Meet the Counseling Center Staff

Ten Reasons to Visit the Counseling Center

1. Stress is getting the best of me, and it's getting harder to focus as I juggle school, work, family and relationships.
2. I can't eat or sleep well anymore, nothing makes me happy and I feel down all the time.
3. I try, but I'm unable to find the love I want.
4. I am standing on the threshold of becoming "all that I can be" and I don't have a clue about how to take the first step.
5. I am having trouble making decisions; family and friends run my life.
6. I don't fit in and don't know how to get past "hello" with new acquaintances.
7. So much has changed, and I no longer know who I am.
8. I worry a lot about my weight; I am preoccupied with food.
9. I am my own worst enemy. I don't treat myself well, and I question whether I should even exist.
10. The "unspeakable" has happened, and I need to get past it.

UCI Counseling Center

203 Student Services I
Irvine, CA 92697

949.824.6457 phone
949.824.6586 fax

www.counseling.uci.edu

Student Affairs

FEB 2019

UCI Counseling Center

203 Student Services I
Irvine, CA 92697

949.824.6457

www.counseling.uci.edu

Counseling Center Introduction

Here at the Counseling Center, we recognize that students face multiple challenges as they balance classes, work and their personal lives. While we know that there are many ways to get support including accessing family, friends and cultural/ spiritual practices, the Counseling Center is another way that you can receive assistance.

We are here to provide registered UC Irvine students with a broad range of mental health services. They include time-limited individual, couples, family and group counseling for undergraduate, graduate and professional school students. We also provide urgent care, crisis response, community referrals, consultation and outreach programs for the university community.

At the Counseling Center, we recognize that each person is unique. As such, the issues addressed and the approaches used will be tailored to your individual needs as you work with your therapist. Your therapist will help you clarify your reasons and goals for entering therapy and then provide you with opportunities to learn new skills and coping mechanisms while also gaining self-understanding.

Counseling Center services are free of charge to currently enrolled students who have paid registration fees! All clinical services are confidential.

Make an Appointment

Please call the Counseling Center at 949.824.6457 and ask to make an "initial appointment."

The receptionist will assist you in finding the first available time that fits your schedule.

If your situation is urgent or if you are in crisis you may request to see the on-call therapist immediately.

Clinical Services

Crisis Services

- Urgent Care — M-F 8:00 a.m. - 4:30 p.m.
- After Hours Crisis Services — For after hours services, call 949-824-6457 and select opt #2

Psychotherapy

- Short term individual counseling
- Couples & family counseling
- Online mental health self help *https://thepath.TAOconnect.org*

Psychiatry

- We offer limited psychiatric services and consultation. Please talk to your therapist about services.

Groups*

- Finding Your Calm (Anxiety & Stress Management)
- Authentic Connections
- Overcoming Social Anxiety
- Graduate Students Therapy Group
- International Coffee Hour
- Estamos Unidas
- LBGTQ Graduate Students Discussion Troup
- What is Love?

**This is only a selection of the groups offered and are subject to change each quarter. Check the website for this quarter's selection.*
https://counseling.uci.edu/services/groups

Outcreach

- Workshops, trainings & presentations
- General outreach & consultation
- Please visit our website to request an outreach service for your organization *counseling.uci.edu/outreach/request-services.php*

Training

Education is central to the mission of our center. We are proud to offer three different training programs:

Doctoral Psychology Internships: UCI has the longest standing Counseling Center APA accredited internship program in the UC system.

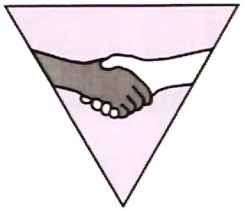
Postdoctoral Fellowships: We offer advanced training and supervision to prepare early career psychologists for licensure in the state of California.

Provider of Continuing Education: As a service to the local mental health community and for our continual professional development, we provide continuing education courses.

Peer Programs

COACH: The Creating Options And Conquering Hurdles (COACH) program offers life coaching! Our Life Coaches are a group of upper level undergraduate students carefully selected and extensively trained. They have expertise in the area of helping you accomplish your personal goals whether it be by achieving positive self-esteem, better time management, improving communication skills, enhancing academic achievement or establishing healthy relationships with friends, family or significant others.

LGBTQ Mentor Program: The Lesbian, Gay, Bisexual, Transgender, Queer (LGBTQ) Mentoring Program supports LGBTQ students in their personal journey toward becoming healthy, self-accepting LGBTQ individuals. Mentors aspire to help LGBTQ students feel comfortable "in their own skins" as LGBTQ people and to make coming out an empowering, positive experience.



Peer Educators: Peer Educators provide outreach services to various student groups, develop and deliver workshops covering a variety of mental health topics, market the services of the Counseling Center to the campus community, assist professional staff members with programming and assess student need regarding mental health issues.