

Policy Name:	Counseling Services
Date Modified:	7/2015
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## Counseling Services Policy

### Policy:

- a. CAPS offers state-of-the-art counseling and consultation services for currently enrolled students and spouses/partners.
  - i. Individual Counseling

Individual counseling helps students enhance wellness by exploring their goals and concerns in a comfortable, private, and non-judgmental setting.

Counselors strive to understand students, help them explore their thoughts and feelings, and assist them in developing the skills and perspectives they desire.

During the first contact a counselor will determine the most appropriate services for the student, whether in our center, on-campus resources or off-campus in the community. In many instances, group counseling or life skills workshops are as effective as individual counseling for students concerns.
  - ii. Relationship Counseling
    - 1) Relationship counseling helps the students achieve their greatest wellness in their relationships with a partner, spouse, friend, family member or roommate. Their counselor will provide a comfortable, private, and non-judgmental setting.
      - This safe environment enables the clients to explore their goals and concerns, helping them gain relevant perspectives and skills to improve their relationship.
    - 2) Common topics include communication and conflict resolution, problem solving, sexual issues, learning to get needs met in healthy ways, and pre-marriage counseling. Counseling can help the clients enhance their relationships or perhaps thoughtfully go their separate ways.
    - 3) Relationships are eligible for counseling if at least one person meets the eligibility requirements below.
    - 4) The first contact will be an interview with a counselor who will determine the most appropriate services for the student, whether off-campus or in our center.
    - 5) Both partners are expected to be present at all counseling sessions. Strong emotions often arise in relationship counseling, and the counselor will help the students tap their power for personal and relational gains.
  - iii. Group Counseling
    - 1) Groups provide a setting and support for addressing interpersonal difficulties. They may be of a general nature, selected to address the needs of particular populations, or address specific concerns.
    - 2) Generally groups are made up of approximately eight members and the facilitator(s). Group counseling offers a place to actively work on problems. It is an opportunity to experiment with different ways of communicating and to try out new behaviors. Since members often experience the same difficulties in group that they have elsewhere, the group can give support, emotional validation, offer suggestions and gentle confrontation.
    - 3) Group members who benefit most are usually those who take an active part in the process.

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- 4) Counselors adhere to strict policies of confidentiality. However, given the nature of group counseling with multiple participants, absolute confidentiality among students cannot be guaranteed.
  - 5) The students can expect to talk about what brought them to counseling.
  - 6) The students have the opportunity to work on their personal struggles in addition to relationship difficulties. A common reason people have relationship difficulties is that they haven't learned how to express their feelings effectively with others.
  - 7) Most people are somewhat anxious about self-disclosure in group. It is important to realize that each student decides what, how much, and when they share with the group.
  - 8) Group leaders help provide a supportive environment in which feedback is given and received. With rare exception, within a few sessions all members are sharing in the group.
- iv. Workshops
- 1) While groups can provide a therapeutic environment for change and growth, workshops are often utilized for information dissemination, skills development, increasing self-awareness, and providing opportunities for general training.
  - 2) Workshops function similarly to a classroom or other training situations.