



helping you...

ride the
waves
of college and life



COASTAL CAROLINA
UNIVERSITY

counseling services

why you might want counseling

counseling services

Counseling Services offers Coastal Carolina University students to assistance in defining and accomplishing their personal and academic goals. Priorities include: **1) treatment of mental health concerns, 2) prevention of psychological difficulties, 3) educating students to lead emotionally and behaviorally healthy lives and 4) contributing to a healthy campus environment.** Services are offered through developmental, preventive and remedial counseling, as well as educational programs and consultations offered to the University community.

Students seek counseling for a wide variety of reasons. One major reason students seek counseling is simply that **college is hard**. Successfully negotiating life at a university can be very challenging during a time when close support from family is likely to be decreasing. Getting support and guidance from professional counselors can help students meet the great demands that are placed on them. Some students seek services for **self-improvement**. Counseling Services offers students the opportunity to learn about themselves, as well as skills in communication, time and stress management, emotional regulation and behavior change to name a few. Taking advantage of this opportunity can ensure that a student graduates with expertise in a particular major and also as a well-rounded individual who is prepared to face the challenges of life.

Unfortunately, some students need to seek out Counseling Services because something goes wrong. It's not unusual for college to be a time when relationships end, grandparents pass on or experimentation with alcohol gets out of hand. Young adulthood is also a time when mental illnesses such as depression and anxiety appear for the first time, or when accidents happen. When these unexpected challenges occur, seeking counseling can mean the difference between thriving in college and having to leave. For some college students, trauma and emotional pain are not new. Many come to college after having suffered in the past. For those students, **healing the past** may be necessary in order to take full advantage of the quality education offered at Coastal Carolina University.



individual and couples counseling

Individual counseling usually consists of a 50-minute session once per week. A student discusses personal concerns with the counselor, and they work toward mutually agreed upon goals. Students may also choose to meet jointly with a partner, friend or roommate for couples counseling. Counseling style varies depending upon the issues presented and the personal styles of both client and counselor. Students may explore and change thoughts, behaviors or feelings; explore and define influences of past circumstances; learn specific skills; learn about self through personality assessments; or just vent frustrations and receive support. The possibilities are endless.

group counseling

Group counseling is considered the “treatment of choice” when students are experiencing difficulty in relationships. Typical group offerings include:

- Get Connected: A General Counseling Group
- Anger Management Group
- Alcohol and Drug Abuse Recovery

Other groups such as eating disorder groups, sexual assault / abuse recovery groups, GLBT support, and grief groups are offered as needed.

psychiatric consultation

Students requiring psychiatric evaluation or who are considering taking medication to assist with their concerns may receive limited service from a psychiatrist. This service is open only to students who are engaged in other programs in Counseling Services and are being monitored by a counselor. Generally, students are referred to an outside practitioner for continuing medication after initial services are received in Counseling Services.



assessment / testing / screening

Various interview, testing and screening tools are available to assist students in evaluating the existence and extent of problems in such areas as depression, anxiety, eating disorders and alcohol/drug use. Assessment can also be used to explore personality characteristics. Some basic assessments are available through the Web site at www.coastal.edu/counseling/, while others require participation in individual counseling. Alcohol and drug assessments are available either on a one-time basis or through ongoing counseling.

nutritional counseling

Students can get assistance from a clinical dietitian to address eating concerns related to weight loss, eating disorders or special dietary needs created by medical conditions. Education is available to assist students in learning healthier eating habits.

outreach

Through the Live Well series, Counseling Services staff members are available to conduct fun and interactive psycho-educational programs across campus to classes, residence halls, clubs or any student group. Programs can be requested by calling Counseling Services or submitting a form through the Web site.

popular topics include:

- Relationships and Dating
- Stress Management
- Identifying Mental Health Problems
- Healthy and Disordered Eating
- Alcohol and Drugs
- Time Management
- Sexual Assault
- Diversity Awareness
- Communication Skills
- Conflict Resolution
- Dream Interpretation
- Introduction to Counseling Services



crisis services

Any student who experiences a psychological emergency should seek help immediately. Counselors are available in the Counseling Services office Monday through Friday from 8:30 a.m. to 5 p.m. Crisis services are offered after hours for such emergencies as suicidal behavior, sexual assault or psychotic thoughts. To reach a counselor after hours contact Public Safety at 843-349-2911.

referrals

When students require inpatient treatment or more intensive outpatient treatment than can be provided through Counseling Services, counselors will conduct an initial assessment, make referrals and facilitate obtaining appropriate services elsewhere.

consultation

Consultations are offered to students, faculty, staff and parents regarding mental health issues. Counselors can make recommendations and facilitate problem-solving when help is needed in determining how to be of assistance to a student who is struggling with significant issues. Set up a consultation by calling and requesting to speak with a counselor.

substance abuse services

Substance abuse services include alcohol and drug education, individual assessments, ongoing counseling to assist with reduction of substance use or abstinence, and substance abuse recovery groups.

shore

Students Helping Others Reach Excellence (SHORE) is a peer education group that provides psycho-educational programming and initiates activities to create a healthy living environment for all Coastal Carolina University students. Students with a passion for helping others achieve healthy living styles can join the Counseling Services team and develop invaluable skills in public speaking, event planning and helping others. Applications for SHORE are available at Counseling Services and through the Web site.



just the facts

How much? Counseling Services sessions are free of charge. The only students who pay any fees at all are those who are judicially referred for education or assessment due to drug, alcohol and anger violations. Students who seek those same drug, alcohol and anger services voluntarily are not charged.

Is it safe? The staff of Counseling Services is committed to valuing ALL individuals, regardless of race, ethnicity, sexual orientation, age, gender, etc. All students are welcome, respected and appreciated.

Is it confidential? Counselors maintain confidentiality within legal limits. Individuals outside of the immediate staff are not even allowed to know that a student is participating in counseling unless that student gives written permission. Confidentiality is only broken to report child abuse (or abuse of other dependent individuals), prevent suicide or homicide, or to respond to a court order.

Where is it? Counseling Services is located in the Student Health/Counseling Building across from Baxley Hall on University Blvd. Outreach/Educational programs can be found all over campus.

How do I get started? Counseling begins with a brief first contact appointment where information is exchanged between the counselor and student. Decisions are made during that appointment about what services and what counselor will best meet the student's needs. For those who are unsure about whether counseling is right for them, this first contact is a great opportunity to check it out without committing to ongoing treatment. Call 843-349-2305 to make a first contact appointment.

How much can I get? Most students accomplish their goals within five to six sessions. Psychiatric services are generally limited to three or four sessions. When a student requests more than 10 to 12 sessions, staff will review the case to ensure that continued service will best meet the student's needs.

Who can get it? Any currently enrolled student is eligible for these services. Faculty and staff are welcome to call for consultation regarding student issues and may receive one session to discuss personal issues and get a referral.

Who are the counselors? Counseling Services staff consists of counseling psychologists, counselors, a psychiatrist, a clinical dietitian, a disabilities specialist and student peer educators. All professional staff are either licensed in the appropriate field in South Carolina or are pursuing licensure.

Where can I learn more?

843-349-2305 or www.coastal.edu/counseling