



Belmont Abbey COLLEGE

Counseling Consent Form

COUNSELING is a confidential process designed to help you address your concerns, come to a greater understanding of yourself, and learn effective personal and interpersonal coping strategies. It involves a relationship between you and a trained therapist who has the desire and willingness to help you accomplish your individual goals. Your therapist is available to support you throughout the counseling process. Counseling does require an active effort on your part and in order to be most successful, it's important for you to be engaged and implement skills we discuss in and outside of sessions. Counseling can often lead to outcomes such as better relationships, solutions to specific problems, and a significant reduction in feelings of distress.

At the Counseling Center, we remain consistent with Catholic teaching and values. We are passionate about upholding the mission and values of the College, caring for students virtuously and with hospitality. To that end, we meet each student where he or she is and strive to help every student feel welcome to the Counseling Center at Belmont Abbey College. We also strive for excellence in counseling practices and utilize evidence-based approaches, like Cognitive-Behavioral Therapy, Motivational Interviewing, and faith based counseling. We are passionate about a focus on the whole person – body, mind, and spirit and recognize that each need to be supported and nurtured. Finally, as with all counseling, if you ever feel that you would be best served by a different counselor, we are happy to switch you to another counselor in-house (if available) , or supply an appropriate referral within the outside community.

Counselors:

Catherine Savisky, LPC. CEAP– Director of Counseling Services

Jenn Cooney, LPC –Counselor

CONFIDENTIALITY: All interactions with Wellness Center staff, including scheduling of or attendance at appointments, content of your sessions, progress in counseling, and your records are confidential. No record of counseling is contained in any academic, educational, or job placement file. You may request in writing that the counseling staff release specific information about your counseling to persons you designate.

EXCEPTIONS TO CONFIDENTIALITY

- If there is evidence of clear and imminent danger of harm to self and/or others, a therapist is legally required to report this information to the authorities responsible for ensuring safety.
- North Carolina state law requires that staff of Counseling Services who learn of, or strongly suspect, physical or sexual abuse or neglect of any person under 18 years of age must report this information to county child protection services.
- A court order, issued by a judge, may require the Counseling Services staff to release information contained in records and/or require a therapist to testify in a court hearing.
- Counselors may also provide confidential information to a person or people for whom you have provided a written release of information.
- The counseling staff works as a team. Your therapist may consult with other counseling staff or health services to provide the best possible care. Counselors may at times consult with supervisor(s), who are also trained and licensed therapist. These consultations are for professional and training purposes.



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Expectations and Information about Counseling Services at Belmont Abbey College

Belmont Abbey counselors are here to help you with the challenges of college life. We want to empower you to take responsibility for your personal growth while getting the direction and support of a licensed professional counselor.

We can provide...

Short-term counseling (1-6 sessions) is for more acute, less intensive and short-term needs. The counselor will focus on helping you find new approaches to overcome your present difficulties. Often, this involves learning emotion regulation skills to effectively manage and change the way clients feel and cope with situations. The number of sessions offered is determined by you and your counselor. We will provide the support you need allowing you to go on your own to practice your new skills.

We are not able to provide long-term counseling. Students who require more intensive, specialized and/or frequent sessions will be referred to a provider in the community (and student will be responsible for that cost and filing with their insurance plan).

Our expectations of you...

Please be on time for your appointment. If there is any confusion about your appointment time, email your counselor or call for clarification.

- If you can't make the scheduled session please be courteous and call to reschedule or cancel at least 24 hours before your scheduled time. *Please remember another student in need may need your time slot.*
- If you don't show up for an appointment ('no-show') we will require you to speak to your counselor before scheduling your next appointment.
- Be an active participant. Getting stronger requires work in and outside the counseling session.

We look forward to working together to support you with your present concerns.

Emergency/Crisis: If you are experiencing a mental health crisis during business hours (9am-4:30pm), call the Counseling Center at 704-461-6877. If it is after-hours or on the weekend, please contact Campus Security at 704-461-6200 and call 911.

I have read and discussed the above information with my counselor. I understand the risks and benefits of counseling, the nature and limitations of confidentiality, and what is expected of me as a client at the Counseling Center. I also understand that I may stop my treatment at any time and have the right to revoke this consent to treatment (in writing).

Student Signature

Date

Counselor Signature

Date