

# CUA counseling Snapshot

127 O'Boyle Hall | 202-319-5765 | [counseling.cua.edu](http://counseling.cua.edu)

**45** appointment limit for full-time students

includes intakes, individual therapy sessions (attended, client canceled or no-showed), emergency walk-ins, Let's Talk walk-ins



**2** appointment limit per semester for Let's Talk

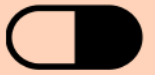
**unlimited**

group therapy appointments for full-time and part-time students

## services

individual therapy  
group therapy  
psychiatry\*  
emergency walk-in  
Let's Talk  
campus outreach  
campus consultation  
referrals  
online self-help

## \*psychiatry



open only to students who are in individual therapy at the Counseling Center and who have been referred by their therapist

**6** senior staff psychologists

**1** senior staff psychiatrist

**4** social work extern clinicians

**6** psychology practicum clinicians

**2** senior staff social workers



**3** doctoral psychology intern clinicians

**6** psychology extern clinicians



## main reasons for referrals

more intensive treatment  
more frequent sessions; after-hours counselor availability; services over holidays

### different attendance needs

flexible scheduling or bimonthly sessions; weekend sessions; early morning or late evening sessions

more specialized treatment

counseling sessions may be audio- or video-recorded for supervision purposes and promptly erased after review by a licensed clinician

recordings are stored behind multiple security measures

don't want to be recorded? we can refer you to an off-campus provider who does not record



### THERAPY ATTENDANCE POLICY:

After two consecutive missed appointments, your appointment time will be released to a new student. You can still resume services but must call to arrange this.

### PSYCHIATRY ATTENDANCE POLICY:

If a student misses more than one psychiatry appointment per semester, they will no longer be eligible to meet with our psychiatrist and will be referred out for psychiatry.