



As a university mental health service, the UNW Counseling Services addresses a range of needs that are typical to college students. The Counseling Services' staff are concerned about the well-being of UNW students. Eligible students (Trad and PSEO/Early College that are living on campus) are invited to make an initial appointment to meet with one of our counselors and discuss their concerns.

During this initial meeting, it may be determined that a student's needs are outside the scope of services provided by the University, or there may be no current openings to schedule a student. In such cases, the Counseling Services will provide the student with referral options for off-campus providers. All services provided by off-campus professionals are the financial responsibility of the student.

In order to use our resources most effectively, the Counseling Services utilizes a short-term model of therapy to assist students in addressing issues common in a college setting. Eligible students have access to up to 15 sessions per academic year, dependent on staff availability and when they begin in the semester. Most often sessions are provided on an every other week basis.

Issues that are commonly addressed within a short-term counseling model at the Counseling Services are:

- Adjustment to university life and other life transitions**
- Anxiety**
- Depression and suicidal thoughts**
- Family of origin**
- Self-esteem and identity**
- Relationship issues: communication struggles, conflict resolution, anger management**
- Premarital Counseling and Marriage Counseling**
- Addictive tendencies**
- Grief and loss**
- Sexual concerns**
- Preoccupation with food and/or body image issues**
- Self-mutilation**
- Past or present abuse (physical, emotional, sexual)**
- Sexual assault and/or rape**
- Spirituality**

This description of the Counseling Services scope of service is intended as a guideline. The nature and complexity of presenting concerns and the broader context are considered when making the appropriate treatment recommendation(s). Cases are evaluated individually and the professional judgment of the counseling staff will determine the treatment decision in a particular situation.

Services Outside our Scope

Students whose needs fall outside the scope of services or scheduling availability of the Counseling Services are referred to off campus resources. The Counseling Services provides referrals after the initial session or as these factors become more apparent during the course of services. Our staff can provide referral options to support a student getting the appropriate level of care. All off-campus referrals are the financial responsibility of the student.

Some of the issues that are commonly referred to off-campus providers for longer-term, more intensive or specialty counseling include:

- **A history of multiple hospitalizations, chronic suicidality and/or self-injury behaviors; history of repeated suicide attempts**
- **Evidence or risk of progressive deterioration in mental or emotional functioning, requiring intensive intervention**
- **Presence of significant drug and/or alcohol problems such substance dependence, primary substance abuse, and/or past failed treatments**
- **Presence of significant or long-standing eating disorder with no period of remission, no previous treatment, or that may pose a medical danger**
- **Request for formal psychological evaluation**
- **Learning disability, neuropsychological, or ADHD assessment**
- **Court-mandated assessment or treatment requirements**
- **Evaluations for emotional support animals or housing accommodations.**

We also do not practice any form of “conversion therapy,” which is currently understood as having a stated therapy goal of transitioning from homosexual to heterosexual, for those experiencing same sex attractions.

When a student need requires an intensive level of care, the Counseling Services will collaborate with the student to transition to resources off campus. A student requiring a transition of care includes, but is not limited to the following needs or requests:

- **to be seen more than once a week for individual therapy**
- **for uninterrupted individual services on an ongoing basis**
- **for a treatment modality not provided by Counseling Center staff**
- **to be seen differently from what is clinically recommended by the Counseling Services**

Crisis Appointments

Crisis intervention is offered to eligible students who face a psychological emergency in which there is a need for immediate assistance. Crisis intervention is different from traditional counseling and includes an assessment of immediate risk, crisis stabilization, and brief supportive services that are provided in collaboration with other resources.