Our Confidentiality Policy
The issue of confidentiality is important in any counseling setting. We work diligently to instill and maintain a high standard of trust with students.

During the first session, we will advise you of the limits of confidentiality regarding the information you choose to disclose. Possible exceptions to confidentiality will be discussed with you and will require a signed statement of understanding regarding the policy before counseling begins.

We treat all of our contacts with students confidentially and in accordance with Washington State law. This means that we cannot release information about counseling sessions unless the student signs a specific release of information authorizing us to do so. We may release information to the appropriate authorities without a student’s written consent only in response to imminent danger to the student or to others; evidence of child or elder abuse, or a duly issued court order. Such occasions are rare.

Even if a faculty member or other university official refers you to us, we do not disclose to them what we discuss or even whether you are being seen at the Counseling Center.

The Staff
We take great pride in the quality of services we provide. Each counselor has either a doctorate in clinical psychology and is state licensed as a psychologist, or is a doctoral-level intern or practicum trainee, working under the direct supervision of a licensed psychologist on staff.

Appointments
To schedule an appointment with a counselor, please contact us in one of the following ways:
Phone: 253-692-4522
Email: uwtscc@uw.edu
Office: Mat 354
Office hours: Monday-Friday, 8:30 am-5:00 pm.
Clinical hours: Monday-Friday, 9am-4pm.
CRISIS: Mental health emergencies are seen by our Counselor On Duty (COD) 12-2P, M-F, by drop-in. Mental health emergencies outside COD hours will be seen during clinical hours, M-F, 9A-4P, on a space-available basis meaning there may be a wait to see a counselor. Campus Safety can be reached at 253.692-4416, or Pierce County Crisis Line: 800.576.7764. Dial 911 for emergencies.

Services are currently provided to enrolled students without additional charge, with the exception of any assessment or testing fees or outside consultations that may be necessary.

Student Counseling Center
Phone: (253) 692-4522
(253) 692-4413 (TTY)
(253) 692-4602 (fax)

Location: Mattress Factory 354
E-mail: uwtscc@uw.edu
www.tacoma.washington.edu/counseling
This brochure gives some information about services provided by the Student Counseling Center.

**WELCOME**
**UNIVERSITY OF WASHINGTON TACOMA**
**STUDENT COUNSELING CENTER**

**Our Mission**

Our mission in the Student Counseling Center is to support student success through a range of counseling services. The University of Washington Tacoma takes pride in helping students become effective scholars and citizens. We offer services to UWT students to help them succeed in school, and to develop effective academic and interpersonal skills.

While there are many different approaches to counseling, all of them have change as a goal.

**Counseling may be right for you if:**

- You have emotional or behavioral problems, or problems with everyday living, that may interfere with attaining your academic goals.
- Your level of distress increases above that with which you are comfortable and your perception is that you are having difficulty managing things well on your own.

**What counseling is . . .**

We define “counseling” as a relationship that you enter into for the specific purpose of effecting a change in your life. Counseling is a collaborative treatment based on the relationship between an individual and a counselor in a safe, supportive environment.

The aim is to help people develop healthier, more effective thought and behavior patterns and/or resolve problems. Through “talk therapy,” you and your counselor will seek to identify and change or resolve the emotional, behavioral, cognitive, or interpersonal concerns that may interfere with your success as a student and in your life.

**What counseling is not . . .**

Talking with a counselor is **different** from talking with a friend. Counselors are specifically trained to listen and help you better understand your issues and the role they play in your decision making. Counselors help you identify and clarify your issues and your goals for change; and help you to develop a plan to achieve your goals.

**What counseling is not** (cont.)

Counseling is **not** a way of making someone else believe or act as you think they should. It is **not** a way of helping you decide how to plan your life or finances. Counseling does not “cure” you of life’s problems. However, you may be better able to cope with life’s challenges.

The Student Counseling Center utilizes a brief therapy model. Our services are not intended to address chronic issues beyond the scope of our time-limited, session-limited approach. We can help you with a community referral in situations needing more intensive treatment.

**Please Note:**

Counseling appointments are scheduled especially for you. If you need to cancel/reschedule your appointment, we request that you provide adequate notice. If you “no-show” for scheduled appointments, other students will be unable to receive services at that time.