What to expect when seeking counseling services

- Students seeking counseling/therapy will be assessed by a professional counselor to determine the best fit for their needs and our services.
- Following the initial assessment, students may be offered a number of services, such as, group counseling, cognitive-behavioral workshops, or individual counseling. Short-term individual counseling is only offered when it is therapeutically appropriate and the best fit for a student’s needs.
- During peak service times, students seeking individual counseling may need to wait for a counselor to become available. Limited student availability and requests for specific counselor preferences (race, gender, religion, etc.) may lead to longer wait times. At peak times during the semester, students may be referred to community providers.
- The Counseling Center, staffed by professional counselors, provides training opportunities for graduate level students. Some students may be assigned to work with one of our counselors-in-training. All trainees are under close supervision by an experienced counselor or licensed psychologist.
- The Counseling Service division works in close collaboration with the Behavioral Health Service (BHS) in the University Health Center. When therapeutically appropriate, students are referred to BHS for psychiatric or medication evaluations. The Counseling Center does not prescribe medication.
- The Counseling Center does not provide long term treatment or highly specialized services such as behavioral analysis, neuropsychology, family therapy, hypnosis, or intensive treatment for eating disorders and chronic mental health conditions. Students with such needs may be referred to community providers.

Counseling Center Services

GROUP COUNSELING AND cognitive-behavioral workshops
https://www.counseling.umd.edu/cs/clinical/#group

The Counseling Center offers interpersonal psychotherapy groups and weekly theme-specific groups that address a variety of common issues, such as relationships, sexual assault, eating disorders, anxiety/stress, dissertation support, social identity, and stress management. Facilitated by psychologists and counselors, the typical therapy group size is 6 to 8 students. Three (3) hour cognitive-behavioral workshops that teach basic coping skills for managing symptoms of depression and anxiety are also available.

short-term PERSONAL AND PSYCHOLOGICAL COUNSELING
https://www.counseling.umd.edu/cs/

You may see a counselor for short-term individual counseling or couples counseling or join one of the many counselor-led support groups.

Career assessment and Counseling
https://www.counseling.umd.edu/cs/clinical/#career

Whether you are choosing a major, changing a major, or establishing career goals, it is important to understand how your personality, values, and interests relate to your future professional goals. If you are experiencing problems with choosing a major or career indecision, you can get help with this process at the Counseling Center.

drop-in hours

Unscheduled drop-in hours are available daily between the hours of 3:00 to 4:00 p.m. for students of color, LGBTQ students, student veterans, international students, and undocumented students.

Guided Study Sessions (GSS)
https://www.counseling.umd.edu/academic/gss/

GSS provides peer-led collaborative academic support in traditionally difficult lower level gateway courses. For more information call the Counseling Center at 301-314-7651.

ACCESSIBILITY AND DISABILITY SERVICE
https://www.counseling.umd.edu/ads/

The Accessibility and Disability Service (ADS) provides reasonable accommodations to qualified individuals to ensure equal access to services, programs, and activities sponsored by the University of Maryland. The ADS office is staffed by dedicated professionals who are available to assist, consult, support, and advocate on behalf of individuals requesting disability services.

ADS provides a range of accommodations for students with disabilities, including:

1. interpreters and transcribing services for deaf or hard-of-hearing students;
2. enlarged print and alternate text format of textbooks and written materials for individuals with print material disabilities (e.g., blind
or low vision, learning disabilities and attention deficit disorders, or physical disabilities);
3. extended time and private or reduced distraction testing space for exams; and
4. assistance with access to various buildings and facilities on campus including registration for the paratransit service.

You are strongly encouraged to register early by visiting the Accessibility and Disability Service on the Ground Floor of Shoemaker Building to schedule an appointment or call 301-314-7682 - (voice and TTY). Students can also email the office at adsfrontdesk@umd.edu to request information or visit the ADS website at www.counseling.umd.edu/ads.

Research Services
https://www.counseling.umd.edu/research/

The Research Unit produces a variety of research briefs and publishes articles on the New Student Census, college student development, retention, multiculturalism, and clinical service delivery.

Support for Parents of College Students
https://www.counseling.umd.edu/cs/familyfriends/#consult

The Parent Warmline is a telephone consultation resource available to parents/guardians/family members concerned about their student's adjustment at college. Counselors help callers address a range of issues and concerns.

Testing office
https://www.counseling.umd.edu/testing

The Testing Office in the Counseling Center administers career and personality tests for counseling purposes, national standardized educational tests, such as the GRE, LSAT, PRAXIS, TOEFL, and Miller Analogies, and proctors tests for other colleges and universities.

Counseling Center Hours

<table>
<thead>
<tr>
<th>Counseling Service Appointments</th>
<th>301-314-7651 (Crisis counseling available after-hours, breaks, weekends, holidays)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day</td>
<td>Hours</td>
</tr>
<tr>
<td>Monday-Thursday</td>
<td>8:30 a.m. to 9:00 p.m.</td>
</tr>
<tr>
<td>Friday</td>
<td>8:30 a.m. to 4:30 p.m.</td>
</tr>
<tr>
<td>Summer Hours: Monday - Friday</td>
<td>8:30 a.m. to 4:30 p.m.</td>
</tr>
</tbody>
</table>

Accessibility and Disability Service
301-314-7682

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<tr>
<th>Day</th>
<th>Hours</th>
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<tbody>
<tr>
<td>Monday - Friday</td>
<td>8:30 a.m. to 4:30 p.m.</td>
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</table>

Testing Office
301-314-7688

<table>
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<tr>
<th>Day</th>
<th>Hours</th>
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<tbody>
<tr>
<td>Monday - Friday</td>
<td>8:30 a.m. to 4:30 p.m.</td>
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Evening and weekend hours for testing purposes