

# Counseling Center Services

School of Art + Design

August 20, 2020



**COUNSELING CENTER**

[counselingcenter.illinois.edu](https://counselingcenter.illinois.edu)

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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



The background image shows three students in a classroom or study setting. In the foreground, a young woman with dark hair and glasses is looking down at a book or paper. Behind her, a student with blonde hair is resting their head on their hand. In the background, another student is visible, looking towards the camera. The image is overlaid with semi-transparent geometric shapes in shades of orange, grey, and white. The text "Training and Involvement Opportunities" is centered in a dark blue font.

# 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



A background image showing three students sitting on a grassy lawn under a large tree, reading books. One student in the foreground is wearing a blue and white plaid shirt. Another student is wearing a blue shirt and light blue pants. A third student is partially visible on the left wearing an orange shirt and blue pants. A semi-transparent white circle on the right side of the image contains text.

## Online Workshop Series

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](https://go.illinois.edu/Tuesday_7)**

**Recognition, Insight, Openness (RIO) - [go.illinois.edu/CC\\_RIO](https://go.illinois.edu/CC_RIO)**

**Expressive Arts Drop-in Workshop (weekly) - [go.illinois.edu/CC\\_ExpArts](https://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](https://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 anxiety
- 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 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.**



**[counselingcenter.illinois.edu](https://counselingcenter.illinois.edu)**

# Follow Us **Online**

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



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**counselingcenter.Illinois.edu**

# Reach Us By **Phone**

Monday Through Friday

8:00 AM to 5:00 PM

(217) 333-3704

***\*Currently Available by Phone Only\****



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