

CAPS Let's Talk Schedule



COUNSELING &
PSYCHOLOGICAL
SERVICES

What is Let's Talk?

Let's Talk is a free, confidential, 1-1, **informal meeting** with a CAPS Counselor outside of the CAPS Office.

Let's Talk counselors can listen to a specific problem, help explore solutions, and **introduce you to what it's like to speak with a mental health provider.**

Students **do not need to commit to therapy** to try this service. **No paperwork is needed** to schedule this kind of appointment.

Students can schedule their own 15-20 minute, Let's Talk Appointments on the myHealth Portal on the CAPS website

Let's Talk is not professional counseling. It is not appropriate for urgent concerns or mental health emergencies. If you would like mental health treatment or have urgent concerns, please call CAPS at (415) 338-2208 to schedule an appointment.*

Scan to view Locations & Times



caps.sfsu.edu/Lets_Talk/LetsTalk



RESIDENTIAL LIFE
DIVISION OF STUDENT LIFE



DIVISION of
EQUITY and
COMMUNITY
INCLUSION

Contact Us: 415-338-2208 | caps.sfsu.edu | Instagram: @sfsucaps

CAPS Let's Talk Schedule



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Locations, Days, Times, Counselors

	Mon	Tue	Wed	Thurs	Fri
11:00 AM	Location: Online		Location: Cesar Chavez TL T-153	Location: UAC-Admin Rm 203 Check in with front desk Room 242	Location: UAC-Admin Rm 203 Check in with front desk Room 242
	Laurene		Steve	Rudy	Ana
1:00 PM	Location: 1) DECI-AAPI Village C Room 141 2) DECI- BUC, Village C Room 142	Location: 1) Cesar Chavez LCL Rosa Parks Room D 2) University Park North	Location: DECI-Village C, Suite 140 (Latinx Student Services)	Location: DECI-Village C, Suite 140 (Latinx Student Center)	Location: 1) Online 2) ResLife- Across form Village Market
	1) Karla 2) Lightfoot	1) Steve 2)Rick	Laurene	Taghi	1) Yolanda 2) Rick

Meet the Counselor Faculty!



Lightfoot, LCSW

- Thought as creation myth
- Deconstruction of stressful beliefs via internal awareness.



Steve, PsyD

- Depression & Anxiety
- Relationship issues
- Multiculturalism
- Self-esteem and personal growth



Laurene, LCSW

- Cultural Identity/Multiculturalism
- Chicanx/Latinx support
- First Generation College Students
- Crisis/trauma
- Relationship Effectiveness



Yolanda, PhD

- Therapy/consultation in Spanish/Spanglish
- BIPOC /Latinx Health & Wellness
- LGBTQIA Support & Intersectional Identities
- First Generation & Undocumented Student Concerns



Karla LMFT, LPCC

- Offers therapy/consultation in Spanish/Spanglish
- Substance Use Disorders
- Multicultural Issues
- Social Justice
- Issues affecting Undocumented Students



Rudy, LMFT

- Cognitive Behavioral Therapy
- Narrative Therapy
- Self-Compassion
- Multiculturalism & Social Justice
- Severe Mental Illness
- LGBTQIA+



Ana, LMFT

- Offers therapy/consultation in Spanish
- Social Justice
- Migration
- Interculturalism
- Chicanx/Latinx/Hispanic communities



Taghi PhD., LMFT

- Offers therapy/consultation in Farsi
- Anxiety Management
- Relationships
- Trauma work with refugees and immigrants (PTSD)



Rick, LCSW

- Interpersonal Processes
- Trauma
- Relationships
- LGBTQIA+ issues
- Residential Life

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