

Central Michigan University Counseling Center Scope of Practice

The Counseling Center provides free and confidential individual, couples, and group counseling for all currently enrolled CMU students. Services are provided by licensed mental health professionals and supervised graduate student trainees. Students who complete classes spring semester and are registered for classes the following fall semester, are eligible for services during the summer.

To best meet the needs of as many students as possible a short-term counseling model is used. The student and their counselor will decide the number of counseling sessions necessary to best meet the student's needs. If there is a disagreement, the counselor may bring this situation to the center team for review and/or the student may discuss this with the center's director or designee. No student will be turned away during a crisis or urgent situation. Those students who need longer-term counseling are offered referral assistance and follow up in accessing other university and/or community resources.

Services Provided

Depending on the presenting concern, a student may be encouraged to participate in individual, couples, or group counseling, a workshop or support group, encouraged to engage in self-help materials, or be referred to other available university and community resources.

Counseling Center services include:

1. Crisis assistance and support, safety assessments, consultation, and providing referral information;
2. Counseling for students struggling with various issues and concerns many college students experience including anxiety, depression, loneliness, identity concerns, alcohol/other drug abuse, eating concerns, stress management, relationship concerns, family stress, loss, relapse prevention, sexual orientation, homesickness, college-related transitions and developmental issues, personal growth and development, spirituality, and improving academic performance;
3. Counseling to assist students with chronic or on-going mental health concerns (e.g., bipolar disorder, severe anxiety and/or depression) on a time-limited basis or during an acute crisis;
4. Counseling on exploring career options, particularly assisting indecisive and/or undecided students and students who are questioning choices they have already made;
5. Helping students develop skills necessary for academic success, such as strengthening coping skills, stress management, self-motivational skills, self-discipline, time management, and reducing performance related anxieties (e.g., math, speech, and test);
6. Assisting primary and secondary survivors of sexual assault, domestic and intimate partner violence, stalking, and harassment;
7. Making referrals to other campus and community resources;
8. Providing mental health consultation and relationship building outreach programs for students, parents, faculty, and staff; and
9. Providing campus and community resource information including "24-hours assistance" and "self-help resources" on the center's website (www.counsel.cmich.edu).

Limits to Service

A student whose counseling needs are beyond the Counseling Center's Scope of Practice is not eligible for ongoing counseling. Counselors are available to assist these students in accessing appropriate resources, provide referral information, and assistance during a crisis and/or urgent situation. The following are limits to Counseling Center services:

1. Long-Term Counseling/Case-Management

The Counseling Center does not provide long-term counseling and/or case management.

2. Mandated Counseling

The Counseling Center does not provide counseling services for students mandated or required to see a counselor. This includes referrals from the legal system or students encouraged to seek counseling by their attorney due to having legal difficulties. Additionally, the Counseling Center does not provide counseling services for students mandated or required to see a counselor by CMU faculty or staff (e.g., Residence Life, Academic Advising and Assistance, Athletics, Office of Student Conduct).

3. Telehealth Services

The Counseling Center provides telehealth services on a limited basis. Counseling services provided via videoconferencing must adhere to licensure laws and ethical guidelines, therefore services are limited to students located in the State of Michigan only.

4. Personal Motivation for Counseling Not Present/Lack of Progress on Counseling Goals

A student must have personal motivation for counseling to be seen at the Counseling Center. The student will be referred to other campus or community resources if personal motivation for counseling is not demonstrated. Referral to other resources as appropriate may be made if the student is not making progress on established counseling goals and would be better served by a long-term provider.

5. Assessments for Employment, Academic Programs, Volunteer Placements, Fitness for Duty Evaluations, and Related Purposes

Counselors do not make recommendations or predictions regarding student suitability for an academic program, employment in various work settings (e.g. Peace Corps, Federal Government, security clearances for the FBI, CIA, military), volunteer placements, and related purposes.

6. Evaluations for Emotional Support Animals, Service Dogs, Disability Determination, and External Reporting of DSM Diagnoses

Counselors do not conduct assessments or evaluations for these purposes. Counselors do not make DSM diagnoses for external reporting purposes.

7. Substance Use Disorder Treatment

The Counseling Center does not provide Substance Use Disorder Treatment. If a student has a substance abuse disorder, counselors are available to: a) meet with the student for a few sessions to provide support; b) conduct a safety assessment if necessary; c) determine if the student's counseling needs can be adequately addressed by receiving counseling at the Counseling Center; and d) refer the student to other resources if the student's counseling needs are beyond what can be provided by the Counseling Center or would be better served by another provider.