STUDENT COUNSELING SERVICE

Graduate Student Orientation
Student Counseling Services (SCS)
Located at Student Services @ White Creek
TAMU BUS ROUTE 3

http://scs.tamu.edu/whitecreek
OBJECTIVE

To provide effective, short term career, and personal counseling to all TAMU students requesting services who have paid their student service fee.
SCS CLINICAL STAFF

- 5 Administrators (Psychologists)
- 10 Licensed Professional Counselors (two are Intern status)
- 1 Licensed Clinical Social Worker
- 13 Licensed Psychologists
- 3 Psychologists currently pursuing licensure
- 1 Psychiatrist + 1 Psychiatric Nurse Practitioner
- 4 Pre-doctoral Interns
- 4 – 6 Doctoral Practicum Trainees
SPECIALTY AREAS

- Training
- Anger/ Risk Assessment
- Veterans
- Sexual Assault
- Alcohol and Drugs
- Wellness/ Biofeedback
- TAO

- Learning Disabilities
- Disabilities
- International Students
- Suicide Prevention
- Athletes
- Eating Disorders
LANGUAGES

• English
• Spanish
• Mandarin Chinese
• Taiwanese
• Translators for Hearing Impaired (Disability Services)
PRIMARY PRESENTING CONCERNS

• Choosing /Changing a Major (Identify Career Interests)
• Relationships (Romantic; Peer; Family of Origin; Academic; Enhancement/Premarital)
• Depression/Unstable Mood
• Anxiety/Panic Behavior/Stress (Academic)
• Study Skills (Academic Success Center)
WHO CAN USE THE STUDENT COUNSELING SERVICE?

• Currently or continuously enrolled at TAMU
• Paid the Student Service Fee
COST OF SERVICES

• No additional cost for counseling services
• No additional charges for most testing services
SERVICES PROVIDED

• Career
• Personal
• Crisis Intervention
• Psychiatric Consultation and Treatment
• Consultation
• Outreach
• Testing
• HelpLine
• Wellness
• Therapy Assisted Online – TAO services
• WellTrack – interactive self help therapy
SERVICES PROVIDED

• Learning Disability and ADD/ADHD Screening
• Anger Assessment and Counseling
• Substance Abuse Assessment and Counseling
• Eating Disorders Interdisciplinary Team
• Veterans Services
• College of Veterinary Medicine
ADD/ADHD ASSESSMENT

• SCS provides initial screening only

• Formal psychological testing of “functional” areas is required
  • Attention
  • Information processing
  • Aptitude/Cognitive Ability
  • Effort
  • Academic achievement/Adequate preparation for college
ACCESSING COUNSELING

• Counseling Services begin with an initial appointment (within 10 business days)
• To guide the initial appointment, a student provides information about the nature of his or her concerns (online)
• Student may select an initial appointment after the information is provided
SCHEDULING THE INITIAL APPOINTMENT

• Students can register online at http://scs.tamu.edu from any computer with internet access – including computers at the SCS

• Students unable to access online registration can call the SCS at 845-4427 and ask for registration assistance
INITIAL APPOINTMENT INFORMATION

• Demographics and contact information
• Primary reason(s) for seeking counseling
• Symptoms
• Resiliency/ Risk factors
• Relevant background information and precipitating event(s)
• “Critical” items
INITIAL APPOINTMENT

• Prior to appointment, counselor reviews student information, including previous counseling (if relevant)
• Counselor will ask for additional information for better understanding
• An opportunity for student to provide previously forgotten information or information preferred to be communicated in person
• 30 - 45 minutes
INDIVIDUAL AND COUPLE COUNSELING

• May or may not be with the same counselor seen initially (but usually is)
• Short term – time limited
• Number of appointments is decided between client and counselor
• No session limits
• We provide what students need (clinical judgment), not necessarily what they or their parent(s) want(s)
GROUP COUNSELING

• Often may be the intervention of choice
• Allows for extended counseling
• Leader and a co-leader (usually) in groups of 6 to 10 students
• 60 - 90 minute sessions
EXAMPLES OF GROUPS

• Grief and Loss
• Understand Self and Others (USO)
• Eating Concerns
• Mature Aggie Women
• Thesis/Dissertation Support
• Graduate Student Support
• Anxiety

• Multicultural Issues in Relationships
• Women’s Self Esteem
• Empowering Yourself
• Survivors of Sexual Assault
• GLBT Issues
• Veterans
• Alcohol and other Drugs
CONSULTATION

- Faculty
- Staff
- Students
- Parents
OUTREACH

• Psychoeducational presentations are provided to groups on a variety of topics, including stress management, overview of SCS services, and resource tables. (materials available)

• Teams of SCS staff are available to respond to critical incidents in which multiple students may have experienced trauma.
ACADEMIC TESTING

• Barsch Learning Styles Inventory
• Conner's Continuous Performance Test-II
• LASSI (Web)
• LASSI (Paper/Pencil)
• Study Skills Inventory
CAREER TESTING

• Strong Interest Inventory
• Paper & Pencil MBTI - CAREER report
• Web MBTI-Briggs M - CAREER report
• Campbell Interest & Skill Survey
• Career Liftoff Inventory
• Career Values Scale
• COPS-P
• Major-Minor Finder
• Self-Directed Search
PSYCHOLOGICAL TESTING

- Anger Disorders Scale (ADS)
- Millon Clinical Multiaxial Inventory (MCMI-3)
- Minnesota Multiphasic Personality Inventory (MMPI-2)
- Personality Assessment Inventory (PAI)
- Beck Depression Inventory (BD)
- Eating Disorders Inventory-3 (EDI-3)
PSYCHOLOGICAL (CON’T)

- FIRO-B
- Beck Hopelessness Scale (BHS)
- Hamilton Anxiety Rating Scale
- Web MBTI - PROFILE report
- Rotter incomplete Sentences
- State-Trait Anxiety Inventory
- Zung Depression Inventory
BIOFEEDBACK

• What is it?
  • Self-regulation skills for stress and anxiety
  • Improves awareness of biological responses
  • Self-paced practice

• What does it do?
  • Reduces stress
  • Improves symptom control

• How do I access this?
  • Self-referral
  • Individual appointments
CRISIS INTERVENTION

• Preferred times are 10:00 AM -12:00 Noon, 1:00 - 5:00 PM (4:00 PM)
• Examples of crises
  • Harm concerns (suicidal, homicidal, sexual or physical assault) - have occurred or might occur
  • Need for urgent assistance due to a deadline
  • High distress because of a personal trauma
  • Subjective crisis
• After 5:00 PM and on weekends, call the HelpLine at 845-2700
SCS HOURS

• Regular business hours are Monday through Friday, 8:00 AM – 5:00 PM
• Some evening hours – Tuesdays and Wednesdays
• Evenings - individual and couple counseling by appointment only, groups and workshops
REPORT: “TELL SOMEBODY”

- For troubled or at-risk faculty, staff, and students
- Special Situations Team
- Online: http://tellsomebody.tamu.edu/
- E-Mail: specialsituationsteam@tamu.edu
- Not for emergencies. For emergencies, call 9-911 or 911.
HELPLINE

- Weekdays 4pm – 8am
- Weekends 24/7
- (979) 845-2700
- V/TTY
- On student ID
QUESTIONS?