

Scope of Service: Counseling

The Health and Wellness Center-Counseling Services welcomes all students to make an initial appointment to meet with one of our counselors and discuss their concerns. Because of the unique skills and knowledge of the Counseling Services staff, we are able to recommend services within the Counseling Services or the community to assist students in obtaining the appropriate services to meet their needs. We encourage all students to take advantage of this valuable service.

When appropriate, students may be referred to services offered within Counseling Services. In most cases, Counseling Services utilizes a short-term model of therapy to assist students in addressing multiple issues common in a college setting. Some of the issues that are commonly addressed in the short-term model at Counseling Services are:

1. Personal issues

Anxiety, depression, anger, loneliness, guilt, low self-esteem, grief

2. Stress

Feeling emotionally overwhelmed, headaches, tension, fatigue, insomnia, digestive problems

3. Relationship Issues

Marital issues, pre-marital counseling, boyfriend/girlfriend difficulties, sexual concerns, roommate problems

4. Developmental/ Family Issues

Family crisis, divorce, identity concerns, concerns from childhood and/or adolescence

5. Academic Concerns

Performance anxiety, perfectionism, under-achievement, low motivation

6. Other Issues

Crisis intervention, sexual assault, spiritual concerns, sexual addictions, unplanned pregnancy, body image, food preoccupation, healthy lifestyle choices, unwanted same sex attraction, gender dysphoria

At times, the initial assessment may require more than one visit in order to determine the appropriateness of time-limited treatment, the center's resources, and

our expertise to address your particular treatment needs. If your needs cannot adequately and ethically be met by the center's resources, our staff will work with you to secure an appropriate referral when necessary. Some of the issues that are commonly addressed through referral to services outside of Counseling Services include:

1. A need for intensive treatment that will likely exceed the short term counseling model, as indicated by:
 - a. Need, or request, to be seen more than once a week
 - b. Desire for uninterrupted long-term therapy
 - c. Prior history of hospitalizations
 - d. Prior history of long-term treatment
 - e. Chronic suicidality and/or self-injury behaviors
 - f. Indication that short-term therapy may be detrimental or non-beneficial
 - g. High likelihood that student may develop need for longer-term treatment
 - h. History of long-standing maladaptive interpersonal patterns that create difficulty in relationships
2. Students who need specialized services, not available through Counseling Services, as indicated by:
 - a. Psychiatric evaluation to assess for the need of psychiatric medication
 - b. Psychiatric medication monitoring
 - c. Presence of significant drug and/or alcohol problems, for example, substance dependence, primary substance abuse, and/or past failed treatments
 - d. Presence of significant eating disorders
 - e. Request for psychological evaluations for the purpose of requesting an on campus emotional support animal and/or service animal
 - f. Request for psychological testing
 - g. Need, or request, for treatment modality not provided by Counseling Services staff