

Student Counseling Center Resources

Eligibility

The Student Counseling Center offers services to all undergraduate and graduate students who are enrolled for the current semester in courses at Texas Tech University. Our services are paid for out of student fees, so students do not have to directly pay for sessions. The SCC guarantees a triage session to all enrolled students to determine if the SCC is appropriate for meeting their needs. SCC clinicians will determine the type and length of treatment any individual client needs. The SCC does operate on a brief therapy model, so students in need of weekly, long-term treatment will be referred to community resources.

The Student Counseling Center is **not** affiliated with “The Counseling Center @TTUHSC.” That office serves Health Sciences Center students and TTU Employees only, and it has its own set of fees and session limits. In looking for our website, please be sure that you are googling counseling.ttu.edu. “The Student Counseling Center” should be the page that comes up.

Graduate students who have paid assistantships should be eligible for Employee Assistance Program services offered through The Counseling Center@TTUHSC. If graduate instructors have concerns about potentially seeing their students in passing at the Student Counseling Center, EAP through The Counseling Center@TTUHSC is an option.

Walk-In Clinic

To get started with treatment, please come to the Student Counseling Center (SCC) Walk-In Clinic hours, Monday through Friday between 12:30 and 3:30 pm. The Front Office staff will ask you some preliminary questions and ask you to complete introductory paperwork on an iPad, which should take about 30 minutes. After completing the paperwork, the next available initial assessment counselor will meet with you for a 20-30 minute appointment. During high volume periods, you may experience a wait between completion of the paperwork and meeting with the counselor. The initial assessment counselor will evaluate your concerns and discuss with you how your needs can best be addressed. We have a variety of services at the SCC including [**Manage Your Mood**](#) skills-building groups, [**MindSpa**](#) relaxation exercises, [**group therapy, Therapy Assistance Online**](#), and [**Brief Individual**](#) or [**Couples Counseling**](#). The counselor will work with you to find the most helpful fit for your concerns. We also have access to a network of mental health providers both on and off campus, and when appropriate you may be referred to one of these agencies. At the conclusion of your initial session, the counselor will discuss the next steps you can take to start feeling better.

For questions about getting started with services, please call [**806-742-3674**](tel:806-742-3674).

SCC Individual Counseling Overview

Brief individual counseling focuses on short-term treatment goals in order to facilitate adjustment, improve functioning, and address acute symptoms blocking student success. If your [initial assessment](#) counselor determines that individual counseling is the best approach to addressing your concerns, you will be scheduled with an individual therapist.

Therapists are available to meet with students for a limited number of sessions, which are between 30 and 45 minutes in length. Together, you and your therapist will review the recommendations made during the initial assessment, set goals, and determine the approximate number of sessions that may be needed. Clinicians will determine whether sessions are weekly or biweekly, based on your needs and concerns.

Other SCC Services

Biofeedback Personal Coaching

Your triage counselor may recommend Biofeedback Personal Coaching to help with stress management and anxiety. For Biofeedback Personal Coaching, you will be assigned to an individual therapist who will guide you through the SCC MindSpa [Biofeedback](#) self-help programs.

These programs will teach you breathing, imagery, mindfulness, and other skills to help you cope better with your stress level. Biofeedback Personal Coaching typically takes between 1 and 3 sessions to complete. Please note that SCC counselors are not certified biofeedback providers. Rather, we provide guidance and support while you identify and utilize the self-help programs which best meet your needs.

For more information about the [MindSpa](#), please follow the link or contact our coordinator, [Dr. Kyle Schindler](#).

Therapy Assistance Online

TAO is an interactive, web-based program that provides well-researched and highly effective strategies to help overcome anxiety, depression, and other common concerns.

With TAO, you will have access to highly effective therapy modules 24/7 and a dedicated time to meet with your counselor each week for a 20-30 minute appointment.

Weekly exercises take approximately 15-30 minutes to complete and can be done on a smart phone, tablet, or computer.

Interested in trying TAO with therapy? If you are already meeting with a counselor at the SCC, ask your therapist about TAO. If you are new to the Student Counseling Center, call [806.742.3674](tel:806.742.3674) for an initial appointment [to get started](#).

If you want to try TAO without meeting with an SCC counselor, [click here](#) for more information on how to set up a TAO Self-Help account.

Manage Your Mood

Manage Your Mood is a four-week life skills group designed to address mild depression, excessive worry, and anxiety by giving tools needed for healthier outcomes. Manage Your Mood emphasizes mindfulness techniques, healthy emotion management, coping with situations which seem overwhelming and interacting with others in a more effective manner. These concepts guide weekly interventions.

Manage Your Mood meets weekly throughout the academic year. If you are new to the SCC, come to the [Walk-In Clinic](#) and ask your initial assessment counselor about Manage Your Mood. You can also access Manage Your Mood Online to watch videos of each session. For more information, please contact [Greg Johnston](#).

Group Therapy

In group therapy, people learn to catch themselves making the same old mistakes, try out new approaches to problems, get support from other members, and get challenged in a variety of ways. A group has one or two leaders who may facilitate interactions in the group, challenge members to look at these interactions in a different way and offer feedback and support. Group members are actively involved and are expected to share their feelings and impressions to the extent to which they are comfortable. The information discussed in group is confidential and group members agree to make a commitment to that confidentiality before participating in the groups.

