

# Zen Guru: Empowering College Student Well-being

Zen Guru provides comprehensive psychological support tailored for colleges, supporting student well-being and academic success.



# Individual Psychotherapy Sessions

## Program Overview

Zen Guru offers one-on-one psychotherapy services to help students process emotions, develop coping strategies, and navigate mental health struggles.

## Services Offered

- Cognitive Behavioral Therapy (CBT)
- Mindfulness-Based Stress Reduction (MBSR)
- Solution-Focused Therapy
- Trauma-Informed Therapy

# Group Therapy Sessions

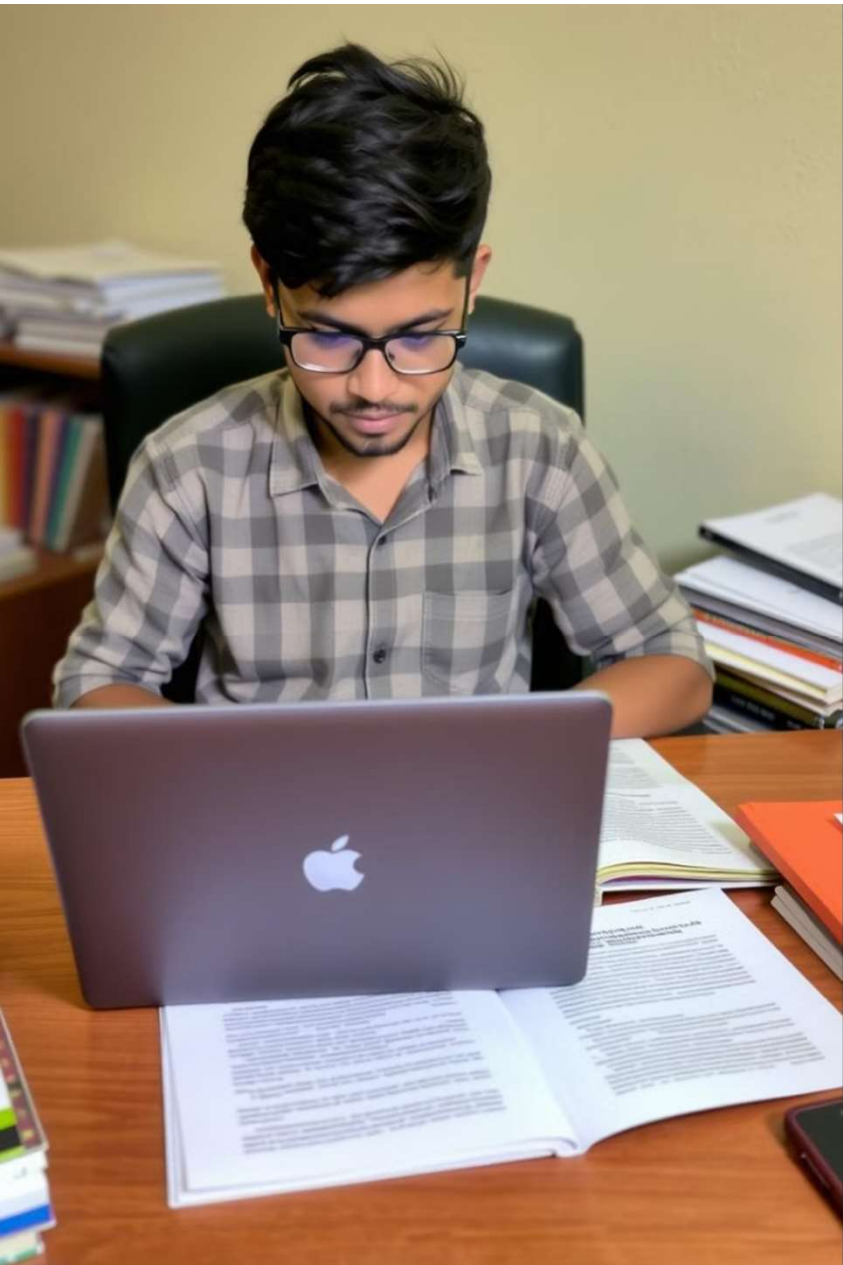
## Program Overview

Group therapy provides a supportive environment where students can connect with others facing similar challenges.

## Services Offered

- Support Groups
- Skill-Building Groups
- Identity and Self-Discovery Groups





# Academic Performance and Stress Management Counseling

## 1 Program Overview

Zen Guru offers specialized counseling to help students manage academic stress, overcome procrastination, and develop effective study habits.

## 2 Services Offered

- Stress Management Techniques
- Study Skills Counseling
- Test Anxiety Counseling





# Career and Life Transitions Counseling



## Career Exploration

Helping students identify career paths, set goals, and overcome indecision or career-related anxiety.



## Life Transition Support

Helping students navigate the transition from high school to college, and from college to the workforce.



## Building Resilience

Offering support to students adjusting to significant life changes, such as moving away from home or coping with relationships.



# Prevention and Early Intervention Programs

1

## Program Overview

Zen Guru believes in the power of early intervention and prevention, promoting a culture of mental well-being on campus.

