



Counseling and Psychological Services
Ghering Health and Wellness Center
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Scope of Practice Statement

The Following Scope of Practice Statement is intended to inform students and the Edinboro community about the general parameters of services provided for students at Counseling and Psychological Services (CAPS).

About our Staff:

The Clinical Case Manager (CCM) is a Master's level professional who is trained in crisis management and adheres to the professional and ethical guidelines of the National Association of Social Workers.

Professional Counselors have a Master's degree or PhD in Psychology, Social Work or Counseling and are licensed, or license eligible, professionals through the Pennsylvania state licensing board. The CAPS' Counselors adhere to the professional and ethical guidelines of the American Psychological Association, the National Association of Social Workers, and American Counseling Association.

Scope of Clinical Case Manager:

Clinical Case Management offers case management for all university students requiring additional guidance and support both on and off campus; in addition, general consultation services are offered for all staff and faculty in regard to students of concern.

Possible areas of support include, but are not necessarily limited to the following:

- Students experiencing an acute crisis or who are in a situation that is greatly impacting the student's ability to successfully engage in daily activities.
- Students who require information or guidance to navigate university and/or community resources.
- Faculty and staff whom are concerned about a student whom would like some additional expertise or guidance.

Scope of Clinical Care:

CAPS offers professional and confidential counseling for developmental, educational and future goals. Counseling creates an opportunity for a student to address personal, social and/or emotional concerns, and to enhance a successful university experience. CAPS strives to facilitate the development of Edinboro University students by providing short-term individual, relationship and group counseling.

All enrolled Edinboro University students are entitled to an initial screening; however, the most appropriate form of follow-up care is determined primarily by the CCM/Counselor in collaboration with the student. When appropriate, students may be referred to services offered within the CAPS office, however when a student's needs fall outside of our expertise or resources available in the CAPS office, a referral to another office, agency or resource may be required.

CAPS strives to facilitate the total development of students by reducing psychological problems and distress and by enhancing mental health, well-being, quality of life, and supporting aspirations for optimal functioning. Our primary focus is on providing brief, strengths-based, confidential counseling aimed at helping students succeed academically and interpersonally. Clinical services include initial intake assessment, brief counseling, group counseling, and referral to other resources where appropriate.

CAPS has three essential roles:

- Providing clinical services that help students achieve their academic and personal goals.
- Educating the campus community about the emotional and developmental needs of students through community level interventions, including outreach, programming and consultation.
- Responding to the psychological effects of crisis impacting individual students and the campus community.

In order to use its resources most effectively, CAPS utilizes a short-term model to assist students in addressing issues common in a college setting. Some of those issues that are commonly addressed in counseling include, but are not necessarily limited to the following:

- Personal issues such as anxiety, depression, loneliness, grief, body image.
- Relationship issues regarding friends, family, partners, roommates and others.
- Developmental concerns such as adjustment, transitions, and identity issues.
- Academic concerns such as motivation, test anxiety, and perfectionism.
- Other issues that may include trauma, assault, and/or stress management.

Limitations to University Counseling Services:

Students seeking clinical care will receive an opportunity for a consultation in order to determine the specific needs of the student and how best to meet those needs. The professional judgment of the CAPS Counselor and Clinical Case Manager will guide the decisions in each particular case. This document reflects general guidelines and is intended only as a guide. Each case will be individually evaluated in accordance with professional and ethical standards.

To assist in promoting high quality clinical care decisions, the following factors are considered in determining which students may not be appropriate for counseling services at Edinboro University. Students with the following concerns and characteristics may likely need a different type or level of care than what is within the role and scope of CAPS:

- Students who demonstrate a serious lack of motivation or engagement in treatment; or who are unable to comply with treatment.
- Students who appear to need long term treatment beyond the scope of our services, reasons may include:
 - Students with a history of multiple psychiatric hospitalizations.
 - Students with a chronic history of suicide attempts.
 - Students with a significant history of previous treatment.
 - Students with active eating disorders requiring extensive medical monitoring.
 - Students with concerns which a brief therapy model of treatment will not appropriately address.
- Students who need services other than what is offered at CAPS, reasons may include:
 - Students needing intensive outpatient or inpatient treatment; other specialty services.
 - Students needing psychiatric services.
 - Students needing medical detoxification and/or medical stabilization.
 - Students seeking on-going mandated treatment.
 - Students seeking comprehensive assessments, such as those for disability determination, ADHD, or other accommodations.
 - Students seeking documentation for an emotional support animal.
 - Students consistently needing services more than once per week and/or frequent consultation after hours that cannot be stabilized with short-term crisis intervention.
 - Students seeking psychological assessments or evaluations for selection, performance prediction or forensic purposes (e.g., for professional school application, military, employment security, or other legal litigation or adjudications).
- Students who are already receiving on-going therapy with another mental health provider.
- Students seeking therapy for the sole purpose of obtaining documentation for another office.

Other Limitations:

CAPS does not offer counseling over semester breaks or summer break. Clinical Case Management is available on a limited basis during semester breaks and summer break. All Edinboro University students who have paid the Health Center fee are eligible for Counseling Services and Clinical Case Management; alumni who are not enrolled in classes and other non-students are not eligible for Counseling Services. Edinboro University employees may consult with Counselors and/or the Clinical Case Managers regarding a student of concern. However, employees are not eligible for counseling or clinical case management services. Members of the campus community may access individual counseling through the State Employee Assistance Program. Information can be found through the Human Resources Department.