

How We Work With New Students

The mission of the Department of Counseling and Psychological Services (The Counseling Center) is to promote optimal health by providing quality mental health services for all currently enrolled West Chester University students. Students can visit The Counseling Center through Triage and a determination is made if the student will schedule short-term or long-term work. We are also a training site, meaning advanced doctoral students engage in the provision of therapeutic services to students under the supervision of licensed psychologists.

Fast Facts

- 1) Short-term therapy in the Counseling Center is confidential and free.
- 2) If students need to find a mental health provider off-campus, we have a Clinical Case Manager to assist with that.
- 3) Our psychiatrists will not write prescriptions to refill another provider's psychotropic medication. Please keep your provider at home for medication needs.
- 4) We are located on the second floor of Lawrence Center and have a therapy dog on-site on select days!
- 5) We sponsor the Therapy Dog Program in Sykes Student Union, so follow the Therapy Dogs on Twitter. Dates are also posted on the Counseling Center website so students can plan ahead to come pet the pups!

Key Takeaways

Parents should be careful about pushing too hard and insisting that their student seek out the Counseling Center because it can turn them off. If students perceive that parents want them to go to the Counseling Center, they may also worry that their parents will want to know what they are talking about. Confidentiality is the hallmark of our work and, while there are some exceptions, parents need to respect the fact that mental health issues are private.

- How do students get an appointment to see a counselor?
 - All student must come in through our triage appointment system. The hours are Monday through Friday between 1:00 and 3:00 PM when classes are in session. Once the student has completed some computerized "paperwork," they will have about 15 minutes with a clinician to discuss their concerns. If appropriate for short-term therapy, then an appointment will be set up.
- How do students get to see the psychiatrist?
 - Students may only work with the consulting psychiatrist if they are currently in therapy with a Counseling Center clinician. There is a charge for seeing the psychiatrist; \$20 for the Psychiatric Intake and then \$10 for follow-up appointments. Again, a student can only work with the psychiatrist if they are currently in treatment in the Counseling Center.
- What is involved in Group Therapy?
 - Some student's presenting issues can best be treated in a group setting with peers. All groups have a professional leader or co-leaders who facilitate the group sessions. Groups are listed on the Counseling Center webpage and consist of a small number of peers who meet weekly to discuss and process their presenting issues. Students do commit to the entire semester of weekly sessions when they sign up for groups; that way, there is consistency in the composition of the group.

Acronyms & Definitions

The Counseling Center is officially known as The Department of Counseling & Psychological Services. All of the providers are licensed by their respective discipline and are also non-classroom faculty members.

Who to Know

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