist victims in navigating the different resources at both Penn and in the broader community. They are also available to provide support and guidance to friends and family of sexual assault victims. PWC supports all students regardless of gender identity or sexual orientation. You can find PWC at www.vpul.upenn.edu/pwc/
Staff Hours: 9:30 a.m.–5:30 p.m., Monday–Friday. Phone: (215) 898-6500 or (215) 898-8611.



Musician Injury Recovery and Prevention

Injuries can be difficult to deal with in the midst of going to classes, preparing for lessons, and having hours of rehearsal. The first step to a healthy career in music is prevention, but if you become injured, or have pain, there are several steps you should take.

1. **Speak to the associate dean of student life and international student affairs** so that the school is aware and can provide you support through the stages of recovery.
2. **Next, visit a doctor at Penn Student Health Service** to receive an evaluation and be prescribed a course of treatment or referral.
3. **Follow your doctor's recommendations** and consider some of the additional therapies that are mentioned in this guide. Everyone responds differently to treatments, so you may have to try more than one.
4. **If you need any additional help** with booking appointments or making time in your schedule, see the associate dean of student life and international student affairs. Remember to bring your insurance card with you.

Assessment and diagnosis with a specialist or other health professional are critical to getting the proper treatment for any injury. Follow-through and maintaining your treatment plan are equally important for healing and recovery. **Curtis students and members of faculty have identified the specialists and health professionals mentioned in this section as being most helpful and effective in the treatment of musician-related injuries.**

UNIVERSITY OF PENNSYLVANIA STUDENT HEALTH SERVICE (SHS)

The following are doctors that have been particularly helpful to Curtis students and members of faculty dealing with pain or injury related to music making. Call Student Health Service at (215) 746-3535 to make an appointment.

Daniel Meyers, M.D.

Primary Care

Seema Vasu, M.D.

Sports Medicine

SPECIALISTS AND PHYSICAL THERAPY

Specialized services for complex injuries and physical therapy are available in Philadelphia and other major cities quickly accessible by public transport. Many are very experienced in treating musicians. Injuries may require physical therapy to strengthen the muscles needed to play.

Dr. Bong S. Lee, M.D.

Director of Pediatric Hand Surgery at
Children's Hospital of Philadelphia

See the associate dean of student life and international student affairs to schedule an appointment.

Philadelphia Hand and Shoulder Center

834 Chestnut Street, Philadelphia
(610) 768-5959
www.handcenters.com

Rothman Institute Orthopaedics

925 Chestnut Street, Philadelphia
(800) 321-9999
www.rothmaninstitute.com

Alex Pantelyat, M.D.

Johns Hopkins Center for Music and Medicine
600 North Wolfe Street, Baltimore
(410) 502-0133 or (410) 464-6641

Thomas M. Brushart, M.D.

Johns Hopkins Outpatient Center (Orthopedics/Hand)
601 North Caroline Street, Baltimore
(443) 997-2663

Paul E. Kwak, M.D.

NYU Voice Center
345 East 37th Street, New York City
(646) 754-1207

Penn Therapy and Fitness Rittenhouse

1800 Lombard Street, Philadelphia
(215) 893-2500
www.pennpartners.org

Excel Physical Therapy

420 Bainbridge Street, Philadelphia
(215) 629-1270
www.excelphysicaltherapy.com

Emily Altman P.T., D.P.T., C.H.T., O.C.S., C.L.T.

Hand Therapy Center
535 East 70th Street, New York City
(212) 606-1660

Caryl D. Johnson, O.T.

Occupational Therapist
160 West 66th Street, New York City
(212) 721-0460

CHIROPRACTIC SERVICES

Chiropractic work is a system of therapy that manipulates and adjusts specific body structures, typically the spine, as a way to ease pain and discomfort as well as release pressure on certain nerve pathways.

Academy Chiropractic Center

1420 Locust Street, Philadelphia
(215) 546-4860
www.academychiropracticcenter.com

Rittenhouse Square Chiropractic

1608 Walnut Street, Philadelphia
(215) 546-1010
www.rittenhousechiro.com

Tancredi Chiropractic and Rehab

230 Sugartown Road, Wayne
(610) 353-9400
www.tancredichiro.com

MASSAGE THERAPY

Massage therapy can be helpful in relieving pain, especially short-term, as it releases tension and stretches tight muscles.

Academy Chiropractic Center

1420 Locust Street, Philadelphia

(215) 546-4860

www.academychiropracticcenter.com

Eviama Life Spa

109 South 13th Street, Philadelphia

(215) 545-3344

www.eviama.com

ALEXANDER TECHNIQUE

Alexander Technique is an educational process that develops the ability to realign posture and avoids unnecessary muscular and mental tension. Alexander Technique is offered through Curtis and students may enroll at the beginning of each semester through the registrar's office. Private instruction is provided by Ariel Weiss, Stanley Tucker, and Celeste Kelly.

FELDENKRAIS

The method was created to reorganize connections between the brain and body and so improve body movement and psychological state.

Bob Chapra

255 South 17th Street, Philadelphia

(215) 732-9173

www.bobchapra.com

STRUCTURAL BODYWORK/ROLFING

Structural bodywork is a technique that uses deep tissue manipulation that can release and realign the body, and helps to reduce muscular tension.

Joy Carey

1241 Carpenter Street, Philadelphia
(717) 519-7289
www.joycarey.com

Linda Grace, M.A.

Center City Philadelphia
lindagrace@aol.com
www.rolfinggrace.com

ACUPUNCTURE

Acupuncture uses thin needles placed at key points on the body to treat a variety of ailments, often relieving pain.

