WHAT IS IT?
Assistance for students having stress-related disorders or chronic pain is available from Counseling & Psychological Services. If you are referred from your Student Health Services Dentist, you will likely begin services as an individual client; however, at some point your counselor may recommend group therapy for an adjunct therapeutic benefit.

WHAT SERVICES ARE PROVIDED?
Clients learn skills to alleviate distress and enhance daily living. The program provides education and skill training which clients can use in their daily lives. The program is tailored to individual needs, but typically is conducted in four stages: assessment, relaxation, biofeedback, and coping skills training. Initial assessment includes an intake interview and symptom questionnaires. Relaxation skills are then taught as they are useful in many activities of daily living and serve as the foundation in coping skills. Heart rhythm variability biofeedback is a procedure which employs electronic equipment to help clients learn control over physiologic activity and greater relaxation responses. Coping skills training involves learning to change events which may cause stress or pain. Examples include changes such as: better sleep, interacting with others more effectively, or scheduling tasks and time more efficiently.

HOW LONG DOES IT TAKE?
Many of the reasons students seek counseling can be successfully addressed in less than 6 sessions; however, if you and your counselor are still meeting, session 6 will be used as an opportunity to check in regarding the goals you set, progress made, and what the next steps are to meet your goals. Sessions will be arranged weekly or every other week, for about 50 minutes. Generally the first session will be a bit longer to allow time to complete paperwork.

HOW MUCH DOES IT COST?
Fees are assessed for all sessions. A Student Health Services door fee applies and you may pay your fee by cash or Bursar billing.

WHO MAY PARTICIPATE?
Eligible students are referred by their health providers. It is essential that clients have a recent medical evaluation of their condition. Every effort is made to schedule clients within 2 weeks of initial referral. If you have further questions or if you would like to schedule an appointment, please contact the Counseling & Psychological Services at 618/453-4346.