

University Counseling Center

Master Advisory Workshop

Did you know?

- Nicholls has a University Counseling Center in Elkins Hall, Room 224
- Full-time counselors are available Monday to Friday from 8:00am to 4:30pm
- UCC services are FREE for students, faculty, and staff!

What do we offer?

- Counseling
 - Individual
 - Couples
 - Group
- Consultation
- Presentations—tell me what you'd like
- NEW! Psychological Testing



Confidentiality

Exceptions to confidentiality:

1. Clear, imminent threat to self or others
 2. If mandated by a court
 3. Suspect or evidence of abuse or neglect of child/elderly/disabled
 4. With client's written permission
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- Minimal disclosure
 - Neither confirm nor deny

Reasons to refer to UCC

- If student says needs help
- If you notice a decline or change in usual behaviors
 - Poor attendance
 - Outbursts of anger
 - Homicidal/suicidal threats***
 - Alcohol/drug abuse
 - Bizarre behaviors that are obviously inappropriate to situation
 - Depression, isolation from others
 - Decrease in functioning (academic, social, occupational)
- BUT, WHAT DO I SAY TO THEM?

Potential Issues for Therapy

- Self-esteem
- Anxiety (Test anxiety, social anxiety, etc.)
- Relationship/Family/Marital difficulties
- Depression
- Stress/time management
- Sexual orientation
- Traumatic experience
- Adjustment to college & transition to post-graduation work
- Alcohol/Drug issues
- Eating behaviors

Sample Therapeutic Activities

- Mindfulness exercises
- Communication skills training
- Guided Imagery
- Progressive Muscle Relaxation
- Restructuring problematic thinking patterns
- Role play
- Decision-making or Problem-solving skills
- Discussion/processing to gain greater insight/understanding of problem areas

QCS

Questions



Comments



Suggestions

