

Central Michigan University Counseling Center Scope of Practice

The Counseling Center provides free and confidential individual, couples, and group counseling on the Mount Pleasant campus 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 considered enrolled students during the intervening summer in terms of eligibility for counseling services.

To best meet the needs of as many students as possible given available resources, a brief, time-limited, short-term counseling model is used. The student and counselor decide the number of counseling sessions necessary or available in any given semester based on the nature of the student's presenting concerns and the availability of counseling resources. 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. Students may be seen weekly, bi-weekly, monthly, or in other mutually agreed upon patterns. 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, read educational materials related to the concerns presented, 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 time-limited focused goals 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 limited relationship building outreach programs for students, parents, faculty, and staff; and
9. Providing campus and community resource information including "24-hours assistance" and "supportive resources" on the center's website (www.counsel.cmich.edu).

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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 (e.g., court, probation officer) 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, faculty).

3. Internet, Email, and In-State and Out-of-State Distance Counseling

The Counseling Center does not provide counseling through the internet or by email. In-state and out-of-state distance counseling is not provided.

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.

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 concern or disorder, counselors are available to: a) meet with the student for up to three 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.

When student eligibility for counseling services is unclear or questioned, the counselor will consult with member(s) of the Counseling Center team as appropriate to the situation. Referral assistance and crisis intervention services will be provided as needed for students whose ongoing counseling needs are beyond the Scope of Practice.

October 24, 2016