

Counseling Services

Welcome to Counseling Services

How Do I Make An Appointment?

- Visit or call Counseling Services at 120 Richmond Quadrangle, Ellicott Complex, North Campus, 716- 645-2720, on Monday, Tuesday and Friday, 8:30 am - 5:30 pm and Wednesday and Thursday, 8:30 am - 7 pm. ([View a map of our location.](#))
- We also have a satellite office on the South Campus (second floor, Michael Hall - Student Health Services). Office hours are Monday, 8:30am - 7pm, Tuesday - Friday, 8:30am - 5 pm. (716-829-5800). [View a map of our location.](#)
- For after-hours emergencies, an on-call counselor can be reached by calling Campus Police at 645-2222.

What is Counseling?

Counseling is a collaborative process which involves the development of a unique, confidential helping relationship. In this relationship, the counselor acts as a facilitator in helping the client to understand more accurately him/herself and the world around him/her. Individuals are helped to understand their feelings and behaviors, their relationships with others, their particular situation, choices, and decisions. Discussion of whatever is important and relevant enables individuals to grow towards greater freedom in making mature choices and taking responsible action with themselves, relationships, family, and studies.

At UB Counseling Services, we strive to facilitate the total development of students by reducing psychological problems and distress and by enhancing mental health, well-being, and overall quality of life. Our primary focus is to help students succeed academically and interpersonally. Counseling Services utilizes a short-term model of individual or couples' counseling (a maximum of 14 sessions per academic year) to assist students in addressing issues common in a college setting. The number of group sessions is unlimited.

Any full- or part-time undergraduate and graduate student currently enrolled at University at Buffalo may use our services. Services are free, voluntary, and confidential as permitted by law.

Why do Students come for Counseling?

UB students frequently use our services to address:

- Personal Issues: stress, anxiety, depression, anger, loneliness, low self-esteem, grief
- Relationship Issues: romantic relationship difficulties, sexual concerns, roommate problems, family issues
- Developmental Issues: sense of identity, sexual orientation, adjustment to college, life transitions, cultural identity and adjustment
- Academic Concerns: performance anxiety, perfectionism, underachievement, procrastination, choice of major or career
- Other Issues: effects of trauma, sexual assault, substance abuse, body image, healthy lifestyle choices

When students require mental health services that are beyond the scope of UB Counseling Services, we will make referrals to community resources. Some of the issues that are commonly addressed through referral to community providers include:

- The need to be seen for counseling more frequently than weekly or bi-weekly
- The inability or unwillingness to provide the necessary information to thoroughly assess symptoms
- Non-compliance with treatment recommendations including regular session attendance
- The need for specialized services not available through UB Counseling Services such as inpatient or intensive outpatient substance abuse, eating disorder, or mood disorder treatment and court-mandated assessment or treatment requirements

Counseling Session

What Happens at the First Appointment

Counseling Services invites all students to make an Initial Assessment appointment with a counselor. During the first meeting with a counselor, you will be asked to describe your concerns and what you hope to gain from counseling. This is an opportunity for you and the counselor to decide whether Counseling Services is the best place for help. At the end of this initial meeting, the counselor will recommend appropriate services based on students' needs. If appropriate, you will be [referred to another resource](#), on or off campus. Or you may decide to continue counseling and to meet with a staff counselor to work on your concerns, either individually or in a group with others expressing similar concerns. Some students find that the initial interview itself is all they need to explore and clarify their feelings and options.

Who are the Counselors?

The staff consists of qualified, trained mental health professionals and advanced graduate student interns with backgrounds in psychology and social work. Consulting psychiatrists are also available to evaluate the need for and to prescribe medication, as appropriate.

[Learn more about our staff.](#)

Services

Counseling

Typical Counseling Room

- **Group Counseling.** Counseling in [groups](#) offers a broad range of insight and support from peers and professional counselors. Groups allow for decreased isolation and enhanced learning about self and relationships in a trusting environment.
- **Individual Counseling.** Many students meet with a counselor on a one-to-one basis to work through personal concerns. Most students are seen for less than one semester.
- **Couples Counseling.** Couples counseling works toward alleviating the strains in a close relationship.
- **Crisis Counseling.** [Students in crisis](#) (e.g., suicidal, psychosis, death of a loved one) have available to them same-day services and after-hours counselors-on-call.

Workshops

Skill-building [workshops](#) provide a structured presentation of information and skills practice appropriate to the students' personal development and career in the University.

Referral

Students may be introduced to resources which offer more or different services from those available through Counseling Services.

Outreach and Consultation

Our work extends beyond our office. Consultation is available for campus groups and individuals - students, faculty, or staff-- to enhance organizational and interpersonal effectiveness.

Information

We have a wealth of self-help handouts, brochures, and flyers on topics related to student life and more. Much of this material is on-line - where you can browse through information on a broad range of topics, and print or download what you want for your own use. Check out our [Self-Help section](#).

Training

Counseling Services also offers advanced clinical training for graduate students in Psychology and Social Work, and for Psychiatry Residents. Our Psychology Internship is accredited by the American Psychological Association. More information about our training opportunities can be found at the [Training Section](#) of this web site.

Research

As a member of the University community, part of Counseling Services' mission is the support and dissemination of research. Efforts are made to develop collaborations between staff and colleagues and students on empirical research and theoretical papers, both here at the University at Buffalo, and at other colleges and universities. [More information](#).

Resources

- [Individual Counseling](#)
- [Group Counseling](#)
- [Workshops & Outreach](#)
- [Consultation...](#)
- [Pre-Doctoral Training](#)
- [Referral Suggestions](#)
- [Wellness Education Services](#)
- [Health Services](#)

Counseling Services | 120 Richmond Quad | University at Buffalo | Buffalo, NY 14261-0053 | Tel: (716) 645-2720 or 829-5800 | Fax: (716) 645-2175 | Director: Sharon Mitchell | [E-Mail:](#)

Last Modified: Aug 14, 2012, 11:15am

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