Policy title Counseling Policies	Category Student Life
Owner Counseling Services	Approved by Sarah Kelen, VPSL

Purpose of this policy

To clarify the scope of practice, eligibility, and documentation for special requests

Application of this policy

Counseling services are available to full-time, registered traditional undergraduate students.

Policy statement

Eligibility and Fees

Counseling services and referrals are available to all Nebraska Wesleyan University students who pay the yearly Student Activity fee. There is a session limit of 16 sessions per academic year. Services are provided according to the fees published annually on the Counseling Services website. If a student misses three appointments in an academic year, students will no longer be allowed to schedule sessions at NWU Counseling Services in that academic year.

If a student is a minor when they seek services, the parent/guardian of that student must give consent for treatment by signing the Parent/Guardian Consent Form.

Faculty and staff may contact Counseling Services for reasons related to consultation, outreach, and presentations. Faculty and staff are not eligible to receive personal counseling through Counseling Services.

Limited Service

Counseling Services does not provide long-term intensive counseling and psychotherapy. Students for whom more than weekly session are indicated, who are at recurrent elevated risk, or who are seeking services not provided by Counseling Services will be provided with appropriate referral information.

Counseling Services does not provide psychometric evaluations. Students interested in assessments for ADHD, learning disabilities, or other evaluations will be provided with community referrals.

Counseling Services does not provide mandated or required treatment, including but not limited to counseling required by academic departments, classes, or legal/conduct proceedings.

Providing Documentation for Special Requests

Medical Withdrawal

The Counseling Services staff may support student medical withdrawal from Nebraska Wesleyan University when significant psychological problems (e.g., major depression, bipolar disorder) or personal concerns (e.g., serious illness in family) have markedly undermined a student's ability to function academically. The decision to grant a medical withdrawal, however, is ultimately the

responsibility of the Nebraska Wesleyan University administration.

Students must be current Counseling Services clients (seen by a counselor within the last month) and have attended at least 3 counseling sessions in the past 3 months in order for the counselor to consider providing supportive documentation for a medical withdrawal. Support

for student requests for medical withdrawal will be based on the counselor's clinical judgment. If the student wants to seek a second opinion, referrals will be provided.

If a student wishes to pursue a medical withdrawal, he/she must contact the Dean of Undergraduate Programs and fill out the appropriate paperwork. The designated section of this paperwork should be given to the student's counselor so that the counselor can provide supporting documentation outlining the reasons why the student is seeking a medical withdrawal.

Special Accommodations

Counseling Services staff may support a student's request for special accommodations (e.g., academic accommodations, housing accommodations) when significant psychological problems (e.g., major depression, bipolar disorder) or personal concerns (e.g., serious illness or disability) have markedly undermined the student's ability to function, and when allowing the accommodation may significantly improve the student's functioning.

Students must be current Counseling Services clients (seen by a counselor within the last month) and have attended at least 3 counseling sessions in the past 3 months in order for the counselor to consider providing supportive documentation for special accommodations. Support for student requests for special accommodations will be based on the counselor's clinical judgment. If the student wants to seek a second opinion, referrals will be provided.

The decision to grant such accommodations, however, is ultimately the responsibility of the Nebraska Wesleyan University administration.

If a student wishes to pursue special accommodations, he/she must contact the Coordinator of Services for Students with Disabilities or other appropriate individual on campus (e.g. Director of Residential Education for housing requests) and fill out the appropriate paperwork. The designated section of this paperwork should be given to the student's counselor so that the counselor can provide supporting documentation outlining the reasons why the student is seeking the accommodations.

Emotional Support Animals

Counseling Services is not able to provide assessments to document the need for an emotional support animal. Students requesting this documentation must find a mental health provider in the community to obtain an appropriate evaluation.

Last revised date
May 10, 2019