Hi everyone! My first time providing service in a college counseling center was in 1999. I've spent the last 20+ years providing therapy, working in administrative positions, and supervising systems and providers that serve students. I have worked at a mid-size public institution (~8-10,000), a large public (~50,000+), and now a small private (~1,900).

I care deeply about this work, and about the unique culture that has developed around university and college counseling centers. The field has been changing for some time, but this past 18 months has highlighted those shifts in sharper relief. The impact of systemic oppression, a global pandemic, and increasing expectations on institutions to satisfy all constituencies has made the work deeply hard. Retirements, transitions out of the field, and just the increasing hardness of the work are all reminders that shifting our attention to a collective understanding of the value of the field, the values that sustain us, and how we can continue to make this field sustainable for administrators and clinicians is needed. I'm running for the board to contribute to that conversation, and to help make this field more sustainable for counselors and administrators.

One of the primary challenges we face is balancing two of the main pressures of working in higher education- our responsibility to our clients to provide quality treatment and our obligation to our systems (and employer) to provide continual access. My view is that how we approach those challenges, and how AUCCCD, in concert with data driven resources like CCMH and Healthy Minds, shapes the narrative around the provision of services in higher education environments will have a direct impact on how sustainable this work becomes moving forward. I want to see this unique space continue to be an attractive market for applicants and a nourishing place for all of us.

The heart of this work is that we are giving people back to themselves, helping fellow human beings navigate the complexities of a changed and changing world with embodied strength and resilience. We do that in a number of ways and through a variety of lenses. From being a fellow human on a journey to implementing thoughtful and evidence based interventions, from Social Work to Psychology, from staff counselor to front desk to Director, we're all here to make a difference and to feel that our work and our workplaces are meaningful. I'm running for the board because my experiences will allow me to be an effective contributor to these important conversations and decisions, and I'm running to help continue to ensure that college counseling is the vibrant and rewarding space it has been for so many years.

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