CAPS Scope of Services Statement

The staff at Counseling and Psychological Services (CAPS) invites all students to make an initial appointment to meet with one of our clinicians and discuss their concerns. During this initial meeting, the clinician, collaborating with the student, will recommend services within CAPS or in the local community. Our clinicians assist students in obtaining the appropriate services to meet their needs.

When appropriate, students are referred to services offered within CAPS. In order to utilize resources most effectively, CAPS manages a short-term model of therapy to assist students in addressing issues that are common within a university setting. At CAPS, we do not set specific session limits. Using our short-term model as a guide, we work on an individual basis with each student to determine a course of therapy that best befits the student’s needs. As appropriate, students may utilize group psychotherapy sessions on an ongoing basis, with no session limits.

Although not fully inclusive, some of the issues that are commonly addressed in short-term counseling at CAPS include:

- Personal concerns: stress, anxiety, depression, anger, loneliness, low self-esteem, grief.
- Relationship concerns: Romantic relationship difficulties, sexual concerns, roommate difficulties, family issues.
- Developmental concerns: Identity development, adjustment to the university, life transitions.
- Academic concerns: Performance anxiety, perfectionism, underachievement, low motivation.
- Other concerns: Effects of trauma, sexual assault, abuse, concerns from childhood and/or adolescence, spiritual concerns, body image issues, food preoccupation, healthy lifestyle choices.

Students whose needs cannot be accommodated within short-term counseling are referred to community resources. Similarly, students whose needs require a type of expertise not found within CAPS are also referred into the community. CAPS provides referral services either after the initial session or as these factors become more apparent during the course of treatment. CAPS clinicians can provide referral options that we believe will best meet a student’s needs. Clinicians can also follow up with the student to ensure that the referral was facilitated and to offer additional assistance in finding resources as necessary.

Some of the issues that are beyond our scope of services and are commonly addressed through referral to services outside of CAPS include:

- A desire or need to be seen more than once a week or for long-term therapy, or a need for such as indicated by:
- History of multiple hospitalizations
- Chronic suicidality and/or self-injury behaviors; history of repeated suicide attempts
- Indication that short-term therapy may be detrimental or non-beneficial.
- Evidence or risk of progressive and pronounced deterioration in cognitive or emotional functioning, requiring intensive intervention.
- Manifestations of psychotic symptoms without willingness to remain on medication or otherwise utilize treatment as a means to stabilize symptoms
- Inability or unwillingness to provide the necessary information to thoroughly assess symptoms.

- Students who need specialized services not available through CAPS, as indicated by:
  - Symptoms of significant drug and/or alcohol problems such as substance dependence, primary substance abuse, and/or past failed treatments.
  - Symptoms of significant or long-standing eating disorder with no period of remission, no previous treatment, or that may pose a medical danger. Symptoms and treatment recommendations are evaluated with direct guidance from the American Psychiatric Association's Level of Care Guidelines for the treatment of eating disorders.
  - Request for psychological evaluation for the purpose of employment clearance or other non-academic purpose.
  - Services to fulfill court- or university-mandated assessment or treatment requirements.
  - Request for evaluation and/or letters of support for service, therapy, or emotional support animals.