



### AGSC Student in Counseling

**Student:** Submit *before* beginning therapy! If your therapist does not appear on the AGSC list, please obtain a current resume and submit it to the AGSC administrative office (Room 2012).

All matriculated AGSC students, full and part-time, must engage in individual, marital, or group\* counseling with a professional therapist from a list approved by the Program Director for a minimum of 15 sessions during their first calendar year in the AGSC program, at their personal expense.

*Students must sign a declaration at the end of the calendar year confirming they have met the counseling requirement.* The therapist must also sign the student statement, indicating that the minimum number of required counseling hours have been completed in compliance with HIPAA regulations.

Among the potential benefits of receiving therapy as a person entering the counseling profession are: *In vivo* learning of therapeutic techniques, becoming comfortable with the degree of interpersonal intensity required in therapy, and increased emotional maturity.

\*Group Counseling may not be used as fulfillment of the group counseling requirement for GCN 604 Group Dynamics and Therapy.

I have started counseling on \_\_\_\_\_ with the following therapist from the AGSC approved list.  
Date

I am currently in counseling with the following therapist in compliance with this new requirement.

Print Student Name: Beth Zylstra  
ID Number: 114924  
Date: 9-11-2019  
Print Therapist Name: Mary Anna Palmer  
Street Address: 2130 Cliff Road suite 200  
City, State, & Zip Code: Eagan, MN 55122  
Telephone: 612-309-7940  
Email: psychodramacenter@gmail.com

Nyack College  
Alliance Graduate School of Counseling  
2 Washington Street – Room 2012  
New York, N.Y. 10004  
MHC/MFT – Pauline Anderson Brown, M.Div.  
MHC Online – Sabrina Durand, M.A. MHC