Kara Szumski

1518 Walnut Street, Philadelphia
(215) 262-3103
www.easehealing.com

Acupuncture at Rittenhouse Square

1601 Walnut Street, Philadelphia
(215) 292-9264
www.rittenhouseacupuncture.com

Healing Arts Center of Philadelphia

123 Chestnut Street #204
Corn Exchange building
(215) 627-3782
<https://healingphilly.com>

YOGA

Yoga is an ancient discipline that uses specific body postures and exercises, breath-control, and meditation to improve health and relaxation.

Maha Yoga

1700 Sansom Street, Philadelphia
(215) 864-0770
www.mahayogastudio.com

Shanti Yoga and Ayurveda

1638 Pine Street, Philadelphia
(215) 923-9642
www.shantiyogashala.org

The Yoga Garden

903 South Street, Philadelphia
(215) 238-0989
www.yogagardenphilly.com

Heather Rice at Amrita Yoga

1204 Frankford Avenue, Philadelphia
(267) 928-3176
<http://amritayogawellness.com>



Dental Care, Eye Care, Dermatology, Voice/Throat

DENTAL CARE

As a major metropolitan city, Philadelphia has a number of dentists in private practice, including several in the close vicinity of Curtis. The providers listed below offer reduced pricing to Curtis students as described. Note: The student health insurance plan offered through Curtis includes coverage for accidental dental injury but does NOT include coverage for regular dental care.

The Dental Spa, Harold Yaffe, D.D.S. and Paul Berson, D.D.S.

Located in the Medical Arts Building, 1601 Walnut Street, Suite 704, Drs. Yaffe and Berson are dentists in private practice whose offices are close to Curtis. Both Dr. Yaffe and Dr. Berson provide a courtesy discount (20%) and payment plans to all Curtis students for routine and general dentistry services regardless of financial need. Phone: (215) 567-0800.

University of Pennsylvania School of Dental Medicine Clinic

Located at 240 South 40th Street on the Penn campus, the main teaching clinic of the School of Dental Medicine provides a full range of general dentistry and specialty services. Although it does take extra time for procedures to be completed, getting your treatment at the School can save money—particularly when extensive dental work is needed. Phone: (215) 898-8965 (patient registration and emergency clinic).

Emergency treatment appointments are available throughout the day. The fee for emergency exams is \$45, and the fee for x-rays may range from \$20–\$100. Additional fees apply for other treatment.

After hours, weekend and school holidays: In case of dental emergencies involving severe pain, swelling, and/or bleeding, please call (215) 898-8965; directions are given to HUP or your nearest hospital. Please be advised that the hospital emergency room will not replace or repair lost fillings, crowns, or other dental appliances. A hospital fee for emergency visits will be applied. This fee is the patient's responsibility. Patients of record may qualify for reimbursement of this fee.

Philadelphia Orthodontists

Providing orthodontic services and Invisalign braces from their office in Center City, the doctors and staff are highly experienced and competent in adult and adolescent orthodontic care. Dr. William Roberts and Dr. Tanja de Marsche, 1601 Walnut Street, Suite 1513. Phone: (215) 665-1845

Philly Smiles

Philly Smiles a leading provider of advanced aesthetic dental services in Center City. They are dedicated to providing you with the personalized, gentle care and provide information that helps patients make more informed decisions about their oral health needs. Appointments are available Monday–Friday, 9 a.m. to 5 p.m. Emergency weekend hours are available by appointment. Convenient location at 1804 Rittenhouse Square. Phone: (215) 735-9000

EYE CARE

Incorporate your eye health as part of your regular health check-ups. Having a comprehensive dilated-eye exam is one of the best things you can do to make sure that you're seeing the best you can and that you're keeping your eyes healthy.

There are numerous eye care providers in the local area. Check with your insurance provider to see what eye care services are covered and for a list of vision health professionals in-network. Routine eye exams should be sought first through an optometrist. Many are within walking distance to campus.

Wrigley Eye Associates

Many students see Dr. Karen Wrigley, Wrigley Eye Associates, 1919 Chestnut Street, Suite 105. Phone: (215) 563-8440

Pediatric Medical Eye Problems

Students ages 12 to 20 with medical eye problems can seek an appointment with pediatric ophthalmologist Kammi B. Gunton, M.D., at 840 Walnut Street, Suite 1210. Phone: (610) 265-8393

Wills Eye Hospital

The Wills Eye staff comprises approximately 200 ophthalmologists and 100 non-ophthalmic consulting physicians, providing treatment for a variety of conditions and diseases. Wills Eye Hospital is located at 840 Walnut Street. Phone: (877) 289-4557 for appointment; (215) 503-8080 for emergencies

For Eyes

Conveniently located with friendly opticians for eye examinations and a large collection of lenses. For Eyes is located at 1630 Walnut Street. Phone: (215) 546-2227

Innervision Eyewear

Popular with Curtis students, Innervision also has a licensed optometrist on staff. Innervision is located at 131 South 18th Street. Phone: (215) 832-0350

DERMATOLOGY

Pennsylvania Centre for Dermatology at Pennsylvania Hospital

Pennsylvania Centre for Dermatology provides comprehensive medical, surgical, and cosmetic dermatology services. The Center treats both adult and pediatric dermatology patients. Medical services areas include allergic skin disorders, complicated and rare conditions, psoriasis treatment, skin cancer, routine dermatological conditions, and cosmetic and laser therapies. The Pennsylvania Centre for Dermatology is located at 822 Pine Street, Suite 21.

Phone: (267) 519-0154

Glen H. Crawford, M.D.

Ari B. Gutman, M.D.

Debra M. Jih, M.D.

Jennifer Filip, P.A.-C.

Thomas D. Regan, M.D.

VOICE/THROAT

The Jefferson Voice and Swallowing Center

The Jefferson Voice and Swallowing Center, a joint program with the Department of Rehabilitation Medicine and housed within the Department of Otolaryngology—Head and Neck Surgery provides comprehensive, state-of-the-art evaluation and treatment of disorders affecting the voice and swallowing.

