

Personal Counseling Services Acknowledgement

Pima Community College

Introduction

Welcome to Counseling Services at Pima Community College (PCC). This acknowledgement document is intended to give you general information about our counseling services. Please read it carefully. If you have any questions, please ask your **Academic Success Counselor**. **Note that Career Counselors do not provide personal counseling services.**

Personal Counseling Services are available to students whose personal life issues interfere with their academic success. Some of these issues may include, but are not limited to:

- Feeling overwhelmed or stuck
- Concerns about substance abuse
- Depression or persistent sadness
- Stress and Time Management skills
- Relationship issues or family concerns
- Support with LGBTQ+
- Motivation, procrastination or concentration concerns
- Test-taking, anxiety, public speaking concerns
- Adjusting to Pima, Tucson, and/or the United States, including DACA

PCC's Personal Counseling is not psychotherapy. We use a crisis-stabilization and referral model, where we provide immediate and short-term support (typically three counseling appointments) and link you with long-term community resources as needed.

Limits of Personal Counseling

PCC Counselors do not provide psychotherapy, which includes assessment and/or diagnosis and/or treatment of behavioral health issues. If a student wants to start psychotherapy, a Counselor can provide a referral.

Referrals

During Personal Counseling a student may receive a referral(s) to a psychotherapist in the community and/or community organizations to address student needs. This is determined between Counselor and student and will depend on what issue(s) the student chooses to address.

Confidentiality

Normally what you say during a counseling appointment is confidential and will not be disclosed to anyone without your permission. Notes from appointments, related correspondence, and referral information will also be kept as secure and confidential educational records and will not be shared with anyone without your permission, unless otherwise permitted by law or PCC policy and subject to the limited selections stated below.

Counselors are required by law, and by professional ethics, to report if any of the following situations arise:

- If a counselor believes that someone is seriously considering and likely to attempt suicide;
- If a counselor believes that someone intends to assault another person;
- If a counselor learns that someone has a fatal contagious disease and is interacting with others in ways that increases the risk for those individuals.
- If a student is in imminent danger or at risk for serious or life-threatening harm;
- If a counselor suspects abuse, neglect, or exploitation of a minor or of an incapacitated adult;
- If a counselor believes that someone's mental condition leaves the person gravely disabled;
- If a court order requires us to release information contained in your records, or requires a counselor to testify.

It may be necessary to let others in the College system know you are in crisis in order to coordinate services for you and/or to minimize the negative impact of the crisis. We therefore may notify Campus Police and a PCC Student Affairs Administrator. We may also notify other appropriate persons within the College if the knowledge of such information is necessary to protect the health or safety of you or other persons. A final exception to confidentiality involves our team approach. Student information may be shared between the PCC Counselors and appropriate personnel on an as-needed basis for supervision and/or consultation purposes.

Thank you for taking the time to read this document. We encourage you to discuss any questions or concerns regarding the above information with your PCC counselor. **I acknowledge I received this form and reviewed it with a PCC Academic Success Counselor.**

STUDENT SIGNATURE: [Student Name]

PCCID#

[Date]