

WELCOME TO

COUNSELING AND PSYCHOLOGICAL SERVICES

We are here to support you and your success at Purdue.

To best serve you, we keep some things in mind. We know that accessible and responsive mental health services are important to you and our community. We also know that culturally responsive and informed care is pivotal to providing effective services. We strive to provide services that are affirming and inclusive so all students can benefit. Our team of mental health professionals specialize in college mental health and provide care that best meets your unique needs and goals. To provide all Boilermakers with accessible mental health services, our scope of services is brief in nature. This means our treatment services are goal focused and short-term.

The purpose of these initial contacts is for us to understand your needs so that we can work with you to create a support plan, which may include workshops, groups, individual counseling and/or referral support to an outside provider. CAPS providers are committed to offering students the best possible services and we will discuss those options that we believe will best meet your needs. We use a stepped-care approach to services that tailors our recommendations of intensity and types of services to meet your unique individual needs.

What to expect during your Brief Screening Session

The first step in getting started with services at CAPS is to attend a brief screen appointment. Same day/next day appointments are available for any student wanting to seek services. During this appointment, you will meet with a CAPS counselor for 15-20 minutes. We will ask you questions about your current situation, safety, and what you would like to accomplish in seeking services. Sometimes, we may ask you to meet with us again for another consultation, which usually takes place in person with a counselor. Because of the brief nature of these initial meetings, the counselor will focus on your most urgent concerns, and it will not feel like a typical therapy session.



Purdue University Student Health Center.
(Purdue University/John Underwood)

OUR SERVICES THAT WILL BE REVIEWED WITH YOU:

WORKSHOPS

Our workshop series provide students with a focused and action-oriented space to learn and practice skills that will help them better manage difficult thoughts and feelings.

All our workshops are offered in 3-weeks series throughout the semester. You do not need to be a Purdue CAPS client to join!

GROUP COUNSELING

Working on issues within a group setting can be a highly supportive and productive way to address personal concerns. In fact, group counseling can be the most effective treatment for certain issues.

Students who share common concerns meet weekly throughout the semester. Group schedules are new each semester and cover a wide range of areas.

INDIVIDUAL COUNSELING

We offer brief individual counseling focused on specific goals and for concerns that are appropriate for this level of service. Treatment services are brief in nature and based on need. We do not have pre-defined session limits and appointments are typically scheduled every other week based on availability.

COMMUNITY REFERRAL SERVICES

A student's needs may best be served by a referral to community resources. CAPS provides referral support by offering additional meetings and specialized services to connect you to an outside provider.

Examples of referrals to services outside CAPS: Need for specialized or more intensive care, you may be graduating or leaving Indiana, you would benefit from more frequent or long term care.

PSYCHIATRY

Psychiatric team provides medication evaluation and management of mental health concerns. We practice a dual-care model and offer psychiatry to those students who are actively engaged in therapy.

SELF-HELP

We encourage any student to take advantage our suite of self-help tools available to support mental health and holistic wellness. TAO offers a library of resources that are free to you.



SIGN UP TODAY:
bit.ly/TAOsignup

FALL 2023 GROUP AND WORKSHOP LISTINGS ON THE NEXT PAGE!

FALL 2023 GROUPS

Black Student Support Group: Group for Black/African students of the African diaspora wishing to increase self-understanding, self-esteem, intimacy in relationships, race-related issues, as well as addressing their interpersonal style and relationship-building skill.

Building Social Confidence: A semi-structured 9-week group focused on the needs of individuals with social anxiety, social phobia or “shyness”. Topics include anxiety management, communication skills and assertiveness.

Calm (Trauma Skills): For any student who has experienced interpersonal trauma (e.g., abuse, sexual assault). The group will focus on helping students gain an understanding into the impact of trauma on physical and emotional health, learning different coping skills to better manage their symptoms and connecting with others to feel less alone.

Focused—ADHD Skills Group: A 10-week semi-structured group designed for students interested in developing knowledge and skills to better manage their ADHD symptoms in a safe and supportive space.

GAME Group: Designed for students with Autism Spectrum Disorder (ASD) to have a safe space to discuss their experiences, practice social skills, build friendships and broadly encourage positive social experiences.

Grief Group: This is a 6-session group for students who have lost a love one due to death. Students will learn about the different aspects of grief and will have time to process their feelings and experiences in the group.

Healing From Family Challenges: A group for students who have experienced distress or difficulty in their family of origin and want to better understand this experience. Students will learn how to set boundaries, express feelings, develop healthy relationships and increase hope for their future.

International Support Group: Designed to serve as a space for graduate and undergraduate international students who wish to share experiences, express hopes and fears and receive support and feedback.

Latinx Therapy Group: Group for Latinx undergraduate and graduate students intended to provide a space to build a supportive community, explore life experiences, promote encouragement and empower students to work toward their personal values.

LGBTQ+ Graduate Student Group: Group for LGBTQ+ graduate students wishing to increase self-understanding, self-esteem, intimacy in relationships, as well as addressing their interpersonal style and relationship-building skills.

Moving Forward with Anxiety: This group provides an opportunity to explore and process personal experiences with anxiety and is designed to develop students’ understanding of and skill at managing anxiety and panic.

THRIVE Resiliency Hour: THRIVE is designed to encourage self-care and empowerment. Its primary purpose is to help students to take care of themselves, let go of stress and enable them to get in touch with their inner strength and resources.

Trans and Gender Expansive Group: Group for individuals who identify as transgender and gender diverse. The goal of this group is to offer a safe and affirming space where students can share experiences, express hopes and fears, explore interpersonal patterns and receive support and feedback.

Understanding Self and Others: Designed for undergraduate and graduate students who wish to increase self-understanding, self-esteem and address their interpersonal style and relationship-building skills.

FALL 2023 WORKSHOPS

Anxiety Toolbox: Three-week workshop focused on helping individuals better understand their anxiety symptoms and develop individualized action plans to better manage their anxiety.

Art of Self-Care: A weekly workshop where students will learn to engage in self-care through art, music, painting, coloring and other creative activities.

Inner Calm: Three-week workshop focused on helping individuals develop skills to better manage difficult emotions and tolerate distress.



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