Voice Care and Disturbances of the Voice—Vocal fold paralysis, laryngopharyngeal reflux and airway stenosis can signal serious illness, alter quality of life and cause occupational disability. Voice care at the Center is tailored to the patient's acute needs and long-term goals.

The Jefferson Voice and Swallowing Center is located at 925 Chestnut Street. Contact the center to make an appointment with Joseph R. Spiegel, M.D. or Maurits S. Boon, M.D. Phone: (215) 955-6760



Health Services FAQs (Frequently Asked Questions)

I'm feeling sick and I ache all over. What should I do?

First of all, try to assess how sick you are. For routine health issues you should make an appointment with Penn Student Health Service (SHS). “Routine” can mean anything from a sore throat, fever, nausea, bad cough, or minor aches and pains, to eye infections, skin rashes, sleep problems, muscle sprains, or strep throat. Notify the associate dean of student life and international student affairs and ask for assistance in being excused from classes, etc.

What if I have a health emergency?

If your condition is more serious, you might need to go to a hospital emergency room (ER). To determine whether or not your condition is an emergency, contact Penn SHS and ask to speak with a nurse on call to describe your symptoms. You'll be directed to either come to Penn SHS or go directly to the ER. If you are in too much pain to contact Penn SHS call 9-1-1 or get to the nearest ER. The ER for the Hospital of the University of Pennsylvania is located at 3400 Spruce Street. Also close by is the ER at Jefferson University Hospital, located at 132 South 10th Street. Contact the associate dean of student life and international student affairs for assistance. Lenfest Hall residents may call the RA on duty. Important phone numbers are located at the back of this brochure.

What does it cost to go to Penn Student Health Service?

Routine visits are covered in the health services fee you paid at the start of the school year. The fee covers office visits for routine clinical care. All students, included those enrolled in the Student Health Insurance Plan offered through Curtis, are encouraged to use Penn SHS facilities whenever possible.

What about my health insurance? What does it cover?

For questions about health insurance, make an appointment with Dean Lewis. You can also find more information in the Curtis *Financial Aid Handbook and Guide to Housing and Other Resources*.

I've practiced too much and may have injured my hand. What should I do?

Make an appointment with Penn SHS to be examined by a sports medicine specialist. If your condition is serious they will refer you to a specialist. Curtis also has relationships with hand specialists and orthopedic surgeons. See the section on Musician Injury Recovery and Prevention for more information.

I like to get a flu shot each year. What’s the best way to get one?

Curtis provides flu vaccines every year in the fall for students, staff, and faculty. Vaccines are optional, administered on campus, and free to students.

How do I get to Penn Student Health Service?

Penn Student Health Service is located at 3535 Market Street in University City and accessible on SEPTA. Take the 21 bus west on Walnut Street to 36th Street. Walk 2 blocks north. The building entrance is on 36th Street, just north of Market Street. Be sure to call ahead for an appointment: (215) 746-3535. Curtis will reimburse students who take a taxi to Penn SHS if they are ill. Be sure to save your taxi receipt.

I have a chronic health condition and need to establish a relationship with a specialist. What should I do?

Philadelphia is fortunate to have many fine medical institutions. Contact your health insurance provider for a doctor “in-network.” The associate dean of student life and international student affairs can also refer you to health professionals nearby, as can Penn Student Health Service. Names and contact information for a few specialists are also contained in this Guide.



Psychological Counseling and Emotional Well-Being

Private counseling with members of our Counseling Team is available to all students. In addition, our counselors may refer you to a psychiatrist in the event that the services of a medical doctor are in your best interest. Five free sessions with a member of the Counseling Team are included in your health services fee. Special arrangements may be available for students requiring extended care. Students can meet with our counselors by appointment only. All sessions are confidential. By utilizing our counseling services, you can learn to manage personal problems and situational crises effectively; learn self-care strategies to cope with academic stress, performance anxiety, relationship issues, gender identity, or addictions; and develop self-awareness, personal responsibility, and skills for life-long learning.

LEARNING DISABILITIES

Curtis welcomes students with disabilities and is committed to providing the same exceptional opportunities to all Curtis students. Students are required to provide documentation of disability prior to receiving accommodations. Accommodations might include an alternative test location or extended time for in-class tests and quizzes, for example.

If you would like to discuss diagnostic testing for learning and psychological disabilities or would like more information, contact the associate dean of student life and international student affairs or a member of the Counseling Team.

MEET THE COUNSELING TEAM



“Music has always been a very important part of my life. Having studied piano, violin and voice as a child, I loved being surrounded by the rich sounds of an orchestra and choir. Now I get that pleasure hearing you perform. As a psychologist who helps people pursue their passions, it is natural that I would work with musicians. Studying at Curtis, you may be asking more of yourself as a musician, as well as wanting to make the most of what Curtis has to offer, both musically and socially. Managing your time, competing priorities, social expectations, and even finding time to sleep, can

seem impossible when there is just so much to do. Many of the renowned and successful musicians I have worked with faced the same issues and questions that you now face. It is certainly possible to have a happy, successful life as a musician, but at times it is difficult to know how. Students like you come to me to when their worries occupy too much of their time and interfere with their happiness and musicality. When we talk, I will bring my understanding of the music world and my psychological skills to our conversation. My unique mixture of practicality, empathy and humor will help you feel more at ease and better able to look at your situation more positively. Meeting in a setting where your concerns are kept private often helps you access resources you didn't know you had.”

– DR. WRIGHT

Ellen L. Wright, Ph.D. is a licensed psychologist in private practice near Rittenhouse Square. She works with adults, couples, families, and young adults studying at local universities. Dr. Wright has expertise in the treatment of anxiety and depression, loss, and relationship and family concerns. Having been trained as a musician through her university years, Dr. Wright has been a resource for professional and aspiring musicians for many years and has expertise in dealing with many of the challenges that students face at Curtis: performance anxiety, stress management and injury prevention, issues that affect musicality, interpersonal stresses of orchestral and chamber music performance, and family and relationship issues that arise from musical careers.

