

Dear Student,

Welcome to Murray Edwards College! Congratulations on your entry into the University of Cambridge. I wish you lots of joyful hours in Cambridge.

My name is Erika Erasmus, and I am the College Counsellor here at Murray Edwards. This is my 7th year as College Counsellor at Cambridge University, and I am excited to see what the 2022-2023 academic year brings.

I independently consult with students for Murray Edwards College two days per week during term time only. On Tuesdays, I see students by appointment in the Paula Browne House; on Thursdays, I see students on Zoom. Students who can't see me either of these days can use the University Counselling Service (UCS), situated in the town centre.

These are the steps that happen to see me:

1. You email me and ask for an appointment on a Tuesday, Thursday or both.
2. We arrange the first appointment at a mutually convenient time.
3. I will send you the registration and consent form you fill in on your computer, save it as a PDF, and return it to me via email. (This information and your session notes are stored in a secure, independent online facility that only I can access.)
4. If the appointment is online, I will also send you a link.
5. In the first appointment, also known as the assessment session, we look at your needs for counselling and decide how we should go forward.

Students get one assessment session and (up to) six counselling sessions per academic year unless extenuating circumstances exist.

The type of counselling you will receive is Short Term, and Goal focused. I am a Practitioner Psychologist so trained and experienced in many modalities I can use as you need. I might also decide to refer you to other services or practitioners for further support.

Good luck, have fun, work hard and reach out when you need support!

Warm regards,
Erika

Erika Erasmus - College Counsellor
Practitioner Psychologist (HCPC). Counselling Psychologist (CPsychol., AFBPsS.)