



SEHS COUNSELING CENTER

NO COST COUNSELING

WHO WE ARE

The **School of Education and Human Services** Counseling Center (SEHS CC) is a counseling center run through the Department of Counseling at Oakland University. We are located at 250 Pawley Hall on the main campus. The SEHS CC is a training and research facility for graduate and doctoral students in the counseling program. The counselors in the SEHS CC are counseling students who are in their final semester before internship. Their work is closely supervised by professionals hired by the department.

The counselors provide no-cost personal and career counseling for ages six and older. This can include individual, couple, family, career and group sessions. The SEHS CC does offer expanded hours and is open 60 hours per week to accommodate your schedule.

WHAT IS COUNSELING?

The SEHS Counseling Center provides no-cost personal and career counseling. Counselors can help you with your struggles of everyday living, improving relationships, exploring options, self care, anxiety and many other personal or career-related issues. Counseling is a collaborative effort between the counselor and client, counselors can help clients to identify their own personal goals and solutions to their everyday or on-going struggles.

- Individual Counseling is a chance for someone to attend counseling to address their own personal struggles and achieve personal growth during challenging times. Individual Counseling can help one cope with a variety of areas including anxiety, career, school problems, time management, depression, life changes, relationships, etc.
- Couples Counseling can help a couple work through ups and downs in their relationship. Each couple experiences things differently and couples counseling can be a time to address communication, trust, infidelity, discuss problems and set goals as a couple.

- Family Counseling usually involves the family unit as a whole. Family counseling is for a family experiencing change, stress, communication problems or issues with roles and rules, etc. Some issues commonly addressed during family counseling are loss of a family member, parenting, sibling conflict, blending families, etc.

GETTING STARTED

After completing a brief registration, online or over the phone, you will be assigned a counselor. The Center does usually have a wait list of at least a week, unless there is a semester break, then the wait may be longer. The counselor you have been assigned will call to schedule your first appointment. To ensure your privacy, the counselor will leave a generic message such as, "I am Jennifer calling from Oakland University. You can reach me at XXX-XXXX." Nothing else will be stated and please note that the number may not show as an Oakland University number.

At your first appointment you will be asked to sign a consent form granting your counselor permission to record your sessions for supervision and training purposes. The first session will be about an hour and a half with subsequent sessions lasting 50 minutes.

FAST FACTS

- 963 clients were served during 2016–17 for individual counseling
- 61 student counselors provided services
- 421 students were enrolled in courses that used the center
- 270 clients attended groups hosted in the center
- Approximately 7,000 hours of no-cost counseling were provided to the community
- 228 OU students received services in the center
- The center was open 60 hours per week, except for scheduled University breaks and closings

TO REGISTER FOR COUNSELING, CONTACT:

(248) 370-2633
oakland.edu/sehs/cc

FOR ADDITIONAL INFORMATION, CONTACT:

Ashley Karas, Coordinator
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