



Center for
COUNSELING
& STUDENT
DEVELOPMENT

Counseling

261 Perkins Student Center
and 209 Laurel Hall
831-2141

Psychiatric Services

209 Laurel Hall
831-8992



www.udel.edu/counseling

All of the activities of the Center for Counseling and Student Development are designed to contribute to the personal, educational, and career development of University of Delaware students. While the Center's staff provides a variety of counseling services to students who pay the Student Health fee, all members of the University community are invited to use the Center's consultation services.

A counseling service was established at the University of Delaware in 1946. Since that time, the service has been the primary mental health unit on the campus. The philosophy of the unit includes a strong emphasis on student development, providing services and programs for students confronting typical developmental issues and tasks. Counseling assistance is also provided for students whose emotional or psychological concerns are interfering with their ability to function in a satisfactory manner.

The Center embraces a philosophy that is respectful of the diversity that exists among people, including gender, race, sexual orientation, age, cultural and religious backgrounds, and abilities.

The Center ascribes to a brief treatment model which meets the needs of a large majority of our students.

The major programs of the Center are as follows:

COUNSELING

INDIVIDUAL AND GROUP. Counseling, both individual and group, is one of the major functions of the Center. Students who seek such services present with a wide variety of personal, career, and educational concerns. It is the Center's goal to assist such individuals in identifying problems, developing alternatives, and making decisions, either by using the services offered at the Center or those provided by others on or off campus.

APPOINTMENTS. Appointments to see a counselor may be made in person or by telephone, Mondays, Thursdays, and Fridays from 8:00 a.m. to 5:00 p.m., and Tuesdays and Wednesdays from 8:00 a.m. to 6:00 p.m. The student's first contact with the Center will typically be an assessment appointment in which the student and the counselor make decisions about the type of help needed. Assessment appointments preferably are made in advance and are usually scheduled within several days of the student's request to see a counselor. Students requiring immediate help because of psychological difficulties are seen on an emergency basis.



SERVICE ENTITLEMENTS.

All students eligible to pay the Student Health fee are entitled to a thorough assessment and recommendation for counseling. Both the counseling and psychiatric services of the Center are intended to provide short-term assistance to students in dealing with personal, career, and educational concerns which may be barriers to their academic progress.

After an initial assessment of a student's concerns, the psychologists will determine if an individual's needs may best be met by the Center's services or are beyond the scope of those services. In the latter cases, such individuals will receive a referral to other sources of assistance, on or off-campus. If a student is under the age of 18, the parent or legal guardian must consent to the Center providing counseling for the student beyond the assessment interview.

The Center does not provide forensic services that involve litigation or require court testimony.

PSYCHIATRIC SERVICES.

Center psychiatrists may prescribe medications to assist students who are in counseling at the Center. While they do not provide medications for students who are in counseling with off-campus providers, they will be happy to assist in identifying off-campus psychiatric referrals. At times, students who are not currently in counseling request that Center psychiatrists continue to monitor medications that have been prescribed by off-campus physicians, psychiatrists, or other service providers. In order to determine whether on-campus medication monitoring is an option, the student must provide documentation of their history, diagnosis, medications, and

clinical progress for review by the psychiatric staff. In order to receive medication for ADHD, students must provide documentation as described on the Center website. If on-campus treatment is appropriate, students will be seen for office visits as needed.

CAREER DEVELOPMENT.

A wide variety of workshops, courses, and programs on career development issues are offered each semester. The Center works closely with the Bank of America Career Services Center to provide the campus with comprehensive career development services.

TESTING/COMPUTER

PROGRAMS. The Center offers a range of interest and personality inventories. Students interested in using these services first meet with a counselor to determine which instruments would be most helpful.

CONFIDENTIALITY. Members of the University community should understand that the interviews conducted at the Center are confidential, and information about those interviews is not released except upon an individual's written request, in circumstances which would result in clear danger to the individual or others, or as may be required by law.

TEACHING AND TRAINING

TEACHING. Undergraduate courses taught by Center staff members include: HDFS 330 Mentoring and Helping Relationships, HDFS 332 Counseling Theories, and HDFS 333 Development of Human Relationships.

GRADUATE INTERNSHIP. A doctoral-level graduate internship program in psychology is sponsored by the Center and accredited by the American Psychological Association. Its purpose is to provide a comprehensive program for the professional training of doctoral candidates who wish to work with a college population.

POSTDOCTORAL FELLOWSHIP. A postdoctoral fellowship program is designed to provide professional training for psychologists with a focus on the development of clinical skills, teaching experience, and/or other specialized areas.

PARAPROFESSIONAL TRAINING. Training in the fundamentals of helping skills is another major function of the Center. Special paraprofessional training programs are offered for various student and staff groups on campus. Training sessions for resident assistants and workshops for special groups are examples of these activities.

CONSULTATION

CONSULTATION. The Center staff is available for consulting with students, staff, professionals, and faculty. These consultations often focus on a concern for an individual, planning special programs, studying problems in group dynamics, and interpersonal communications, considering ways of improving student environments, or dealing with other issues that may have important psychological dimensions.

REFERRALS. The staff of the Center is knowledgeable about numerous other services, both on and off campus, and is often able to help individuals find the most appropriate source of help and facilitate the referral process.

STUDENT DEVELOPMENT

WORKSHOPS. The Center staff is available to present special interest workshops and discussions in residence halls, classes, and to student organizations. These programs may focus on interpersonal skills, career development, or leadership training, as well as special interest programs in such areas as management of exam anxiety, decision-making, assertiveness, stress management, human sexuality, etc. Individuals interested in hosting such presentations should contact the Center well in advance of their proposed date in order to make mutually suitable arrangements.

The Center for Counseling and Student Development is accredited by the International Association of Counseling Services, Inc. The graduate internship program is accredited by the American Psychological Association.