2

## Services Offered

- Workshops and Seminars
- Mental Health Awareness Campaigns
- Crisis Support



# Faculty and Staff Training & Parent and Family Support

1

## Faculty and Staff Training

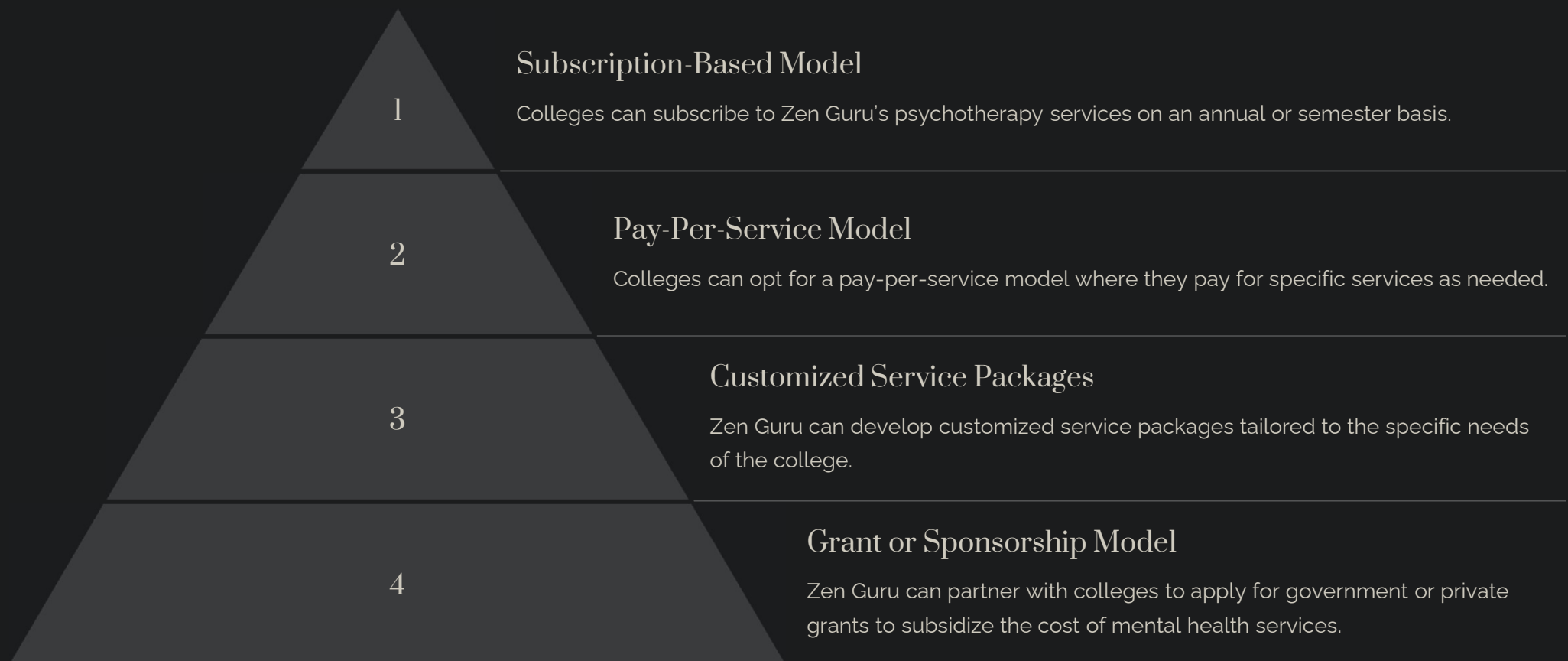
Zen Guru offers training programs to help educators and staff better understand student mental health needs and provide appropriate support.

2

## Parent and Family Support

Zen Guru offers psychotherapy services for parents, providing guidance on supporting their college-aged children through the challenges of college life.

# Business Models for Collaborating with Colleges





# Why Choose Zen Guru?

1

## Expertise

Zen Guru brings a team of highly skilled therapists and mental health professionals experienced in working with young adults in a college setting.

2

## Holistic Support

Our services address not just academic pressures, but also the emotional, social, and mental health needs of students.

3

## Flexibility

Zen Guru offers flexible service models and can tailor programs to meet the unique needs of each institution.

4

## Proven Impact

Our approach focuses on early intervention, prevention, and ongoing support, resulting in improved academic performance, better mental health, and higher retention rates.



# Conclusion

1

## Collaboration

Colleges can create a supportive mental health environment that enhances students' academic and personal well-being.

2

## Tailored Services

Zen Guru provides tailored psychotherapy services, mental health programs, and proactive support systems.

3

## Student Success

We help students navigate the pressures of college life, build resilience, and reach their full potential.

## Next Steps

Next Steps Contact Zen Guru to discuss your school's unique needs and explore how we can partner to create a more supportive an...

# Next Steps

Contact Zen Guru to discuss your school's unique needs and explore how we can partner to create a more supportive and inclusive learning environment for all students.

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Contact Us