

AVAILABLE HANDOUTS/BROCHURES

- Stress Management
- Self-Confidence
- Overcoming Procrastination
- Understanding and Treating Depression
- Understanding and Treating Anxiety
- Grief and Loss
- Emotional Abuse
- Addictive Relationships
- Experiencing and Expressing Emotion



CPD STAFF

LTC Brian Crandall, Ph.D., Psychologist and CPD Director. Over 20 years in the Army with six overseas tours. Has served in a variety of leadership and clinical positions during his career.

Donna Wiener-Levy, Ph.D., Psychologist and CPD Clinical Director. Joined CPD in 2004; has extensive experience treating depression and working with victims of trauma/sexual assault.

MAJ Wesley N. Stokes, PsyD., Psychologist and CPD Executive Officer. Has served in various clinical capacities in the Army, to include Brigade Psychologist, Director of Psychological Health, Korea, and Outpatient Clinic Chief.

Andrea Carol Siegel, Ph.D. Extensive experience using evidence-based treatments to help young adults cope with anxiety, depression and relationship issues, as well as sleep regulation.

LOCATION / CONTACT INFORMATION

Washington Hall 6306 (next to the EST range)

Office hours: 0800-1630 M-F

Appointments can be made through CIS, email, phone (x3022), or presenting as a walk-in.



ADDITIONAL SOURCES OF HELP

- Chain of Command
- Chaplains x3316
- Keller Behavioral Health (Bldg 606) x4704/3441
- Army Substance Abuse Program x7691
- Sexual Assault Response Coordinator x3532 (duty day) or (845) 659-7467 (after hours)
- Center for Enhanced Performance x2871
- Cadet Health Clinic x3003

Center for Personal Development
Confidential Counseling Services

"Know Yourself to Lead Others"

Washington Hall 6306 (845) 938-3022/2360
West Point, NY 10996 FAX: (845) 938-4056

After-hours Emergencies (845) 591-7215

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Center for Personal Development

Know Yourself to Lead Others

CENTER FOR PERSONAL DEVELOPMENT
WASHINGTON HALL 6306 • (845) 938-3022

Know Yourself to Lead Others

MISSION

The Center for Personal Development (CPD) provides comprehensive counseling services to the Corps of Cadets in an accepting and supportive environment.

Our mission is to “*facilitate the personal and professional development of cadets into leaders of character as future Army officers.*”

CPD’s motto “*Know Yourself to Lead Others*” epitomizes this mission.



PURPOSE

- Help reduce the impact of stress
- Improve performance and readiness
- Develop resiliency and perseverance

CPD also provides consultation to the Chain of Command and USMA staff (Professors, Sponsors, Mentors, Coaches) regarding developmental or psychological concerns.

We strongly encourage cadets to use our services proactively.



ACCREDITATION AND CONFIDENTIALITY

- CPD is fully accredited by the International Association of Counseling Services (IACS), the recognized accrediting organization for university and college counseling centers.
- The center follows privacy and confidentiality guidelines set forth by IACS, the Health Insurance Portability and Accountability Act (HIPAA), the American Psychological Association, and the American College Counseling Association.
- Some limits to privacy exist. With few exceptions involving safety and legal issues, information is not shared outside of CPD without a cadet’s written permission.
- Clinical files are safeguarded and DO NOT become part of a cadet’s medical or military record. Seeking services through CPD will not negatively impact a cadet’s standing.



SERVICES



CPD provides the majority of services on an individual basis according to the cadet’s academic schedule.

Cadets can make an appointment online (via CIS), by email, phone (x3022) or presenting as a walk-in.

Same-day appointments are often available depending on the urgency of the situation.

CPD also maintains an after-hours call phone and provides 24-hour emergency support through the Keller Army Community Hospital Emergency Room.



COMMON TOPICS

CPD professionals provide counseling on a variety of cadet concerns. Common issues include:



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|-----------------------------|------------------------------|
| <i>Depression</i> | <i>Stress</i> |
| <i>Anxiety</i> | <i>Phobias</i> |
| <i>Grief</i> | <i>Anger problems</i> |
| <i>Interpersonal skills</i> | <i>Leader development</i> |
| <i>Dating/relationships</i> | <i>Time management</i> |
| <i>Decision making</i> | <i>Resignation concerns</i> |
| <i>Roommate conflicts</i> | <i>Academic difficulties</i> |
| <i>Crisis management</i> | <i>Tobacco cessation</i> |
| <i>Eating disorders</i> | <i>Weight management</i> |



COLLABORATION

CPD works closely with a variety of services and centers at West Point.

In some cases cadets are referred for medication for emotional or behavioral problems. Keller Behavioral Health has a psychiatrist who works primarily with cadets.

Other collaboration includes:

- Cadet Health Clinic
- USCC dietician
- Army Substance Abuse Program
- Center for Enhanced Performance