



Counseling & Wellness Services

Helping you thrive.

OUR MISSION

Medical, physician assistant and graduate student education can be 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 enhance their ability to thrive in this intense and highly rewarding 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.

Counseling & coaching are all confidential processes whereby someone who is struggling with an issue or in need of an outside

Types of Services*

- Counseling/Coaching
- Couple Counseling
- Small Group Discussions
- Mindfulness Meditation
- Resiliency Training
- Yoga

*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.

We have triage appointments available daily from 1-2pm for urgent matters. Email us if you are in need.

Please use our confidential email at the bottom of this page to set up your appointment

WHAT IS COUNSELING/COACHING?

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

CONSULTATION & OUTREACH

Appointments: counselingservices@wakehealth.edu
<http://www.wakehealth.edu/school/counseling-services>

Who Are We?

PAIGE GREASON Bentley

Ph.D., MA.Ed., LPC-S, RYT

Director, Counseling & Wellness Services

pgreason@wakehealth.edu • 336.713.3357 • Rm. 1211



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.

RYAN M. MACLEOD

MA, LMFT

Senior Mental Health Counselor

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Ryan has a graduate degree in Marriage and Family Therapy (2013) from Pfeiffer University. He is licensed in the state of North Carolina with the NC MFT Licensure Board. Before joining Wake Forest University, Ryan was in private practice serving individuals and couples for a wide range of issues including anxiety, addiction, and relationship health. Ryan has trainings in the Gottman Method Couples Therapy and is an Approved Gottman Educator. Additionally, he is the creator and co-host of In Session, a podcast about mental health and therapy.



PSYCHIATRY & REFERRALS

The Counseling & Wellness Services staff can help connect you with psychiatric resources and/or other counselors in the community.



EMERGENCY/CRISIS COUNSELING

Every effort will be made to see an individual, as soon as possible, although 24-hour service is not available. Students who are experiencing an emergency should contact the Forsyth County Mobile Crisis (below) or go to the hospital emergency department.

Other resources include:

- Forsyth Mobile Crisis Team: 888.581.9988
- WF Baptist Medical Center ER 336.713.9000
- Forsyth Medical Center ER 336.718.2001
- WFBMC Security 336.716.9111
- Sexual Assault Response Team 336.722.4457
- National Suicide Prevention Lifeline 800.273.8255
- National Hopeline Network 800.784.2433

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 Counseling & Wellness Services without a voluntarily signed consent.