

What Are Some Of Those Recommendations Likely To Be?

Recommendations can vary greatly depending on the individual. The counselor's goal will be to consult with you about the best way to help you resolve your concerns. That may mean weekly sessions with a counselor to work on specific goals over a specified period of time. A referral to an off-campus professional for additional treatment is sometimes suggested as well as referral to on-campus services when needed. Some clients are able to resolve concerns in just one or two sessions; others may require more time or referral to more intensive treatment services off campus.

What If I Feel My Situation Is An Emergency And I Need To See A Counselor Immediately?

We operate on a scheduled appointment basis and have a responsibility to protect the time of those clients who have scheduled appointments. However, if someone comes to us in crisis during office hours, we make every effort to see the student as soon as possible in order to assess the situation. In rare cases where an immediate medical/psychiatric emergency exists, we access the services of University Hospital Emergency Service.

What About Privacy? Will This Personal Information Go To Teachers Or Other Staff On Campus? To My Parents Or Other Family?

Your counselor is legally and ethically bound to maintain your confidentiality. The office does not divulge any information about you to anyone on or off campus, including that you came for services, without your specific written permission.

One exception to this would occur if you reveal information indicating that you, or someone else, are in immediate peril, or if a court subpoenas your records. Your counselor can discuss this further with you.

Counselors maintain individual case records. These records are kept locked and can only be seen by Counseling Services staff or by court subpoena.

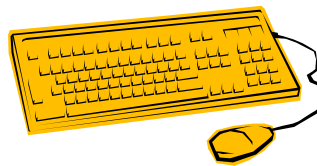
Just One More Thing!

If you remember nothing else from reading this, remember - **we do not consider any concern a student might have to be too small to come see us.** Coming to see a counselor does not mean you are "weak" or "unable to cope" any more than going to a physician or dentist implies that. It simply means you value yourself enough to benefit from professional consultation about something of importance to you.

Finally, try not to wait until a problem has made your life unmanageable in some way. The earlier you seek assistance, the more likely it is that your concerns will not adversely affect your academic and personal goals.

Feel free to call us with any further questions. (210) 458-4140 (1604 Campus) or (210) 458-2930 (Downtown Campus)

See our Website at
www.utsa.edu/counsel/



CAN WE TALK?



UTSA Counseling Services **1604 Office – RWC 1.810**

One UTSA Circle

San Antonio Texas 78249

(210) 458-4140 Fax (210) 458-4141

Walk-In Times:

Monday and Thursday, 1 pm – 4 pm

Tuesday, 9 am -12 noon

Wednesday, 10 am – 2 pm

Downtown Office – BV 1.308

501 West Durango Blvd.

(210) 458-2930 Fax (210) 458-2935

Walk-In Times:

Monday and Wednesday, 2 pm – 3 pm

Tuesday and Thursday, 1:30 pm – 2:30 pm

How Do I Know If Counseling Can Benefit Me?

Most of us can benefit from having a skilled listener who is both compassionate and non-judgmental to assist us in dealing with a problem. If you are fortunate to have such a person in your circle of family and friends, you would be likely to turn to them first, yet there are times when you might want to turn to a professional.

Here are some things to consider when deciding if you should see a professional counselor:

- When you want the privacy and confidentiality guaranteed in the professional relationship. Sometimes your concern may be one that you don't wish to share with people who know you well and who you see on a social basis.
- When talking to friends and family over time has not led to any noticeable change for the better, or the problem seems to be getting worse.
- When you are away from people you normally turn to, or when it feels as though they are part of your difficulty.
- If a teacher, physician, another professional staff member on campus, or people close to you have suggested it
- If you are experiencing symptoms that are interfering with your usual level of functioning. A professional counselor is trained to look for possible underlying conditions.
- If you have a previously diagnosed condition that seems to be recurring, e.g., panic attacks,

depression, bulimia, and alcohol or drug abuse.

Who We Are

Counseling Services is a department within the Division of Student Affairs. We support the mission of the university by actively collaborating with members of the UTSA community in the process of creating conditions and/or personal attributes that promote physical, intellectual, psychological and spiritual well-being for all members of the university community through our programs.

Our staff performs a wide variety of services focused on helping students and the campus community handle stresses and problems associated with academics and college life.

We respond to the psychological needs of students through evaluation, brief counseling, and referrals.

Our services include:

- Individual, couples and group counseling/psychotherapy
- Career development counseling`
- Psychological and learning disability evaluations
- Crisis intervention
- Special programs tailored to meet student needs
- Consultation services to the campus community

Students enrolled and attending classes at either the 1604 or downtown campus UTSA may use our services at either campus.

What Are The Qualifications Of The Staff At Counseling Services?

Counseling Services is accredited by the International Association of Counseling Services. All counselors have a minimum post graduate degree at the master's or doctoral level in

psychology, social work, counseling, or marriage and family therapy. Most of the staff is additionally licensed in the State of Texas as independent practitioners in their respective areas. To get and maintain these credentials, counselors must adhere to a strict code of ethics, serve in clinical internships, have their clinical practice supervised, pass comprehensive exams in their fields, and participate in ongoing professional education to keep their practices current.

What Will This Cost?

Most Counseling Center services are free to all registered students, including part-time students, and are supported by the Student Service Fee. There is a nominal fee for some assessment services.

How Do I Arrange To See A Counselor?

Stop by the Counseling Center located in the Rec Wellness Center in Room 1.810 at the 1604 campus, or Room BV 1.308 at the downtown campus, during walk-in times (printed on the front of this handout). In the waiting area, you will be asked to fill out a brief personal information form. The counselor will then speak with you briefly and either schedule an appointment or take you into his or her office to meet with you for a short time. This meeting will enable the counselor to learn more about the problem(s) that concern you, their duration, and any personal and family history that is relevant. At the end of the session, you will receive some immediate feedback and initial recommendations from the counselor for best addressing your concerns.