Dr. Wright received her B.A. from Princeton University and her Ph.D. in Clinical Psychology from Temple University. She is a faculty member and supervisor for the Center for Group Studies in New York City. Dr. Wright is a sought-after public speaker and supervisor of experienced and developing clinicians. She has conducted seminars throughout North America and abroad.

Dr. Wright's office is conveniently located at 2120 Spruce Street. She can be reached at (215) 732-3720 or dr.ellenwright@gmail.com.



“Adolescence and young adulthood are major developmental stages when we go through exciting challenges dealing with peer/social/family relationships, new responsibilities and expectations, self-identities, and advancing independence. Adapting to these changes may involve learning new skills and coping strategies to: Get along with new friends, manage living away from family and friends, explore and identify personal, educational and professional goals, and enhance your feelings about yourself. As an Asian-American individual and having lived in various parts of the world since young age to

attend school apart from family, I recognize how important it is to discuss and address these topics and concerns in a safe place. I will work with you to guide through the process of learning about yourself, managing difficulties, and finding solutions to your concerns.”

– DR. SUH

Jesse Jong-Shik Suh, Psy.D. is a licensed clinical psychologist who has been working with Curtis students since 2009. Dr. Suh has extensive experience working with adolescents, young adults, and couples in counseling, psychotherapy, and psychological evaluations. He received his doctorate from Long Island University and was awarded a two-year fellowship to work with undergraduate and graduate students in outreach and psychotherapy settings at Harvard University. Dr. Suh completed a National Institutes of Health (NIH)-funded postdoctoral fellowship at the University of Pennsylvania School of Medicine, where he is currently on the faculty and conducts clinical research on depression, trauma, and substance use. Having presented in various national and international conferences, for both scientific and clinical communities, he has published numerous articles and book chapters on substance use and other psychological conditions. Dr. Suh is an active member of the American Psychological Association.

As a general practitioner, Dr. Suh provides psychotherapy, psychological evaluation, and consultation for adolescents, young adults and couples. His treatment approach involves facilitating a therapeutic environment, promoting emotional growth, and building coping skills. Treatment goals focus on improving relational difficulties (e.g., parent-child, couple, and family), achieving personal, educational, and professional goals, and maintaining psychological well-being. Substance abuse treatment has been a special area of interest and expertise, and Dr. Suh has worked extensively with adolescents and adults who have concerns about their alcohol or substance use. As a Korean-American clinician, he has also gained much invaluable experience in working with Asian adolescent and adult clients, with emphasis on cultural, acculturation, and intra-familial issues.

Dr. Suh's office is located at 1601 Walnut Street, Suite 1107. He can be reached at (215) 207-9373 or jessesuh@drjessesuh.com.



"I am an impassioned listener of all things musical. You have spent the better part of your young life immersed in the creation of music which will continue to provide nourishment to the souls of listeners and leave audiences feeling more enlivened. Not unlike you, my goal as a psychologist is to assist individuals who are struggling emotionally feel more fully and authentically human. Attending Curtis can be both exciting and stressful. Managing your classes, performance schedule, and coping with the social expectations that are part of living and studying among peers can be very challenging. My hope is that you will feel comfortable reaching out to me for assistance. I have a deep compassion for students struggling with drug, alcohol and other addictive behaviors, depression and anxiety, issues related to sexual and gender identity, and concerns involving relationships of all types."

– DR. RISLER

Robin B. Risler, Psy.D. is a licensed psychologist with a practice near Rittenhouse Square, with a specialty in identity development and issues related to drugs and alcohol use and other addictive behaviors. Dr. Risler works with adolescents and adults, particularly college and graduate students, who are struggling emotionally and looking to make positive changes in the way they feel about themselves and their interpersonal relationships.

Dr. Risler has worked for many years in a variety of college and mental health settings. At Temple University she had the opportunity to work with the talented musicians in the Esther Boyer College of Music and continues to supervise psychology interns at the University counseling center. Dr. Risler practices from a relational psychodynamic perspective and believes that people grow and heal in relationships. She remains attuned to issues of ethnicity, race, and culture in order to practice in a culturally competent and sensitive way. Her approach emphasizes mutuality and cooperation while engaging in a process, which works to increase self-awareness and one's ability to make healthy choices in life.

Dr. Risler's clinical interests include addictions of all types; grief and loss; depression and anxiety; mindfulness meditation; gender, sexual, and cultural identity issues; and general relationship concerns. Dr. Risler received her bachelor's degree from Penn State University, her master's from Drexel University, and her doctorate from Immaculata University.

Dr. Risler's office is located at 255 South 17th Street, Suite 1307. She can be reached at (610) 246-5459 or drrobinrisler@gmail.com.



“I believe that therapy/counseling needs to be done in an atmosphere of safety, intelligence, warmth and humor. Sometimes we come to counseling because there is a specific situation that we need immediate and/or brief assistance with or for an objective voice of reason.

Other times we may seek therapy because there have been challenges over time that have gotten in our way of getting what we want out of our lives (both professionally as well as personally). I have a particular affinity in working with artists and the challenges of training and performing, having spent much of my early life as a musician and actor. In addition to general areas of anxiety and depression, I have, for many years, specialized in areas of identity and intimacy with individuals and couples with specific attention to the LGBTQ community.”

