

THE ACEC AND COOK COUNSELING:

Virtual Drop In Session

**MEETING ID:
976 6430 5879**



STARTING

SEPTEMBER 8TH

AND EVERY TUESDAY

THIS SEMESTER

FROM 1PM-2PM





Claire Y. W. Shen, PhD

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Claire Y. W. Shen is a licensed clinical psychologist. She enjoys working with individuals from diverse backgrounds through individual, couples and group therapy. Her professional interests include mood and anxiety disorders, relationship difficulties, trauma, cross-cultural and diversity issues, spirituality, and personality disorders. Her therapeutic approach is collaborative and integrative and is influenced by cognitive behavioral therapy, dialectical behavior therapy, interpersonal, psychodynamic and object relations theories. In her free time, she enjoys gardening, hiking, books/movies, traveling, and spending time with family and friends.

Claire Shen is a Senior Staff Psychologist at Virginia Tech's Cook Counseling Center. She will be hosting a weekly "Drop in Hour" for students and friends associated with the ACEC. You are welcome to stop by during the "Drop in Hour" to say Hi to Claire or to have a brief consultation about Cook Counseling Center Services or mental health resources.
