

## What is the MTSU Center for Counseling and Psychological Services?

The MTSU Center for Counseling and Psychological Services is a nonprofit facility that provides training opportunities to graduate students in counseling and offers services to the community.



## What services are provided at the MTSU Center for Counseling and Psychological Services?

- Individual counseling
- Family counseling
- Group counseling
- Parent education



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## Center for Counseling and Psychological Services



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## Who can receive assistance at the MTSU Center for Counseling and Psychological Services?

Services are offered to children, adolescents, and adults dealing with a wide range of issues or concerns.

## Who provides counseling at the center?

Graduate students in the Professional Counseling program provide counseling services to clients.

## How much does it cost to receive services at the center?

The fee for each counseling session is \$10 for community residents. Counseling is free for MTSU students and staff.



## What types of problems can counselors address with clients at the center?

- Adjustment problems
  - separation/divorce
  - death of a significant other
  - moving to a new school
- Anxiety problems
  - excessive worry/fears
  - low self-esteem
  - poor self-esteem/unhappiness
- Relationship problems
  - friendship/marriage problems
  - difficulty getting along with others (parents, teachers, friends, or co-workers)
- Non-compliant behavior at home, school, and/or work
  - refusing to follow through with requests of parents and/or teachers
  - frequent arguments with parents, friends, co-workers, or supervisors
- Conduct problems
  - getting into trouble with authority figures, stealing, lying, vandalism
- Depression
  - severe unhappiness
  - hopelessness

## Quick facts about the MTSU Center for Counseling and Psychological Services

- All sessions are confidential with some exceptions:
  - danger to self or others
  - engaging in abuse
- The center is a training facility, therefore all sessions are recorded for supervision purposes.
- Sessions are only reviewed by students and supervisors. No material leaves the center.
- The center does not accept insurance. Sessions are \$10 for the community and free of charge to MTSU faculty, staff or students.
- Payment is due upon receipt of services.

