

Averett University
Personal Counseling Services
Scope of Services

The mission of the Averett University Counseling Center is to assist Averett Students in achieving their personal and academic goals through individual and group counseling and through psycho-educational groups. This is done in a confidential manner, enabling students to find resources, solve problems and make behavioral changes as desired. Students are treated with respect, and issues are addressed in a timely manner. Exceptional student service, and preparing students for an emotionally healthy and successful life, is the mission of the Averett Personal Counseling Center.

The counseling center operates according to a short-term treatment model in which the student and the clinician collaboratively identify and address the student's primary concerns. Counseling sessions typically last from 30 to 60 minutes, and students typically average 3 to 6 sessions during the course of individual counseling. Crisis intervention and consultations are offered on an as needed basis. Some of the typical issues addressed include (and are not limited to):

- Generalized and social anxiety
- Mild to moderate depression
- Relationship issues
- Academic concerns such as test anxiety, perfectionism, and low motivation
- Grief and loss
- Uncomplicated Trauma
- Body image and mild eating or exercise concerns
- Substance misuse or abuse

Students whose needs cannot be accommodated through short term services or who need a particular type of expertise not found in the counseling center are provided with a referral to a clinician in the community. It is the responsibility of the student to act on the referral provided. Following are factors in determining when services outside of the Averett Counseling Center may be appropriate to meet a student's needs. These are general guidelines and are intended to serve as a guide only.

- A need to receive treatment more than once a week
- An absence of requisite coping skills to manage reactions to typical daily stressors
- Multiple or chronic issues that significantly impact mental or emotional functioning
- Inability or unwillingness to identify or comply with treatment recommendations
- Chronic suicidality and/or self-harm behaviors
- A history of repeated suicide attempts and/or hospitalizations
- Psychotic symptoms
- When psychiatric services are sought exclusively
- An ongoing treatment relationship with another provider
- Treatment initiated for an academic/class or sports requirement
- Presence of significant disorders including eating disorders, drug and alcohol issues
- Requests for psych evaluations for learning disorders, housing, employment, ESA's, and such
- Services for pre-adjudicated and/or court-mandated mental health treatment or assessment
- Exhibiting inappropriate, harassing, menacing, threatening, and/or violent behaviors

Student Signature

Date