### Counseling Center Services

School of Art + Design August 20, 2020

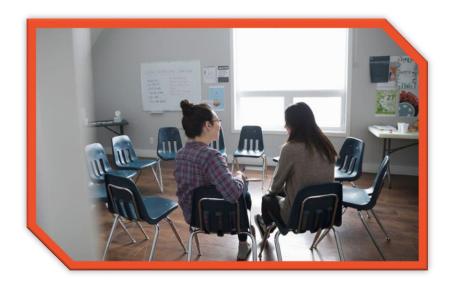


Matt King, Ph.D. Clinical Counselor





#### 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** 







Doctoral Internship in Health Service Psychology





## 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

Recognition, Insight, Openness (RIO) - go.illinois.edu/CC\_RIO

**Expressive Arts Drop-in Workshop (weekly) - go.illinois.edu/CC\_ExpArts** 

## This workshop.....

#### <u>ls</u>

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

#### <u>Is NOT</u>

- 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 RequestForm

#### 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:

 Complete Workshop on Request form a least two weeks before the workshop date.

## **Kognito At-Risk Training**



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



Modules for students and faculty/staff.



Modules specific to concerns of LGBTQ individuals and student veterans.



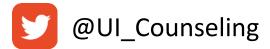
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#### **Follow Us Online**

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







/IllinoisCounselingCenter

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\*

