

Psychological Counseling:

Referrals to CPS and Community Counseling

What is psychological counseling?

Simply stated, counseling is any relationship in which one person is helping another person to better understand and solve some problem. Friends and relatives provide a type of counseling, as do academic advisors, teachers and many others. The staff at Counseling and Psychological Services differ from others who may offer counseling because of their extensive training in psychology and human behavior. They have a broad range of experience in working with many different situations.

Counseling works by helping you objectively look at behaviors, feelings and thoughts in situations that you find problematic. It helps you to learn more effective ways to deal with those situations. Counseling is a collaborative effort. You and your counselor will work together to identify your goals — what you want to have happen, and agree on how you'll know when you're making progress.

Why do students seek counseling at CPS?

Students come to counseling at CPS for a variety of personal and academic reasons. Here are just a few examples:

- Transition or adjustment to college or to graduate school
- Missing home
- Roommate conflicts
- Difficulties making friends
- Relationship and dating concerns
- Feeling sad or depressed
- Family issues
- Feeling anxious or worrying a lot
- Having a hard time concentrating or studying
- Feeling unmotivated with school work
- Unsure about major or career choices

What you can expect from your counselor:

You can expect someone who is interested in listening to your concerns and in helping you to better understand and deal more easily and effectively with them. Your counselor will take you seriously and will openly discuss anything you wish. Because counselors have different beliefs about how people change, they differ on how much talking they do in sessions, whether they ask you to do “homework,” and their focus of discussion. If you have any questions about what is going on, by all means ask. Counselors have no “magical” skills or knowledge and will be unable to solve your problems directly for you. Your counselor will want to work with you, but won't do for

you what you are capable of doing for yourself. Your counselor will maintain strict confidentiality except under unusual circumstances. If you have questions about the limits of confidentiality, please bring them up with your counselor.

Your responsibilities in counseling:

Your main responsibilities in counseling are to attend your scheduled sessions, talk about what is bothering you as openly and honestly as you can, and complete any tasks or “homework” assignments you may be asked to do. If you are unable to make it to a session, it is important to let your counselor know. Most counseling will require you to try something new or a “different approach.” Remember, your counselor is most interested in your well being and in your benefiting from counseling. Please let your counselor know when your problems have been solved or if you don’t feel like you’re making any progress.

Referrals to community counseling

The staff at CPS want to help all students with all different types of concerns. Some issues, however, are best helped by other types of providers. Depending on the type of concern certain kinds of counseling are considered to be the best standard of care, which takes into account a number of things including the type of counseling, availability of consistent and continuous care and specific training. On occasion a student may be asked to consider taking a referral to a community provider, as CPS wants to be certain students receive the best standard of care. We encourage students to talk this over with the referring counselor or medical provider to support the student in receiving the help they need.