Health Sciences Center

University of Oklahoma

Student Affairs

Student Counseling
Who are we?

- Our staff is a full time licensed psychologist and a team of Professionally trained counselors.
- We all have previous counseling experience.
- Counselors undergo 4+ years of education, training and research in human behavioral theories and therapeutic techniques.
- Counselors do not prescribe medications but make referrals to psychiatrists and physicians as needed.
What is counseling?

Counseling:

- Identifies **symptoms** or difficulties that may be interfering with your functioning.

- Offers an opportunity to talk to someone who **listens** without judgment or criticism, & keeps what you say confidential.

- Allows for a type of **learning** about yourself, your relationships, your behaviors, thoughts & feelings.

- Gives you **tools & techniques** that help you modify your thoughts, behaviors, feelings, that are causing you distress.
How can counseling help?

It can help you:

- Manage stress
- Adjust to new academic demands & environment
- Identify problems/symptoms using assessment & testing
- Address multicultural & diversity issues
- Establish healthy coping & problem-solving strategies
- Develop a healthy self-image
- Explore identity, gender identity & sexual identity issues
- Develop healthy relationships
“MY PROBLEMS ARE NOT SERIOUS ENOUGH FOR COUNSELING.”

No concern is too small for counseling! By coming to counseling you have decided to explore new ways of dealing with what life is offering you. Sometimes people come to counseling for support in dealing with things or to improve themselves & prevent future difficulties.

“THERAPY IS EXPENSIVE AND TIME-CONSUMING. Besides, my therapist will just repeat what I say and talk about feelings the whole time.”

Student counseling services is part of your student fees so you have essentially already paid for our services. So why not use them?

We are open Monday-Friday, 8am to 5pm, including some evening hours.

Modern counseling is different from the stories you might have heard, such as lying on a couch for years of psychoanalysis. We attempt to work with many issues in less than 12 sessions. Some difficulties, such as stress management, test & public-speaking anxiety, are often improved within 2-3 sessions.

“EVERYONE WILL KNOW ABOUT MY PROBLEMS. MY COLLEGE, DEPARTMENT, OR PROGRAM WILL FIND OUT THAT I AM IN COUNSELING. THIS WILL RUIN MY CAREER!”

We cannot let anyone know that you have utilized our services unless under very specific circumstances & even in those situations, only the relevant information to the relevant individuals will be released.
(1) if you are a danger to yourself or others
(2) if you talk about the abuse or neglect of a child or older adult
(3) if we get a Court Order
(4) if you give us written permission to release your records to a specified source.

“COUNSELING IS A SIGN OF WEAKNESS. IT MEANS I CANNOT TAKE CARE OF THINGS ON MY OWN”

Counseling is a proactive effort to improve your life and is an act of courage & responsibility.
What to expect

⊙ Call or email us. We will find a time that works with your schedule.

⊙ The initial/intake appointment can last 60 minutes. Here you will:
  ⊙ complete some paperwork, and
  ⊙ meet with your counselor who will ask questions about your concerns, some background information, and goals for counseling.

⊙ Counseling is a collaborative process; you will be offered choices about the focus of sessions and strategies for symptom relief.

⊙ Each individual counseling session following the intake lasts 45-50 minutes.
How do I know if I need counseling?

You may need counseling if you find yourself saying any of the statements below:

“I don’t understand why I am failing this class. I used to be top of my class!”

“I keep reading the same paragraph over and over; I can’t concentrate!”

“I don’t understand why I feel so tired all the time.”

“I can’t believe I’ve gained all this weight in two weeks; I just can’t stop eating.”

“Why is my partner so irritating? S/he never used to be this way. I hardly ever want to have sex anymore.”

“Sure I drink, but only on the weekends, about 12 beers.”

“My muscles always seem to be tense, and I can’t sleep very well as my mind is racing.”

“I’ve only been away from home one month and I miss everyone so much already.”

“There’s no way I can present my work in front of all those people; I’ll make a fool out of myself! It’s hard enough to make friends without looking like a total idiot!”

“This makes no sense; I study so much and know my stuff but then I get the test and my mind goes blank!”
Contact Information

David L. Boren Student Union

1106 North Stonewall, Suite 300
Oklahoma City, OK 73117-1032
Tel: (405) 271-7336
Fax: (405) 271-8817
Toll-free: 1-877-577-5655
Email: counselors@ouhsc.edu

The University of Oklahoma is an equal opportunity institution. (08/07)