

WELCOME TO

# COUNSELING & 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. Brief screen appointments can be scheduled online, by calling CAPS, or by stopping by PUSH. During this appointment, you will meet with a CAPS counselor for 30 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. Scan the QR code to learn more about this process.



[bit.ly/caps-contact](https://bit.ly/caps-contact)



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. Scan the QR code to learn more about workshops:



[bit.ly/caps-workshop](https://bit.ly/caps-workshop)

### 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](https://bit.ly/TAOsignup)

**FALL 2024 GROUP AND WORKSHOP LISTINGS ON THE NEXT PAGE!**

## FALL 2024 GROUPS

**Building Social Confidence:** A 9-week group focused on the needs of students with social anxiety or “shyness”. Students will learn skills and strategies to better manage their anxiety and create more meaningful social interactions.

**Calm:** For any student who has experienced interpersonal trauma (e.g., abuse, sexual assault). The group will help students gain an understanding of the impact of trauma and equip them with practical skills to manage their symptoms.

**Choices:** This group is for students with substance use concerns who are interested in exploring their relationship to substances, have a desire to make changes to their use and want tools to make more intentional choices.

**DBT Group:** This group teaches students how to live in the moment, how to better manage difficult emotions, and how to improve communication with others. Students are required to be in individual therapy at CAPS to participate in the group.

**Disordered Eating Process Group:** This group is for students interested in improving their relationship with food and their body. Students will develop knowledge and skills to improve their relationship in a safe and supportive space

**Focused—ADHD Skills Group:** This group is 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 an 8-week group for students who have lost a loved one due to death. Students will learn about the different aspects of grief, process their experiences of loss, and connect with others who have experienced loss.

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

**International Circle:** A group designed specifically for international graduate students to build a sense of community, receive guidance and feedback, and learn skills and knowledge to better manage current challenges

**LGBTQ+ Graduate Student Group:** Focused on experiences of graduate students who identify as part of the LGBTQ+ community who wish to increase self-understanding, self-esteem, and improve their relationship building skills.

**LGBTQ+ Undergraduate Student Group:** Focused on experiences of undergraduate students who identify as part of the LGBTQ+ community who wish to increase self-understanding, self-esteem, and improve their relationship building skills.

**Mandarin Speaking Student Support Group:** This group is for graduate and undergraduate students who wish to speak Mandarin while working to improve their overall well-being.

**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.

**Perfectionists in Progress:** Perfectionism can push us to achieve but can also lead to procrastination, self-criticism, and imposter syndrome. This group is for students who want to explore and challenge their desire to be perfect.

**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 Diverse Group:** Focused on experiences of those who identify as transgender or gender diverse. The group offers a safe and affirming space where students can share experiences, express hopes and fears, and receive support.

**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 2024 WORKSHOPS

**Anxiety Toolbox:** Three-week workshop designed to support skills and knowledge needed to manage anxiety symptoms.

**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.

**Wellness and Resilience Skill Building:** A four-week workshop where students will learn to better manage difficult emotions, engage in life mindfully, and improve communication skills.



### COUNSELING AND PSYCHOLOGICAL SERVICES

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