

When you commit to counseling, you are committing to a voluntary, confidential relationship with a counseling professional. Your attitudes and expectations about counseling are important in creating a valuable, growing experience. Below are some points that might help you make counseling more effective.

Counseling Services provides assessment, short-term counseling and crisis intervention for OWU students. While this is short term focused psychotherapy, many problems can be addressed here. Referrals are also available for ongoing support. For students who want or will benefit from longer term therapeutic relationships, our staff can facilitate referrals to the local private practitioners. Furthermore, Counseling Services limits the services provided to those that are clinical in nature. As such, our staff does not complete certain forensic or legal-related assessments, including but not limited to Emotional Support Animal (ESA) evaluations/certifications and court-ordered evaluations. In such circumstances Counseling Services will make an effort to provide referrals to local practitioners who can complete such assessments.

Counseling is a process of talking with your counselor, about any matter that concerns you, whether it is personal, social, academic and/or career related. Counseling can help in reducing confusion, making choices, and making changes in your life. People seek counseling for a number of reasons: learning to make better decisions, becoming more aware of your feelings and needs, manage stress and anxiety, improving communication skills, and coping more effectively with your life situation.

Confidentiality

All information regarding your diagnosis and/or treatment is confidential and will not be released to any other agency or individual without your knowledge and written consent, except when required by law. These exceptions require your provider to report knowledge of current abuse of a child, elderly, or disabled person.

Your provider may also be released from confidentiality statutes if there is a serious intent to harm yourself or others.

Your clinical provider may consult with other professionals at Counseling Services in order to provide the best treatment possible for you. Counseling Services providers may also speak with Student Health Services professionals if medical consultation is indicated. Confidentiality also means that the fact that you are in counseling will not be noted in your academic file, and information about your treatment is not accessible to other faculty or staff on campus.

Furthermore, Counseling Services is also a training center and your therapist may be a trainee. All trainees are supervised and discuss their work with their supervisor. The intention of supervision is to promote the highest quality of care. To that end, you may be asked by your provider to have your sessions recorded. If you are to be recorded, that process will be explained to you.

Please know that email is NOT a secure medium and confidentiality cannot be ensured; nor is it a reliable way of contacting counselors in crisis or non-crisis situations. Please telephone Counseling Services to ensure prompt, confidential staff response.

We request that you call to notify us within 24 hours if you are **unable to make it to your appointment. If for any reason you need to cancel your appointment, or know you will be late for your appointment, please call 368-3145.** Your calling ahead will allow other OWU students to use our services during that time.

I HAVE READ, UNDERSTOOD, AND AGREE TO THE FOREGOING:

Signature _____

Date _____