

## UW-La Crosse Counseling & Testing Center Scope of Services Statement

### Counseling Services We Provide:

The UWL Counseling & Testing Center (CTC) utilizes a brief, solution-focused and strengths-based counseling model founded in our staff's diverse theoretical orientations and disciplines. Therapy is focused on helping students resolve or effectively manage a specific problem or challenge, or to make a desired change. Frequency of therapy sessions is most often every other week, and the average number of sessions per student is 4.

Specific services include:

- Initial assessment (triage) appointments
- Short-term individual counseling
- Crisis counseling through our Urgent Care
- Group counseling
- Workshops
- Outreach programming
- Referral services
- Couples counseling (if both individuals are eligible for services)

Examples of concerns that we commonly treat:

- *Personal concerns:* stress, anxiety, depression, anger, loneliness, low self-esteem, grief, social anxiety
- *Relationship concerns:* romantic relationship difficulties, interpersonal conflicts, family concerns
- *Cultural and Identity concerns:* impact of oppression, power, privilege, identity and intersectionality; empowerment and identity development/exploration
- *Developmental concerns:* adjustment to college, life transitions, identity (e.g., personal and cultural)
- *Academic concerns:* performance anxiety, perfectionism, low motivation
- *Trauma or Interpersonal/Relationship Violence:* Assessment, stabilization and treatment within a brief therapy model
- *Self-harm and/or suicidality:* Acute and/or manageable suicidality and/or self-harm thoughts, urges and behaviors
- *Other concerns, which may include:* effects of a recent trauma, spirituality and/or religious identity, body image, food preoccupation, wellness concerns (e.g., sleep), financial stressors, concerns related to mild or moderate alcohol or other drug use/abuse

### Services Outside of our Scope:

In keeping with the brief therapy model of the CTC, students whose needs require long-term and/or intensive support will generally be referred to community resources for ongoing treatment. Students whose needs fall outside the scope of services or scheduling availability of the CTC are also referred to community resources. The CTC provides referrals after the initial visit or as reasons for referral become

more apparent over time. The CTC's clinical case manager assists students in finding appropriate and available resources as needed.

Some of the concerns and/or needs that are commonly addressed through a referral to an off-campus provider may include:

- Students with concerns which a brief therapy model of treatment will not appropriately address.
- A need, or request, for uninterrupted individual services over multiple semesters.
- A need, or request, for treatment modality or area of expertise not provided by CTC staff.
- A need, or request, to be seen differently than what is clinically recommended. For example, a student requests weekly individual therapy sessions when this may not be recommended by the clinician.
- Students with active eating disorders requiring extensive medical monitoring.
- Students who need services other than what is offered at the CTC. Reasons may include:
  - Students seeking psychological assessments or evaluations for selection, performance prediction or forensic purposes.
  - Students who have not complied with treatment recommendations.
  - Students who are already receiving concurrent ongoing therapy with another mental health provider. This does not include when students are receiving mental health care during breaks when they cannot be receiving care from CTC.
- Students seeking therapy for the sole purpose of obtaining documentation for another office (e.g., Social Security disability evaluations, court-mandated substance use treatment, evaluations for emotional support animals).
- Presence of one (or more) of the following presenting concerns, such that the best treatment would be a higher level of care, such as an intensive outpatient program (IOP):
  - Alcohol and Other Drug Addiction
  - Eating disorders
  - Chronic thoughts and/or attempts of self-injury and/or suicide
  - Obsessive-compulsive disorders requiring more intensive care
  - Personality disorders warranting a DBT program
  - Extensive history of childhood sexual trauma