ISU Student Counseling Center: Availability of Counseling Services

Welcome to the ISU Student Counseling Center (SCC). The SCC offers many services and programs to assist students with personal issues and mental health concerns. The SCC typically offers short-term individual and group counseling, psychological evaluations, educational workshops, and information resources. Other services may be available based on staff resources.

The SCC is primarily a short-term counseling service based on a brief-therapy model and generally offers 6-12 problem-focused counseling sessions to students. Hours are generally from 8-5 pm; however, evening hours may be available based on counselor availability.

The SCC sometimes runs on a wait list system. After your first appointment, you may not be seen for up to a couple weeks based on counselor availability. If you feel you cannot wait, we will gladly give you a referral to an outside provider. The more times you have available in your schedule to be seen by a counselor, the more likely you will be seen quicker.

If a student’s condition requires long-term and intensive psychotherapy, or is deemed too severe, he/she may be referred out to other resources in the community. Conditions that are deemed too severe include: psychosis, acute bipolar disorders, severe personality disorders, severe and long-term eating disorders, severe or treatment resistant mood disorders, medically complicated psychological disorders, and any disorder that requires long term, intensive treatment. Approval for longer-term counseling will be made on a case-by-case basis and is subject to the availability of counselors and the ability of the SCC to adequately treat the case.

The SCC’s policy is that it will limit counseling to conditions the staff can cover on the bases of staff competencies, time constraints and level of student demand. Conditions that may be approved for coverage are developmental identity and emotional issues, moderate personality problems, relationship counseling, acute depressive or anxiety reactions, trauma induced emotional problems, and any condition the staff wants to retain for training purposes. Students may return to counseling after finishing a short-term treatment episode for counseling of other issues or to follow-up on the original issue. After the student is triaged for the second time, approval for further counseling or a referral will be made based on the conditions of the student’s problem.

I have read and understand the above: ________________________________

__________________________
Name

__________________________
Date