– DR. GOLDBERG

Allan L. Goldberg, Ph.D. is a licensed psychologist with over 25 years of experience in private psychotherapy practice, college counseling, and mental health settings. Dr. Goldberg’s current private practice has a focus on therapy for adult individuals and couples, as well as consultation in the area of supervision, training, and mentoring of mental health professionals. He presents extensive training seminars and continuing education in clinical supervision and has been an adjunct faculty member at University of Pennsylvania’s Graduate School of Education as well as the School of Social Policy and Practice, where he taught Foundational Practice. Dr. Goldberg was the director of training at University of Pennsylvania’s Counseling and Psychological Services from 1997 through 2004. Dr. Goldberg received his Ph.D. in Counseling Psychology from Temple University and Master of Social Work from the University of Pennsylvania.

Dr. Goldberg’s office is located in the Medical Tower Building, 255 South 17th Street, Suite 1310. He can be reached at (215) 592-4060 or DrGberg48@comcast.net.



“My appreciation for the arts developed through the world of dance, which was always accompanied by beautiful music. Growing up as a dancer and participating in a dance company while in college brought both the excitement and the challenge of rehearsals, performances, and navigating a very busy schedule. But that is not all we deal with during this important journey into and through young adulthood. Whether you are trying to adjust to your new surroundings at Curtis, trying to deal with long-term or recent personal, school or family issues, trying to manage interpersonal

difficulties, or exploring some aspect of your personal identity, psychotherapy can provide you with the opportunity to participate in a therapeutic relationship designed to help you cope, grow, and work toward the person you want to become.”

– DR. ROTHERY

Cheryll Rothery, Psy.D. is an associate professor of psychology, graduate program chair, and director of clinical training in the Department of Professional Psychology at Chestnut Hill College. She is a licensed and board certified clinical psychologist with over 25 years of experience. Dr. Rothery received her B.A. in Psychology from Mount Holyoke College in South Hadley, Massachusetts and her doctorate in Clinical Psychology from the Graduate School of Applied and Professional Psychology at Rutgers University in Piscataway, New Jersey. Dr. Rothery has previously worked in college counseling center settings, serving clients with issues related to the transition to college, anxiety and depression, academic difficulties, family problems, relationship issues, grief and loss, and identity issues related to race, ethnicity, gender, and sexual identity.

Dr. Rothery is a frequent workshop presenter on topics related to providing culturally competent psychotherapy to African American clients.

Dr. Rothery's office is located at 1016 Bethlehem Pike, Erdenheim. She can be reached at (215) 990-0159 or cheryllrothery@gmail.com.

NEED A PSYCHIATRIST? CONSIDERING TAKING MEDICATION? PSYCHIATRIC RESOURCES AND ACCESS

In some cases, students might benefit from medication, for example, when dealing with anxiety, depression, performance anxiety, or for learning disabilities. Students who are taking medication prescribed by their psychiatrist at home benefit most by establishing a relationship with a treating psychiatrist in Philadelphia to monitor medication and provide refill prescriptions.

Curtis has a group of psychiatrists available to students as part of the Counseling Team. Meetings with the psychiatrists are part of the health benefit provided to each student (five free sessions per year, then further sessions as deemed medically appropriate). To access these services, students can either: contact Dr. Wright at (215) 732-3720 or dr.ellenwright@gmail.com, and she will meet with the student and then make the referral; or be referred by the psychologist they are working with on the Counseling Team. All contacts with Dr. Wright and the psychiatrists on the Counseling Team are confidential. If students prefer to see a mental health professional outside of Curtis, they should check with their insurance provider for names of psychiatrists in our local area.

Emergencies: If you feel that you are in a mental health emergency situation, or if you are unsure of how to approach your friend who is in an emergency situation, it may be best to call 9-1-1. Students can also call the local Philadelphia Suicide and Crisis Intervention Line. Phone: (215) 686-4420 OR call the National Suicide Prevention Lifeline, toll-free, 24/7. Phone: (800) 273-TALK (8255)

Privacy: All mental health providers are required by the rules of their profession to keep your presence at their office and the content of your conversations strictly confidential. If there is a need to talk or disclose medical records with another person involved, such as a physician, information will be released only with your specific consent.

Financial Responsibility: Curtis does not provide financial assistance for psychiatric services or medication. Students are responsible for payment and submitting insurance claims to their health insurance provider. Students are also responsible for charges if they fail to show up for a scheduled appointment with a member of the Counseling Team (including psychiatrists).



Psychological Counseling FAQs (Frequently Asked Questions)

Why does Curtis offer counseling?

It is a myth that creative people have more emotional problems than non-creative people. What is true, however, is that all individuals pursuing artistic careers face challenges; and with challenges comes stress. There is good stress—such as being excited as you approach a concert—and upsetting stress, like the disappointment that follows an audition or performance that did not go as hoped. Curtis has psychologists available to help you develop the skills you need to manage stress and the demanding life of a performing musician.

If I see a counselor, does it mean that I have a serious emotional problem?

No. Living the demanding life of a musician often means that you face many difficult decisions and have to juggle competing priorities—your professional life, schoolwork, and personal life. Even healthy individuals experience distress when they have to do new things or make difficult choices. Talking with a psychologist is one way to learn the skills to manage these situations with more comfort and confidence.

How do I know whether I would benefit from meeting with a counselor?

Common signs of emotional distress are changes in your passion for your music, or in your playing or singing; feelings of fatigue; difficulty getting out of bed or going to class, orchestra, or lessons; changes in sleeping or eating patterns (too much or too little); disquieting feelings (i.e., homesickness, sadness or irritability); lack of desire to talk with or see friends; persistent physical pain; or an increase in alcohol or drug use.

How do I access my counseling sessions?

You can get information about how to arrange to talk with someone from many people—friends, resident assistants, or the associate dean of student life and international student affairs—or on the Curtis website. You may also contact Dr. Wright for your initial contact and she will make the appropriate referrals. She can be easily reached at (215) 732-3720 or dr.ellenwright@gmail.com. All members of the Counseling Team are easily accessible directly by phone or via e-mail. Their contact information is included in this brochure; posted in Lenfest Hall and the Curtis main building at 1726 Locust Street; and can also be found on the Curtis website, www.curtis.edu. Because confidentiality cannot be safeguarded as completely with e-mail, only general, non-urgent inquiries should be sent by this method.

