

Dalton State College Counseling Center
Scope of Practice Statement
Revised 07/2017

Mission:

The Counseling Center exists to holistically support the individual student and the campus community. The Counseling Center is committed to promote intellectual, emotional, occupational, social, cultural, moral, and professional growth and development. Central to our mission and daily practice is a commitment to confidentiality, upholding ethical behavior, and providing counseling based on current research and proven standards. We also hold a strong commitment to social justice through creating awareness and action in our campus community and beyond.

The Scope of Our Services

Currently enrolled students are eligible for an initial appointment; however the most appropriate form of follow-up care is determined primarily by the counselor(s), in collaboration with the client. When appropriate, students may be referred to services offered within the Counseling Center. In order to use its resources most effectively, the Counseling Center utilizes a short-term model of therapy to assist students in addressing issues common in a college setting.

Some of the issues that are commonly addressed in short-term counseling at the Counseling Center are:

- Personal issues: anxiety, depression, loneliness, grief, body image
- Relationship issues: partners, roommates, family
- Developmental issues: adjustment, transitions, identity issues
- Academic concerns: motivation, anxiety, perfectionism
- Career assessment and exploration
- Other issues: trauma, assault, spiritual concerns

Sometimes student's needs fall outside of expertise or resources available at the Counseling Center. The Counseling Center provides referral services either after the initial session or as these factors become more apparent during the course of services. The Center's counseling staff can provide referral options that we believe will best meet a student's needs, but the decision for ongoing treatment ultimately resides upon the student.

Limits of our services include:

- Students who demonstrate a serious lack of motivation or engagement in treatment
- Students receiving counseling services from another provider who do not end that treatment
- Students with a desire to be seen more frequently than the Counseling Center resources can provide (e.g., more than weekly), *or* on a long-term basis
- Students for whom a short-term treatment model (e.g., up to 12 sessions) would be detrimental or inappropriate to the presenting issues
- Students with a history of longstanding, seriously maladaptive interpersonal behaviors, requiring services beyond The Counseling Center scope
- Chronic/ severe suicidality, severe self-injury, or multiple psychiatric hospitalizations
- Evidence or risk of progressive deterioration in mental or emotional functioning, requiring intensive intervention; including active psychotic symptoms
- Significant drug or alcohol problems needing treatment
- Failure to make progress in treatment

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- Long standing or persistent eating disorder
- Other issues: Severe and persistent mental illness, medication management
- Students whose needs fall outside the clinical expertise of The Counseling Center staff
- Students seeking or attempting to meet requirements of court-mandated treatment, legal proceedings, disability support, or employment clearance (including evaluation)
- Students wishing to receive documentation for an emotional support animal (ESA)
- Students who engage in inappropriate, harassing, menacing, threatening, or violent behaviors toward staff