

### Community Counseling Services Center FAQ's

Do I have to be a GW student to see a counselor at the CCSC?	No! We serve anyone in the DC Metro area.
How often can I come for counseling?	Counseling sessions are once a week on the same day and time and with the same counseling intern.
How long are sessions?	Counseling sessions last 50 minutes.
If I can't come at my usual time, can I reschedule for another day that week?	Since counseling interns work in the CCSC only one day a week, it is not possible to reschedule. You just skip a week.
What if I have to cancel a session?	Call the CCSC at 202-994-8645 to cancel a session. If you call less than 24 hours before the session, you will be charged a late cancellation fee, equal to your session fee.
How many counseling sessions can I attend?	The CCSC does not cap the number of sessions you can attend, but if you've worked with a few interns over several semesters, we may recommend that you find counseling in the community so that your therapy is not hindered by interns coming and going.
Who supervises counseling interns?	Counseling interns meet each week in a group with a faculty member from the Department of Counseling and Human Development for instruction and group supervision. They are also supervised one-on-one by a doctoral student or a staff member.
Why do you video record therapy sessions?	Two reasons: First, that is how supervisors ensure that you are receiving therapy that will genuinely help you meet your therapy goals. Second, reviewing video recordings is the way supervisors and instructors help counseling interns learn to be counselors.
Can I get counseling at the CCSC without being videotaped?	No. Supervisors would have a hard time ensuring the quality of your sessions and the counseling interns would lose an important means for meeting their educational goals.
How secure are these video recordings?	Very secure. They are housed on a separate server from the rest of the University's computer systems. They can be accessed on-site only. No one can transmit, download or in any way transport a video outside the CCSC.
Who sees video recordings of my counseling sessions?	Tapes are viewed by the counseling intern; the counseling intern's supervisor; the instructor; and the members of the intern's or supervisor's practicum class or supervision group. All of these persons follow the ethical code of the American Counseling Association and will face severe penalties if they fail in their obligations to keep confidential the information they learn about you. These penalties can include expulsion from the counseling program; termination of employment; suspension or loss of their counseling license; or inability to obtain a counseling license.
How experienced are these counseling interns?	Students working toward a master's degree are sitting down in the counselor's chair for the first time. To begin working in the CCSC, they have to complete all the basic coursework, including classes on counseling theories and skills, so they have the knowledge they need. They are learning how to apply it. Doctoral interns have already completed a master's degree, so they have more experience.

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I know someone who would really benefit from counseling in the CCSC. How do I get them in?	Ask the person to call the CCSC at (202) 994-8645. A supervisor or counseling intern will need to talk with them in person.
How do you assign counseling interns to clients?	Instructors look at notes from the supervisor or counselor who interviewed you, and determine which of their students to assign.
What if I'm looking for a counseling intern like me?	If you are looking for a counseling intern with certain characteristics, for example a person of color or a certain gender, ethnicity, sexual orientation or other characteristic, the instructor assigning the counseling interns will, whenever possible, assign the counseling intern who fits your preference. This is not always possible, however. All of our counseling interns have coursework that prepares them to work with people of diverse background and identities. Please give the counseling intern a chance and see if you can find ways to work together amid important differences.
What if counseling is not going well?	If you have concerns about how counseling is going, please try addressing them with your counseling intern. This might be difficult, but it often turns out to be a very important experience for both you and your intern. You can also call the CCSC at 202-994-8645 and talk with a supervisor.
I'm a parent of a GW student and I'm worried about my child. How do I get him/her/them mental health services right away?	Contact Colonial Behavioral Health at 202-994-5300 (24/7). If a student is in crisis and needs urgent support, he/she/they can come into the Colonial Health Center anytime between 9:00 AM and 5:00 PM, Monday through Friday, and ask to speak with a counselor. There is no fee for any urgent care or walk-in meetings.

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