Where do these meetings take place?

All of the counselors' offices are off campus. Most are conveniently located a couple blocks off of Rittenhouse Square. The offices and waiting rooms are private.

What can I expect during my initial meeting with one of the counselors?

Counseling is a type of learning about oneself, one's feelings, and one's relationships with others. As in any learning environment, you will benefit most if you participate actively, attend sessions on time and are open and honest with your counselor. Counseling is a personal choice. Together, you will decide your priorities, and how you might address the issues on your mind.

In turn, your counselor will listen to your concerns, assist you in setting and reaching appropriate goals, and respect your confidentiality. Our psychologists abide by the ethical principles of licensing boards and students can expect to have services delivered in a professional, legal, and ethical manner.

Will other people know that I see my counselor or other members of the Counseling Team?

No one will know unless you tell them. All mental health providers are required by the rules of their profession to keep your presence at their office and the content of your conversations strictly confidential. If there is a need to talk with another person involved, such as a physician, information will be released only with your specific consent.

Can I just go once or do I have to go for a long time?

You can go to see any member of the Counseling Team for one or more visits. Generally it is helpful to go at least twice so you can start to feel better and have the opportunity to figure out you want to do and how to proceed. Curtis's student health plan provides you five free visits with the team. These visits can be used together or spaced out and used as needed. If you want to continue sessions beyond the five free sessions per year, insurance and other payment options are available.

Will I have to take medication?

Whether you take medication or not is a very personal decision. Our counselors are psychologists, not medical doctors, and therefore do not prescribe medication. In the case that medication may be helpful, you and your counselor will discuss the pros and cons of the situation and develop a plan, which may include a referral to a psychiatrist.

Can I see any member of the Counseling Team?

Yes. Therapy works best if there is a good fit between the counselor and the student. Sometimes people prefer to see a therapist of a particular gender or cultural background. In all of the above situations, students will be helped to find the right person to consult.

How do I know whether I should utilize Curtis counseling services?

If you have questions about if counseling is right for you, you are encouraged to schedule a consultation to speak with Dr. Wright or one of our other psychologists. Consultation may help you answer the question of whether you should consider counseling. Speak with the associate dean of student life and international student affairs for more assistance or to decide which counselor might be right for you.

What if I am in crisis and need to talk with someone right away?

If you are experiencing a life-threatening emergency call the associate dean of student life and international student affairs, another member of staff (important numbers are at the back of this pamphlet), one of the counselors, or 9-1-1. If you are experiencing a mental health emergency that is not life-threatening, call a member of the Counseling Team to meet with you as quickly as possible often within the same day.

What if I don't like my counselor, or I am not happy with the treatment?

Inform the counselor if possible about any concerns about the therapy process. Our psychologists are often able to make changes in the focus or style of therapy preferred if they are informed. If you are unable to address this directly or if the changes made are not sufficient, then speak with the associate dean of student life and international student affairs. You may also contact one of the other psychologists directly.

I think my friend should talk to one of our psychologists. What can I do?

It might be helpful for you to schedule a consultation with one of our counselors. While you cannot counsel your friend or force them to go to counseling, there may be ways to talk with them about your concerns. One of our psychologists can walk you through this conversation, depending on the situation, as well as provide you with support.

If I see a member of the Counseling Team on campus or at concerts, will they discuss our meeting?

No. You will see members of the Counseling Team at Curtis events and gatherings throughout the year. They often participate in various preventive health and stress management seminars for students. They will be cordial and friendly but will not reveal the fact that you meet or have met, nor will they bring up any content from your talks.



Fitness and Nutrition

Curtis provides financial assistance towards gym membership fees and fitness in order to encourage a healthy lifestyle and the good physical conditioning that is crucial to a student's good health. If you can document usage of a facility of at least 15 times a semester (approximately once each week) you will receive \$125 each semester towards the cost of a membership fee. Refer to the Curtis *Financial Aid Handbook* for more details or contact Dean Lewis.

PARKHURST DINING SERVICES

Parkhurst is committed to providing Curtis students high quality food prepared from scratch using the freshest ingredients. Each meal is designed and prepared to deliver authentic culinary experiences for guests.

In addition to providing great-tasting food, Parkhurst offers menu items that will satisfy a variety of dietary needs with a focus on healthy foods. They also cater to personal dietary needs, whether your needs are related to food allergies, or you just want to eat a healthy, balanced diet. Members of the dining staff encourage students to offer input on choices of food items so that selections can then be included on future menus. Updated menus can be viewed on the Parkhurst Facebook page. In keeping with its pledge to serve healthy and nutritious meals, Parkhurst encourages students to contact a nutritionist for further advice on dietary needs.

