

LEWIS & CLARK COMMUNITY COLLEGE

STUDENT DEVELOPMENT & COUNSELING SERVICES

Counseling Services are available by appointment and on an emergency walk-in basis by students, staff and faculty. To secure services, visit the Student Development & Counseling Office, call the division assistant.

Student Development and Counseling Services

Office Location: CW 2320
Division Assistant: Barbara Cadle - 468-4211
Counselor (LCPC): Renée Bauer - 468-4125

Counseling services are performed by nationally certified and/or state licensed professional staff. Counseling clients remain anonymous, information is strictly confidential, and services are free of charge to students, staff, and faculty.

Counseling Services

- (1) **Crisis Intervention:** A counselor can help with students who are in crisis. A crisis can be anything that requires immediate intervention. This can range from acting out, to suicidal thoughts, and/or overwhelming feelings of anxiety.
- (2) **Brief Therapy Interventions:** Counselors provide short-term interventions to assist students in adjusting to life changes, such as, the death of a family member or friend, divorce, job loss, or adjustment issues related to academic life.
- (3) **Referrals:** Counselor can identify appropriate community resources to help students meet their needs and make a referral to those outside agencies and services. Counselor can assist the student with the initial contact, if needed.
- (4) **Academic Problems:** Students may experience a variety of difficulties related to classroom achievement, such as a problem with methods of instruction, or mastery of information and/or skills. Students confronted with these issues should contact the counselor as soon in the semester as the situation arises.
- (5) **Test Anxiety Interventions:** Test or performance anxiety often keeps students from achieving at an optimal level. Counselor can assess the degree of anxiety and, through the use of a combination of relaxation and cognitive restructuring techniques, help students manage their anxiety and perform better academically.
- (6) **Emergency Fund:** Emergency money may be available for loan in times of school or personal crisis, when available. Interview with counselor is required and certain criteria applicable. Inquires may be made with counselor.