

Scope of Service: Counseling

The John Brown University Student Counseling Center welcomes all students to make an initial appointment to meet with one of our counselors and discuss their concerns. Because of the unique skills and knowledge of the JBU SCC staff, we are able to recommend services within the SCC or the JBU community to assist students in obtaining the appropriate services or support from the community to meet their needs. We encourage all students to take advantage of this valuable service.

The JBU SCC utilizes a short-term model of therapy to assist students in addressing multiple issues common in a college setting. Some of the issues that are commonly addressed are:

(1) Personal Issues

Anxiety, depression, anger, loneliness, guilt, low self-esteem, grief

(2) Stress

Feeling emotionally overwhelmed, headaches, tension, fatigue, insomnia, digestive problems

(3) Relationship Issues

Marital issues, boyfriend/girlfriend difficulties, sexual concerns, roommate problems

(4) Developmental/Family Issues

Family crisis, divorce, identity concerns, concerns from childhood and/or adolescence

(5) Academic Concerns

Performance anxiety, perfectionism, under-achievement, low motivation

(6) Other Issues

Crisis intervention, sexual assault, spiritual concerns, pornography, unplanned pregnancy, body image, food preoccupation, healthy lifestyle choices

At times, the initial assessment process may require more than one visit in order to determine the appropriateness of time-limited treatment, the center's resources, and our expertise to address your particular treatment needs. If your needs cannot adequately and ethically be met by the center's resources, our staff will work with you to secure an appropriate referral when necessary. Some of the issues that are commonly addressed through referral to services outside of the SCC include:

(1) A need for intensive treatment or service that will likely exceed time-limited services, as indicated by:

- a. Need, or request, to be seen more than once a week
- b. Desire for uninterrupted long-term therapy
- c. Prior history of hospitalizations
- d. Prior history of long-term treatment
- e. Chronic suicidality and/or self-injury behaviors

- f. Indication that short-term therapy may be detrimental or non-beneficial
- g. High likelihood that student may develop need for longer-term treatment
- h. History of long-standing maladaptive interpersonal patterns that create difficulty in relationships

(2) Students who need specialized services not available through the JBU SCC, as indicated by:

- a. Presence of significant drug and/or alcohol problems, for example, substance dependence, primary substance abuse, and/or past failed treatments
- b. Presence of significant eating disorders
- c. Request for psychological evaluations for the purpose of accommodations through Student Support Services
- d. Request for psychological testing
- e. Need, or request, for treatment modality not provided by JBU SCC staff

When appropriate, students may be referred to resources offered within the JBU Community, e.g., Health Services, Career Services, Office of Christian Formation, CARE Clinic.