LOCAL FITNESS FACILITIES POPULAR WITH CURTIS STUDENTS

FACILITY	CURTIS RATE	HOURS
<p>Christian Street Y 1724 Christian Street (215) 735-5800 Amenities: - Swimming - Fitness, personal training, triathlon training - Basketball - Variety of Group Exercise Classes</p>	<p>College Students age 18+ \$37.50 joining fee \$27 monthly fee</p> <p>Teens age 13-18 \$0 joining fee \$29.50 monthly fee</p>	<p>Monday-Thursday 5:30 a.m.-11 p.m. Friday 5:30 a.m.-10 p.m. Saturday 8 a.m.-8 p.m. Sunday 8 a.m.-7 p.m.</p> <p>More information: philaymca.org/locations/christian-street</p>
<p>Weston Fitness 1835 Market Street 2nd Floor (215) 963-2700 Amenities: -Fitness Floor -Basic Group Classes</p>	<p>\$49.99 month-to-month No initiation fee</p>	<p>Monday-Thursday 5:30 a.m.-9:30 p.m. Friday 5:30 a.m.-8:30 p.m. Saturday-Sunday 8:30 a.m.-3:30 p.m.</p> <p>More information: westonfit.com</p>
<p>The Sporting Club at the Bellevue 224 S. Broad Street (215) 985-9876 Amenities: - Fitness Floor - Group Classes - Basketball Court - Pool and Spa</p>	<p>\$90 month-to-month \$75 initiation fee</p>	<p>Monday-Thursday 5 a.m.-11 p.m. Friday 5 a.m.-9 p.m. Saturday-Sunday 8 a.m.-7 p.m.</p> <p>More information: sportingclubbellevue.com</p>
<p>Subversive Fitness Crossfit 1229 Chestnut Street Basement (267) 909-8210</p>	<p>\$175 three times a week \$200 unlimited access</p>	<p>Monday-Friday 6 a.m.-6:30 p.m. Saturday 9 a.m.-1 p.m. Sunday 9 a.m.-1 p.m.</p> <p>More information: subversusfitness.com</p>

FACILITY	CURTIS RATE	HOURS
Urbanfront Pilates 1700 Sansom Street 2nd Floor (215) 564-4411	\$75 monthly, unlimited Pilates mat classes \$199 monthly, unlimited Pilates and Vbarre classes \$275 for 20-class card (6-month expiration)	Class schedule varies. Weekly class schedules at urbanfrontpilates.com
Koresh Dance Studio 2002 Rittenhouse Square (215) 751-0959	Single class: \$12 5-class card: \$57 10-class card: \$110 20-class card: \$200	Monthly schedules at koreshdance.org
Dhyana Yoga 1611 Walnut Street (215) 496-0770	New Student Pass - 3 weeks for \$30 \$17 - single class \$80 - 5 classes \$150 - 10 classes (90 days) \$180 - 1 month \$375 - 3 months \$1,200 - 1 year	Weekly schedules at dhyana-yoga.com
Bikram Yoga 520 Sansom Street 3rd Floor (215) 977-9642	New student: first month \$95 \$297 for 3 months	Weekly schedules at bikramphiladelphia.com



Other Resources for Mind and Body

THE QUIET ROOM

The Quiet Room offers quiet space exclusively for Curtis students and is located in Room 235-F in the main building at 1726 Locust. The Quiet Room overlooks Rittenhouse Square and is nicely appointed with comfortable chairs, soft lighting, eye masks to help reduce fatigue, a foot reflexology pad, holistic reading selections, and other enhancements to facilitate meditation, contemplation, relaxation, thoughtful conversation, prayer (singly or collectively) pre-performance centering, and reflection.

The Quiet Room may be reserved on the open-entry calendar via the Curtis portal. If the room has not been reserved, students may utilize the space on a first come, first served basis.

Please note: The Quiet Room is **not for practice**; however, students may use it for reflection or warm up before performances.

LGBTQ

Curtis is a SAFEZONE community.

The Attic Youth Center provides case management, counseling, support groups, drop in hours, life skills/educational resources, HIV testing, and counseling. Located at 255 S. 16th Street, and you can also visit The Attic online at www.atticyouthcenter.org Open Monday–Friday. Phone: (215) 545-4331

The William Way Center offers many services and has an LGBT Community Center that hosts various group meetings and events for all ages. Visit the William Way Community Center at 1315 Spruce Street or online at: www.waygay.org Phone: (215) 732-2220

Mazzoni Center provides quality comprehensive health and wellness services in an LGBT-focused environment, while preserving the dignity and improving the quality of life of the individuals served. Some services are free of charge. Mazzoni also provides information about upcoming events and activities throughout the community—from social gatherings, benefits and fundraisers for Mazzoni Center to conferences and health and fitness events. The medical practice of the Mazzoni Center is located at 809 Locust Street (Phone: (215) 563-0658) and the main office is located at 21 South 12th Street (Phone: (215) 563-0652). You can also visit the Mazzoni online at: <http://mazzonicenter.org>.

ALTERNATIVE AND MUSCULOSKELETAL THERAPIES

Students are also encouraged to explore other options for improving their health, posture, and injury prevention, such as **Alexander Technique, yoga, rolfing, Feldenkrais, acupuncture or acupressure, physiotherapy, reflexology, meditation, therapeutic massage**, and more. Be sure to seek advice from your teacher before engaging in any injury treatment strategy or prevention program.

Healing Arts Center of Philadelphia

It's a warm and serene environment that helps to maximize the therapeutic effect of treatments. They offer a wide range of services including **acupuncture, chiropractic, physiatry** (for chronic pain, rehabilitation, range of motion), **tai chi, massage therapy, reiki**, and more. The Center is located in the heart of Old City within the Corn Exchange building at 123 Chestnut Street, #204. Phone: (215) 627-3782

HOLDINGS AT THE ROCK RESOURCE CENTER

Educate yourself. Knowledge is an extremely important weapon in your defense against injury. Take time to check out the many holdings available at the Library. *The Musician's Health and Wellness* guide is a continually updated page dedicated to resources from the Library in print and electronic form. It is accessible from on and off campus at: <http://libguides.curtis.edu/wellness>.

You can find valuable information on injury prevention, treatment, and awareness. Stop by the Rock, and the librarians will be happy to show you how to locate these resources.

