



# Counseling Center

## **UW Standard of Excellence**

The Counseling Center offers exceptional state-of-the-art clinical services for students. We are committed to continuous evaluation of service quality and close collaboration with other service centers to ensure that our work is timely and appropriate. Our staff are expert in the mental health and developmental needs of students and the unique experience of higher education. Finally, our psychology internship training is a top priority for us, and we are members of a national internship association.

## **Academic Community**

Effective therapy enhances student achievement and retention. The developmental services that we offer help students to create and achieve academic and career goals. By supporting students' understanding of self and others, we contribute to an enhanced quality of life and a greater ability to maximize their academic experience.

In addition to the direct service that we provide to students, we are also available to faculty, staff and administrators across the University of Washington campus. Consultation services to staff and faculty help create an academic environment that acknowledges and responds to each student as an individual.

The Center staff are broadly engaged with the academic community. Several staff members teach lectures and presentations, and we regularly provide programming for residence halls and student organizations. In addition, staff members serve on graduate committees for both students at the UW and other Universities.

At the national level, a staff member serves in leadership roles in a professional organization for the training of psychologists.

## **World Leaders in Research**

Counseling Center staff present at regional and national psychology and campus mental health conferences on innovative programs and services and individual research interests. Clinical data and service evaluation findings are presented and published.

The Center is part of a major North American multi-university study to gather clinical data about student mental health; a staff member serves on the founding Board of Directors. This study will integrate clinical data from college students nationwide, and will assist in refining mental health evaluations and related services for students.

## **Celebrating Place**

Health and Wellness programming reflects the spirit and vitality of the Pacific Northwest. However, living in the Pacific Northwest brings unique challenges as well, and environment-specific programming (light therapy) services are offered.

Our services are designed to respond to the needs of our unique and diverse campus community.

## **Spirit of Innovation**

Clinical, developmental and remedial services are constantly evaluated and renewed, and we are committed to the ongoing improvement of services and programs.

High priority is given to collaboration and program development with campus service partners.

We are especially attentive to emergent clinical and developmental issues, such as Internet addiction, suicide prevention, co-programming with residence life, bio-feedback and neurofeedback.

Our resources are managed in creative ways in order to optimize student service.

## **World Citizens**

The Center prioritizes working with international students and offers consultation to the International Studies Program. We have a strong commitment to humanity and to the recognition of the unique worth and needs of each individual student. A major service goal is to help students understand their impact on others and on the broader community.

## **Being Public**

The Center provides service to any student who needs assistance. Frontline, immediate crisis, consultation and referral services are provided to University students, faculty and staff, to families and friends of students, and to the local community via the Counselor on Duty program.

We provide information on selected mental health, wellness and student development topics to our community and beyond.