

What is Counseling?

A helpful definition of counseling can be found on the American Counseling Association's website:

"Counseling is a collaborative effort between the counselor and client. Professional counselors help clients identify goals and potential solutions to problems which cause emotional turmoil; seek to improve communication and coping skills; strengthen self-esteem; and promote behavior change and optimal mental health" (from www.counseling.org).

It is helpful to keep this definition in mind as you and your clinician identify goals, look to develop strategies to improve coping, and work on behavior changes to enhance wellbeing.

Counseling Services can provide the following types of support:

- Intake appointments: initial sessions to determine level of therapeutic care
- Individual counseling: ongoing support, typically on a weekly or biweekly basis
- Urgent appointments: scheduled when there is a significant impairment in functioning, safety concerns, need for stabilization, or short-term problem-solving strategies for time-sensitive dilemmas
- Case management: periodic check-ins for students
- Mandated assessments: administrative referrals made by personnel from Student Life
- Referral to 24/7 support through Aspire Health Alliance Urgent Line: 617.774.6036

You may find that you benefit from simply attending one or two sessions for general support and strategies around a short-term need. You may also express interest in and benefit from ongoing counseling to work toward your goals. You and your clinician will discuss your goals for changes you would like to make through counseling and appropriate level of care for your therapeutic needs.

What to expect from Counseling Services and from your clinician:

- When calling or coming by to make an appointment for the first time, you will be greeted by our Administrative Assistant and asked to complete a series of forms including: informed consent, telehealth consent, and intake information form.
- The purpose of these forms is to give students an understanding of what treatment will look and feel like in ongoing appointments.
- At your first appointment, you and your clinician will verbally review the forms you have completed, assess treatment needs, and discuss your goals for treatment.
- You can expect your clinician to provide a safe and supportive environment.
- Your clinician will be transparent and communicate important and necessary information for you to better understand yourself and mental health treatment.

What is expected from you the client:

- We ask students to be on time for their appointments.
- We ask students to call or email at least 24 hours in advance if they need to reschedule or cancel an appointment.
- If on telehealth, we ask that students are in a private area with their laptop; ear buds are encouraged.
- We ask students to be open to treatment and share honest feedback on how they are feeling about the clinical relationship and their treatment.

This handout is to provide information on The Brickley Center Counseling Services.

If you decided to engage in treatment, additional informed consent information will be signed by the student prior to your intake appointment and reviewed verbally between student and clinician at the start of your intake appointment.