Counseling Center Services

School of Art + Design
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Clinical Counselor
Clinical Services
Reasons Students Might Use Our Services

• Academic distress/stress management
• Mild/moderate anxiety or depression
• Relationship concerns
• Family distress
• Harm reduction drug/alcohol use
• Social skills
• Bereavement
• Lack of motivation
• Identity development
• Managing microaggressions/racism/oppression
• Resiliency
• Homesickness
• Identity-related concerns
• Roommate or friend difficulties
• Perfectionism
• Time management
Counseling Services

Initial Appointment (IA)
Initial Consultation (IC)
Time-Limited Therapy
Unscheduled/Urgent Appointment
Group Therapy
Training and Involvement Opportunities
Counseling Center Paraprofessionals
ACE-IT Peer Educators and Harm Reduction Peers
INNER VOICES Social Issues Theater
Pre-Professional Graduate Assistantships
Practicum Counselors
MSW Internship
Doctoral Internship in Health Service Psychology
Outreach and Prevention
Online psychoeducational workshops offer students an opportunity to gain a variety of knowledge, skills, and awareness.

Check our website for the most up to date list.

Tuesday@7 led by Paraprofessionals - go.illinois.edu/Tuesday_7
Recognition, Insight, Openness (RIO) - go.illinois.edu/CC_RIO
Expressive Arts Drop-in Workshop (weekly) - go.illinois.edu/CC_ExpArts
This workshop.....

**Is**
- Open to all Illinois students
- Space for community connection
- Skill Development
- Personal reflection
- *May be therapeutic*

**Is NOT**
- Therapy
- For crisis support; call 911 if emergency
- Confidential space
Requesting an Outreach

counselingcenter.illinois.edu

• Go To website:
  – Click on Request a Workshop (bottom of page)
  – Fill out Workshop Request Form

REQUEST A WORKSHOP

Workshops on Request usually last one to two hours and cover topics such as:

- Alcohol and other drugs
- Communication in relationships
- Eating disorders
- Intimacy
- Procrastination
- Self-confidence
- Stress management
- Study skills
- Test skills
- Time management

Workshops on Request can be requested by anyone for any type of student group and are facilitated by Counseling Center professional staff, graduate assistants, or paraprofessionals.

Workshops are not limited to these topics and can be developed towards your special interests or concerns.

If you would like to arrange for a workshop on request, follow these three steps:

1. Complete a Workshop on Request form at least two weeks before the workshop date.
Kognito At-Risk Training

Recognize distress in others, intervene, and connect them with resources.

Modules for students and faculty/staff.

Modules specific to concerns of LGBTQ individuals and student veterans.

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For updates to services, online outreach and prevention programming, and self-care strategies

Facebook: /IllinoisCounselingCenter
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Reach Us By Phone
Monday Through Friday
8:00 AM to 5:00 PM
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*Currently Available by Phone Only*

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