Information Sheet

The information you are reading has two purposes:

1. To tell you about our services and how we work.
2. To discuss the reason you have sought counseling so that you make an informed choice of available services.

Your First Contact
Counselors are available to see students on a “by appointment” basis. Prior to your first session, we ask that you read this information and fill out the attached forms. The purpose of the first session is to discuss your concerns and to identify which counseling services might be appropriate for you. At Student Psychological Services, we offer individual counseling, support groups, couples counseling (both individuals must be CSUDH students), and workshops. Group therapy can be a highly effective treatment modality and can be recommended as a stand-alone service or in combination with individual therapy. If your therapist recommends you participate in individual therapy, they will likely discuss the benefits of participating in a 3-week workshop called RIO (Recognition, Insight, and Openness) prior to beginning individual counseling. The main goals of RIO are to learn useful tools to recognize your concerns and to develop a clearer idea of what you want to change in your life.

Short-Term Counseling
We have a very high demand for individual counseling and have found it necessary to institute a policy of short-term counseling. Because everyone’s needs are different, we do not have a specific session limit. It will be up to you and your counselor to decide how many sessions constitutes short-term as well as how frequently to meet (e.g. weekly, biweekly, monthly). Each counseling session lasts approximately 45-50 minutes. If it is determined that your needs are better met through long-term therapy, your counselor will discuss this with you and may refer you to a community provider that can provide a higher level of care.

Confidentiality
Counseling services are confidential, meaning no information gathered within the client/counselor relationship is released to outside parties without your prior written consent, except in those few circumstances where the law requires disclosure of confidential information (See Informed Consent form for limits of confidentiality).

Important Policies
Appointments should be scheduled through the administrative assistants. Because of the high demand for our services please be flexible in scheduling appointments. It may not be possible to schedule everyone’s first choice appointment. If we are not able to schedule an appointment for you today, our administrative assistants will contact you as soon as an appointment time becomes available. Once an appointment is scheduled, if you cannot keep it for any reason, please be sure to cancel in advance. If you do not show to a scheduled appointment and have not cancelled the appointment it is considered a no-show and can result in the cancellation of upcoming counseling appointments. If at any time you decide to end counseling, we request that you return for one last session so that you and your counselor can discuss the ending process.

The Staff
The staff is composed of professional counselors. All counselors have graduate degrees, most with doctorates in psychology and most are licensed in the State of California. There is also a psychiatrist who will see students on referral by the counseling staff for a psychiatric evaluation and medication management, as appropriate.

Your Concerns
Now that we have told you something about the counseling services and how they work, we would like to find out why you have come for assistance. Please take a few minutes to fill out the attached forms. The Confidential Intake Form asks you to discuss yourself and the concerns which brought you here. It also helps us identify characteristics of students using Student Psychological Services. For accountability purposes, we keep information on a variety of students’ characteristics, such as: class level, major, and the kinds of concerns which bring students into the center.

If you are hesitant to answer any questions or have questions about why a question was asked, please share your concern with your counselor. While the information we collect is helpful to us in providing and documenting services to you, we do not want any concern you may have about completing these forms to interfere with your ability to benefit from our services.

Rev. 8/27/2019