Establishing Services

1. Stop by our office, between 9:00 am and 4:00 pm Monday through Friday, to complete a brief series of online forms (~ 30 minutes, only accessible at CAPS’ Office) and pay a $15 initial fee for establishing services at CAPS.

2. Schedule an initial appointment with a CAPS’ counselor. Initial appointments are typically scheduled within a week of your initial request; however, during times of high demand, the wait may be longer.

3. Following the initial appointment you will be assigned a counselor who will contact you to set up your next appointment.

Did you Know?
Anonymous responses to the CAPS client satisfaction survey indicated:

- 89% found the visits useful
- 80% experienced improvement in their condition
- 49% indicated that CAPS’ services helped them to remain at IUPUI
- 54% believed CAPS’ services helped to improve their academic performance

(IUPUI CAPS Satisfaction Survey 2010-11)

Students utilizing CAPS’ services have consistently had higher graduation rates than their respective cohort.
College Counseling Services

College is a very unique time in a person’s life. Some students are very young and away from home for the first time. Other students may be going back to school, have the responsibility of a family, and starting a new career. No matter the reason for being in college, the lessons learned and obstacles overcome during those years can provide a wonderful opportunity for emotional growth and maturity. However, these lessons and obstacles can also be very challenging and cause overwhelming stress, psychological problems, and academic difficulties that affect the progress of the student.

Counseling services are designed to assist students with addressing the difficulties encountered during the college years and to promote greater overall wellness within the IUPUI student population.

Common concerns in the College Student Population

College students experience a wide range of concerns that are often addressed through counseling. These may include:

- Anxiety and Stress
- Relationship conflicts
- Depression
- Feelings of Isolation and Loneliness
- Confronting discrimination and prejudice
- Substance use/abuse
- Eating disorders such as Anorexia Nervosa and Bulimia Nervosa
- Impacts of abuse or trauma
- Academic concerns such as managing time, stress, and study/test taking skills development

What is Counseling?

Counseling is a psychological service whereby "normal" everyday people receive help with "normal" everyday problems. The counseling process can involve learning more about who you are or want to be, the origins of unhealthy behaviors, alternative coping skills, options for behavioral change, and/or more effective interpersonal skills. The counseling process can take place in a ‘one-to-one’ or ‘group’ format. The content of counseling sessions and the personal identifying information of those who seek services are kept ‘strictly confidential’, and will not be released without a written consent. However, limits to confidentiality exist, and disclosure is required even without written consent:

- To prevent immediate threat or harm to self or others.
- When counseling services are provided to minors or individuals who are unable to give voluntary, informed consent. Parents or guardians may be included in the counseling process as appropriate.
- When it is reported or believed that a minor, elderly individual or person with disability that warrants a guardian is being subjected to abuse, neglect, or exploitation.
- When legal requirements (court-order) demand that confidential information be revealed.

Who are the Counselors?

College counselors are trained professionals who work with college students to promote emotional health and wellness during their college years.

Common professional credentials found at university counseling centers are Licensed Mental Health Counselor (LMHC), National Certified Counselor (NCC), and Licensed Psychologist (Ph.D, Psy.D, Ed.D).

Counseling Services at IUPUI

IUPUI Counseling and Psychological Services (CAPS) offers comprehensive professional mental health and consultation services to the IUPUI community. Such services include but are not limited to:

- Psychological Testing/Assessment
- Individual/Group/Relationship Counseling
- Crisis Intervention and Referral
- Training/Supervision of graduate students/counselors in training
- Classroom presentations and Outreach programs
- University Consultation

What concerns do students bring to CAPS?

Students that come to IUPUI CAPS generally present with concerns related to relationship and/or adjustment issues. Many see the University as a place to explore new options. Discovering one’s strengths and one’s limitations can result in seeking counseling in order to reestablish a balance. At the same time, most major psychiatric disorders --- major depression, anxiety disorders, alcohol and other drug abuse --- have their onset during the traditional college years of 18-to-22. Some students seen at CAPS are experiencing the onset of such disorders.

Highlights:

- 89% found the visits useful
- 80% experienced improvement in their condition
- 49% indicated that CAPS' services helped them to remain at IUPUI
- 54% believed CAPS' services helped to improve their academic performance

(IUPUI CAPS Satisfaction Survey 2010-11)