

Mission Statement

The mission of Georgia College Counseling Services is to enhance student success and promote a safe and healthy academic environment by attending to the psychological, emotional, and developmental wellbeing of students. We encourage personal responsibility, respect human dignity, and value the differences among people.

Scope of Services Statement:

Currently enrolled students are eligible for an initial appointment; however the most appropriate form of follow-up care is determined primarily by the clinician(s), in collaboration with the client. Counseling Services

Counseling Services provides short-term treatment for students. At times, a student may be facing a difficulty that requires a much longer course of treatment. In such cases, Counseling Services will assist students with referrals to clinicians in the community and will offer support until the connection between student and outside therapist is made. For example, we routinely refer students whose primary issues are Substance Abuse or Eating Disorders to off-campus providers, because treatment for these issues tends to be long term and highly specialized. While there are local treatment options for Substance Abuse, there are no licensed Eating Disorder treatment facilities in the local area.

- Issues commonly addressed in short-term model
 - Personal issues: anxiety, depression, loneliness, grief, body image
 - Relationship issues: partners, roommates, family
 - Developmental issues: adjustment, transitions, identity issues
 - Academic concerns: motivation, anxiety, perfectionism
 - Career assessment and exploration
 - Other issues: trauma, assault, spiritual concerns

- Issues commonly addressed through referral
 - History of multiple hospitalizations
 - Chronic suicidality and self-injury
 - Evidence of deterioration in functioning
 - Psychotic symptoms without medical stabilization
 - Significant drug or alcohol problems needing treatment
 - Failure to make progress in treatment
 - Long standing or persistent eating disorder
 - Request for psychological evaluation for employment, disability or legal resources
 - Other issues: Severe and persistent mental illness