

Mission of Personal Counseling/Health Promotion

The new office of Personal Counseling/Health Promotion strives to provide support, guidance, and resources to COM students, as well as faculty and staff who are in positions to foster student well-being and professional growth. Medical school is truly a life-changing event in many ways, and challenges students to be adaptable, resilient, and mindful learners. Through the provision of holistically-informed and evidence-based practices, PC/HP is committed to helping students develop into well-rounded, compassionate, and first-rate osteopathic practitioners for the twenty-first century.



Meet Our Team



John R. Taylor, PsyD
Director, Personal Counseling/
Health Promotion
john.taylor@hc.msu.edu



Al Aniskiewicz, PhD, ABPP
Clinical Psychologist
al.aniskiewicz@hc.msu.edu



Mangala Sadasivan, PhD, CCC
Director,
PEAK Program
mangala.sadasivan@hc.msu.edu

For more information about our programs:
com.msu.edu —> Students —> Student Service
Divisions —> Counseling & Health Promotion



Personal Counseling and Health Promotion



Michigan State University
College of Osteopathic Medicine



“To get through the hardest journey, we need take only one step at a time, but we must keep on stepping.”

COM Programs and Resources

Individual and Group Counseling

The Office of Personal Counseling/Health promotion offers confidential individual and group counseling sessions for a variety of issues. These issues include but are not limited to adjustment challenges, psychological difficulties, academic obstacles, and the variety of challenges medical students face.

Medical Student Mental Health Committee (MSMHC)

MSMHC was founded by medical students Joan Han and Arpon Shahed. They developed MSMHC to provide a safe and supportive community for medical students, with appropriate resources and education to contribute to improved mental self-care.

Mindfulness and Meditation

The student mindfulness group provides pre-exam meditations, and an outlet to cultivate mindfulness and a meditation practice with other COM students.



MSUCOM CARE Team

The MSUCOM CARE Team collaborates with students, faculty, and staff to improve the well-being of students, and promote student success at all three sites. To refer a student to the CARE Team, go to: www.com.msu.edu/About/CARETeam/

Peer Mentors

The Peer Mentors are made up of peer-nominated students who display an ability to lend a helping hand, listening ear, and genuine concern to those who need it. They provide advice, and can refer to the many great resources MSUCOM has to offer. Peer Mentors also ensure privacy and compassion at all times.

PEAK Learning Center

Dr. Mangala Sadasivan is director of the PEAK Learning Center. PEAK provides COM students with academic success workshop opportunities, and assistance in applying PEAK principles to specific academic goals. PEAK also provides students with “BOOTCAMP for BOARDS” preparation, along with the ECHO (Emotional Cognitive Health Outlook) initiative.

Joy Initiative

The Joy Initiative, founded by Dr. Miko Rose, focuses on emotional resilience training and the development of mindfulness. It employs a variety of tools, including group discussions and meditation, to help medical students not only cope, but thrive.

Schedule an Appointment



To schedule an appointment with

Dr. Taylor, please contact:

Ms. Alissa Berry

Phone: (517) 432-0141

Email: hardin24@msu.edu

Office: C18-B East Fee Hall, East Lansing campus

To schedule an appointment with Dr. Aniskiewicz or Dr. Sadasivan, please contact by e-mails listed

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