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Ms. Jacques is a Licensed Professional Counselor (LPC) who earned a Master's degree in Counseling from Saint Louis University, and a Bachelor's degree in Psychology from Washington University in Saint Louis. Ms. Jacques is SafeZone trained and an ally to the Fontbonne LGBTQ community. She serves as a confidential point of contact and advocate for survivors in the University community affected by sexual violence.

Ms. Jacques approaches treatment from a humanistic viewpoint and believes in supporting students with a wraparound philosophy in order to reach their full potential. Her experience includes such issues as depression, anxiety, suicide/crisis intervention, physical, sexual, and emotional abuse, PTSD, and relationship issues. She uses evidence-based therapeutic approaches such as Cognitive Behavioral Therapy, Cognitive Processing Therapy, and Solution Focused Brief Therapy.

She is a member of both the American College Counseling Association (ACCA) and American Counseling Association (ACA). She is a native New Yorker.

**(SENT VIA EMAIL TO STUDENTS JANUARY, 2020, WITH TAO
FLYER/INSTRUCTIONS TO ACCESS)**

It's a new semester. It's a new year. You are trying to make new friends. Your classes are tougher than ever. You're trying to figure out what your future holds. You're trying to find new hobbies. You're working out your budget. You're feeling homesick. You're feeling really, really stressed.

Even though we try to make it the best experience possible, school can still be tough.

Do you know what's available to you?

You can always visit the Counseling Center, and can make an appointment by calling 314-889-1434 or email tjacques@fontbonne.edu. But did you know that Fontbonne University Counseling and Wellness recently expanded our services to give you 24/7 access to supportive resources. We now offer a free service called TAO Connect, an app and online program that can help you feel happier, healthier and more productive when you're going through tough times. Use it to help you learn some preventative techniques and lifestyle skills to address any issues head-on before they get the best of you. Each treatment/pathway in TAO consists of 6-7 highly engaging educational modules, including interactive activities to help you learn strategies and skills