



Accessing Counseling & Psychological
Services (CAPS), HSU, 826-3236

**DROP-IN
COUNSELING SESSION**

WALK-IN WEDNESDAYS at CAPS from 10 am through 4 pm. No appointment needed, **first come-first served**. Appointments offered every half-hour. This is a Single Session Therapy (SST) appointment in which you will focus on a specific goal. Your therapist will help clarify the goal and focus on strategies / techniques for making progress toward a desirable outcome. You will walk out of session having accomplished something and having some resources to use in the future. If you decide you want ongoing 1:1 therapy at CAPS, you will need an intake appointment. Many people, though, find that a single session is all that is needed!

**SINGLE SESSION THERAPY
(structured, goal-oriented
therapy in a single session)**

In addition to our Walk-in Wednesday SST sessions, CAPS offers **SST by appointment** throughout the rest of the week. If you have a decision to make, have a specific goal that you need help with—this is likely the right kind of appointment for you!

**LET'S TALK SESSION
(informal single-session
consultation/help)**

Are you interested in a more **CASUAL conversation with a counselor** that doesn't involve more than a single sheet of paperwork and that happens outside of the center? This is a chance to consult with a counselor in a more informal low-key way (appropriate in circumstances where there are no safety issues). If you have never done counseling before, this is a great introduction.

INTAKE

You should ask for an **INTAKE** appointment if you are interested in ongoing individual or group therapy. This session provides a more formal assessment of your problems in the context of your personal history. Your intake clinician may recommend short-term individual therapy at CAPS, therapy off-campus (that can be longer-term or specialized in nature), or group therapy at CAPS.

CRISIS SERVICES

A **crisis session** is the way to go when the situation is serious and urgent and waiting for an appointment would be inappropriate, such as having plans for suicide or to seriously injure another person; having just experienced a sexual assault; or having emerging symptoms of psychosis (hallucinations, jumbled thoughts). If this is such a situation, alert our receptionist. If you are having a life threatening emergency in this moment, as always, please call 911.

DROP-IN GROUPS

CAPS has an array of **weekly drop-in support / discussion groups** that you can simply come to on your own without a therapist referral. See our handout detailing these groups!