PLACES OF WORSHIP

CHRISTIAN

Baptist

First Baptist Church
123 South 17th Street
(215) 563-3853

Catholic

Saint Patrick's Church
242 South 20th Street
(215) 735-9900

Holy Redeemer Chinese Catholic Church

915 Vine Street
(215) 922-0999

Episcopalian

St. Mark's Church
1625 Locust Street
(215) 735-1416

Lutheran

Holy Communion Church
2110 Chestnut Street
(215) 567-3668

Methodist

Historic St. George's United Methodist Church
235 North 4th Street
(215) 925-7788

Presbyterian

10th Presbyterian Church
1701 Spruce Street
(215) 735-7688

First Korean Presbyterian Church

770 West Tabor Road
(215) 549-6680

QUAKERS

Arch Street Friends Meeting House
320 Arch Street
(215) 627-2631

UNITARIANS

First Unitarian Church of Philadelphia
2125 Chestnut Street
(215) 563-3980

OTHERS

City Church
West Catholic Prep High School
4501 Chestnut Street
(267) 469-0394

Liberti Church Center City

123 South 17th Street
(215) 988-9540

JEWISH

Temple Beth Zion/Beth Israel
300 South 18th Street
(215) 735-5148

Penn Hillel

215 South 39th Street
(215) 898-7391

Kol Tzedek

801 South 48th Street
(267) 908-9387

MORMON

Temple of the Church of Jesus Christ
of Latter-day Saints
1739 Vine Street
(215) 398-3040

MUSLIM

Masjid Al-Jamia
4228 Walnut Street
(267) 275-8087

BUDDHIST

Kadampa Meditation Center
Buddhist Temple
1102 Pine Street
(267) 702-3817



Confidentiality

Curtis recognizes and respects the personal privacy of each student. Information regarding the evaluation, diagnosis, treatment, and/or prognosis of any student is held in complete confidence by the providers of this care and may not be shared with any member of the Curtis staff, faculty, and/or administration without the prior written consent of the student. Our privacy policy is available on our web site. Please note: The Curtis student health insurance policy does authorize the designated Curtis staff member to work directly with our insurance provider or their agent on all claim resolution matters.



Important Phone Numbers

CAMPUS EMERGENCY CONTACTS

Guard's Desk, 1726 Locust main building	(215) 717-3112
Guard's Desk, Lenfest Hall	(215) 875-4200
Resident Assistant on Duty, Lenfest Hall	(215) 692-9020

COUNSELING TEAM

Allan Goldberg, Ph.D.	(215) 592-4060
Robin Risler, Psy.D.	(610) 246-5459
Cheryl Rothery, Psy.D.	(215) 990-0159
Jesse Suh, Psy.D.	(215) 207-9373
Ellen Wright, Ph.D.	(215) 732-3720 (office)
.....	(267) 242-0553 (mobile)

OFF CAMPUS

Penn Student Health Service	(215) 746-3535
In Case of Emergency	9-1-1
Philadelphia Police 9th District	(215) 686-3090

HOTLINES, TEXT AND IM RESOURCES

Lifeline: Talk to someone, get help	(800) 273-TALK (8255)
Crisis Text Line (all ages, 24/7)	Text MATTERS to 741741
Online PEER Support Chat (LGBTQ)	(888) 843-4564
Trans Lifeline	(877) 565-8860



Louisa Womack LIVE FOR LIFE Wellness Day

Each year, the Louisa Womack LIVE FOR LIFE Wellness Day offers students and the entire Curtis community a day to focus on health and wellness. All students are encouraged to participate in fitness activities, health fair, and nutritious dining aimed to foster healthy balance of the mind, body, and spirit that results in an overall feeling of well-being.

The Louisa Womack LIVE FOR LIFE Wellness Day is dedicated to empower students through education and support for better health and emotional wellness.

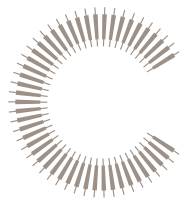




Be Well Curtis

10 Tips for Self-Care

- 1. SLEEP.** Sleep is a natural healing for your body and it allows your brain to actively work while you're sleeping. TIP: Turn off all electronics at least 30 minutes prior to bedtime. Download the SLEEP GENIUS app to track your sleep patterns, schedule naps and listen to calming sounds. <http://sleepgenius.com>
- 2. EAT HEALTHY AND BALANCED MEALS.** Give your body the natural vitamins and nutrients it needs to thrive. Incorporate more fruits and vegetables into your daily intake. Stay hydrated.
- 3. EXERCISE.** Engage in fitness activities, such as yoga, kickboxing, riding your bike, hiking, running, etc. TIP: Download the MyFitnessPal app to keep track of your exercise goals. <https://www.myfitnesspal.com>
- 4. GET OUTDOORS.** Take breaks to refuel while practicing or writing your paper. Don't cram before the deadline. Manage your daily routine so that you have sufficient time to accomplish what you need to do. TIP: Unplug and take a break from social media.
- 5. JOURNAL.** It's a great way to write out your thoughts and feelings. Create a gratitude list in your journal to write out the things you are thankful for. Shift your mind to think positive even during stressful moments. TIP: Download the Zapier 10 Best Journaling Apps. <https://zapier.com/blog/best-journaling-apps>
- 6. MEDITATE AND PRACTICE RELAXATION TECHNIQUES.** Find a quiet space to take deep breaths in a relaxed position. TIP: Find self-guided meditation exercises on websites like YouTube.
- 7. SET SHORT-TERM AND LONG-TERM GOALS FOR YOURSELF.** Remember to reward yourself when accomplishing your goals. TIP: Download the STRIDES app to track your goals and habits. www.stridesapp.com
- 8. GET SUPPORT FROM RELATIONSHIPS.** Aside from spending time with your friends, get involved in campus activities. Set aside time to have a social life. It will help you recharge!
- 9. MAKE A SELF-CARE PLAN THAT WORKS FOR YOU.**
- 10. MAINTAIN A SENSE OF HUMOR.** When something doesn't go according to plan, take a breath, smile, and persevere.



CURTIS
INSTITUTE OF MUSIC

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