

TAMUQ COUNSELING & WELLNESS PROGRAM

COUNSELING SERVICE

Counseling

Counseling is a process of self-discovery and growth. It can help us learn more about ourselves, our needs and the needs of others, increase our self-confidence and self-esteem, improve our interpersonal skills and our relationships, and make better decisions for our emotional, intellectual, and physical well-being. Most people, at one time or another can benefit from counseling. Common concerns that students focus on include academic difficulties, choice of major, improving communication, changing behaviors or attitudes, dealing with many feelings such as loneliness, depression, anger, guilt, hurt, anxiety, etc.

Individual Counseling

Individual counseling consists of meeting with a counselor individually for about 45 minutes. The number and frequency of sessions varies, depending on the reason for counseling. Most students benefit from short term counseling. On the average, students receive about six sessions. Some students may receive less and others more. The goal is to help you in the shortest time possible.

Counselor

The Counseling and Wellness Program has a licensed professional counselor and a licensed psychologist. Both professionals are licensed in the United States to practice as a counselor and psychologist, respectively.

The Counseling Process

If this is your first time in counseling, you may want to know what to expect. Initially, you may experience some anxiety about meeting with someone you don't know and talking about personal issues. As trust develops, it becomes easier to talk about feelings and needs and the changes you wish to make. It is important to build a trusting relationship with the counselor.

Commitment to your own personal growth is crucial to success. You can enhance your counseling experience by taking risks, such as disclosing information that is difficult to talk about, being open, honest and actively participating. You can continue this process between sessions by thinking about what you've talked about and experienced during sessions, focusing on the changes you want to make and working on specific assignments made by your counselor.

Your First Appointment

You will meet with a counselor to determine what services will best meet your needs, whether provided by the Counseling and Wellness Program or another department, agency or professional. During this appointment, you will be asked to complete information about your history and current life situation and concerns. The counselor will use this information to guide the screening and to help identify areas you wish to work on.

Records and Confidentiality

It is necessary to keep records of services in order to ensure adherence to standards of care and to fulfill legal and ethical requirements. However you can be assured that no record of counseling is made on an academic transcript or in a job placement file. No information about counseling is released outside of the Counseling and Wellness Program without your written permission.

Exceptions to Confidentiality

It is important that you be aware of the instances in which confidential information may be released to others.

- When you provide written permission.
- When there is the risk of imminent harm to you or another person, the Counseling and Wellness Program will disclose information as needed to protect your life or someone else's life.
- When a judge orders the release of written information or orders a counselor to give testimony in court proceeding.
- When there is reason to believe that a child or elderly person may be physically, emotionally, or sexually abused.
- When there is sexual misconduct on the part of another mental health professional, as required for professional counselors who are licensed by Texas State Board of Examiners For Professional Counselors.

If you are an TAMUQ student and would like more information about counseling or to schedule an appointment, email patricia.collins@qatar.tamu.edu or amanda.samson@qatar.tamu.edu, call 423-0047, or stop by 148E or 133D.

