

Who qualifies for services: All students currently enrolled in classes at the U of A or Spring International can benefit from counseling or psychiatric services.

What we can help with: Individual counseling can help by

- * gaining new perspectives
- * talking about stress relating to challenges such as academics, finances, or relationships
- * coping with loneliness, culture shock, or other adjustment difficulties
- * Navigating cultural differences such as language, food, religion
- * learning to respond to expectations from the University, Family, or Yourself

Group Counseling can help by:

- * sharing experiences with others who have similar challenges
- * gaining support from peers and professionals
- *improving relationship and communication skills

Psychiatry can help by

- * providing medical consultation in conjunction with counseling
- * if needed, providing medication for certain psychiatric conditions such as depression, anxiety, bipolar disorder, etc.

Confidentiality: Your counseling and medical records will not be disclosed to anyone outside of CAPS without your written permission, this includes parents, faculty, Spring International Staff, and University Staff. However, there are a few times when we are legally required to break confidentiality. These include instances when there is evidence of :

- *danger to self
- *danger to others
- *abuse to children or elderly
- *court order

Additional limitations to confidentiality may apply to those students under the age of 18.

Costs of Services: CAPS will provide an initial psychological consultation free of charge. Should a student wish to use our services after that, the fees are as follows:

Individual Counseling: \$20/session

Psychiatric Initial Consultations: \$85 (one time)

Psychiatric follow-up visits: \$40/session

Anger Management Consultations: \$X/session

Group Counseling and Case Management are free of charge, but must be coordinated in advance following an initial consultation.

How to Make an Appointment: At this time, we cannot communicate electronically (via email). To make an appointment, please call (479) 575-5276 between 8 a.m. and 5 p.m., Monday – Friday.

* A professional counselor has an M.S. or PhD in Counseling and is licensed by the State of AR to provide individual and group counseling as well as supervision to graduate trainees

* A psychologist has a PhD in clinical or counseling psychology and is licensed by the State of AR to provide individual and group counseling, assessment services, and supervision to graduate trainees

* A social worker has an M.S.W. or PhD in social work and is licensed by the State of AR to provide individual and group counseling as well as supervision to graduate trainees

* A graduate trainee is working toward a masters or doctoral degree in counseling, psychology, or social work. Trainees provide individual or group counseling with regular supervision from a licensed senior clinician

*a psychiatrist has a medical degree and specialized training to treat mental health conditions. Psychiatrists are licensed by the state of AR and meets briefly with students to provide consultation and occasional prescriptions for psychiatric conditions.