Personal Counseling Model

The EPCC Counseling Center provide short-term personal counseling. A referral will be made if counselor determines that a student needs additional long-term counseling.

Who is Eligible?

If you are currently enrolled at EPCC you are eligible for personal counseling and referral services.

Making a Appointment

Students should call or stop by any EPCC Counseling Center to make an appointment.

Cost

There is no cost for our counseling services.

Privacy and Confidentiality

The EPCC Counseling Center does everything possible to protect the confidentiality of the communication that takes place between you and the counselor. We will not disclose your contact with us to your spouse, parents, professors, or anyone else unless it is required by law. The following are a few exceptions:

1. When there is reason to believe that you may be at imminent risk of harming yourself or others.
2. When a court of law orders the release of information.
3. When there is reason to believe that a minor, elderly person or a person with a disability is in danger of being, or has been physically, sexually, or emotional abused or neglected.
4. When a client discloses to their current counselor that a previous mental health provider was sexually inappropriate. (Upon the client’s request the client’s own identity may remain anonymous.)
5. When a client is involved in a criminal lawsuit.
6. When a client is under the age of 18 additional rules of confidentiality may apply.
7. In addition, certain government agencies may ask applicants to sign an authorization for release of counseling records in order to be considered for employment or accreditation.
I. DEFINITION OF ELIGIBILITY

The following criteria will be used to determine EPCC student eligibility for services:

- Full-time students are given priority over those with reduced course loads. If a student is taking 9 hours or less, they will only be seen on a space available basis.
- If a student withdraws from the college, they are no longer eligible for services. If appropriate, they will be given a referral.
- Spouses, co-habitants, and family member(s) of an eligible student may receive conjoint services when the student is the primary beneficiary, even if they are not students. Otherwise, non-students are ineligible for services.
- If a student is part of a special program and is not registered as a regular EPCC student, they are ineligible.

II. MAKING AN APPOINTMENT

- Students must come in person to the EPCC Counseling Center to schedule an appointment.
- Students must complete the necessary intake paperwork prior to an appointment.
- Students must have course history to verify eligibility for services.
- An intake interview will be scheduled with a counselor. After this initial session, if the counselor and student agree that counseling is appropriate, then either additional sessions will be scheduled or appropriate referral will be made.

III. EMERGENCIES

In the event of an emergency, the front desk staff will arrange for the student to speak with a counselor as soon as possible. The counselor will assess the situation and make appropriate recommendations, which may include receiving services from the Counseling Center and/or being assisted with a referral to a community provider.

**After hour emergencies will handled by the Campus Police at 831-2200, or by dialing 911.**

IV. PERSONAL COUNSELING MODEL

- The EPCC Counseling Center has a small staff and there is often high demand. Because of this, we operate on a brief therapy model.
- Although highly effective in many cases, brief therapy may not be appropriate or effective for everyone.
- A referral will be made if a counselor determines that a student needs longer-term
psychotherapy, or other services not available from this office.

- At any time, a referral may be made and/or services may be discontinued if that is considered the appropriate action by the profession staff.

V

POLICY ON MISSED APPOINTMENTS

- We expect that a client will keep all scheduled appointments. If an emergency or illness prevents a client from keeping an appointment, the client must call 831-2423 to cancel at least 24 hours in advance. An appointment canceled less than 24 hours prior will be considered as a “no show.” Two “no shows” may prevent eligibility for further services.

- If a client has not contacted the EPCC Counseling Center within four weeks of their last appointment, it will be assumed that therapy has been ended and your case file will be closed. A client may reapply for services at any time but may risk being given a lower priority.

- Clients are expected to be at appointments on time. Regular tardiness may be counted as a “no show.”

VI

LIMITATION OF SERVICES

The EPCC Counseling center is not able to offer ongoing services for:

- Individuals seeking court-mandated counseling.
- Individuals with a history of serious mental illness.
- Individuals receiving mental health services elsewhere.
- Individuals with potentially life-threatening conditions, such as eating disorders.
- Individuals who are acutely suicidal or homicidal.
- Individuals whose conditions are deemed beyond the scope of the EPCC’s personal counseling capabilities by the professional staff.

VII

CONFIDENTIALITY

The EPCC Counseling Center does everything possible to protect the confidentiality of clients’ records. However, there are some circumstances where the law either allows or requires us to break confidentiality. These special circumstances include:

- When there is a reason to believe that a client may be at imminent risk of harming themselves or others.
- When a court of law orders the release of information.
- When there is a reason to believe that minor, elderly person or person with a disability is in danger of being, is now being, or has been physically, sexually or emotionally abused or neglected.
- When a client discloses to their current counselor that a previous mental health provider was sexually inappropriate. (Upon the client’s request, the client’s own identity may remain anonymous.)
• When a client is involved in a criminal lawsuit.
• When a client is under the age of 18 additional rules of confidentiality may apply.
• In addition, certain government or regulatory agencies (e.g. the Department of Defense and Justice, the Texas Bar Association) may ask applicants to sign an authorization for release of counseling records in order to be considered for employment or accreditation.

VIII

PROFESSIONALISM

All EPCC Counseling Center professional staff, including trainees, abides by the ethical and professional standards of the American Psychological Association (APA) and the American Counseling Association (ACA). Please discuss any questions or concerns about our services with you counselor.

The EPCC Counseling Center is a training center for graduate student interns. We will inform you if you counselor is an intern and give you the name of the interns’ supervisor.

Students who have received counseling services from the EPCC counseling Center are ineligible for internship, training and/or work-study positions at this site.

I understand the information and conditions stated in the EPCC Client Information and Consent Sheet and a Copy has been given to me. Any points that needed clarification have been explained to my satisfaction. I agree to abide by theses conditions and consent to participate in counseling services on a voluntary basis. I understand that I may withdraw my consent at any time.

Signature                                             Date