

Scope of Service: Counseling

The GFU-HCC welcomes all students to make an initial appointment to meet with one of our counselors and discuss their concerns. The GFU-HCC utilizes a short-term model of therapy to assist students in addressing multiple issues common in a college setting. The specific services we provide include:

- Single Session Consults
- Initial assessment appointments
- Short-term individual counseling
- Crisis services
- Learning Disability and ADHD Assessments
- Workshops

Some of the issues that are commonly addressed in the short-term model are:

- (1) **Personal Issues:** Anxiety, depression, anger, loneliness, guilt, low self-esteem, grief
- (2) **Stress:** Feeling emotionally overwhelmed, headaches, tension, fatigue, insomnia, digestive problems
- (3) **Relationship Issues:** Marital issues, pre-marital counseling, boyfriend/girlfriend difficulties, sexual concerns, roommate problems
- (4) **Cultural and Identity Factors:** Challenges related to personal identity, cultural background, discrimination, or navigating social dynamics and power structures.
- (5) **Developmental/Family Issues:** Family crisis, divorce, identity concerns, concerns from childhood and/or adolescence
- (6) **Academic Concerns:** Performance anxiety, perfectionism, under-achievement, low motivation
- (7) **Crisis Intervention:** Immediate, short-term help for urgent psychological emergencies. Unlike ongoing counseling, crisis support focuses on quick risk assessment, stabilizing the situation, and providing immediate care alongside other campus support teams.
- (8) **Other Issues;** Sexual assault, spiritual concerns, pornography, unplanned pregnancy, body image, food preoccupation, healthy lifestyle choices

If your needs fall outside the GFU-HCC's short-term care model, our team can help connect you with appropriate community resources. Referrals for off-campus care may be recommended for:

(1) Intensive care requirements that exceed our short-term model, such as:

- a. The need, or request, to be seen more than once a week
- b. Prior history of, or desire for, long-term therapy
- c. Prior history of recent hospitalizations
- d. Severe, chronic suicidality and/or self-injury behaviors
- e. Indications that short-term therapy may be detrimental or non-beneficial
- f. Evidence or risk of progressive deterioration in mental or emotional functioning, requiring intensive intervention.

(2) Students who need specialized services not available through the GFU-HCC, as indicated by:

- a. Presence of significant drug and/or alcohol problems, for example, substance dependence, primary substance abuse, and/or past failed treatments
- b. Presence of significant eating disorders
- c. Court-mandated assessment or treatment requirements