

## **Who we are:**

TU Dublin Student Counselling Services aims to provide clinical and campus-based services to help students maintain and develop their emotional and mental well-being and achieve their academic and personal successes.

The Student Counselling Services has three essential roles for advancing the mission, objectives and graduate attributes of TU Dublin:

1. Providing mental health services that help students achieve their academic, personal and social goals.
2. Equipping the campus community with knowledge about the psychological, therapeutic and developmental needs of students through community level interventions, including outreach programmes, online resources, training and consultation.
3. Responding to the psychological effects of crisis impacting individual students and the campus community.

## **What we do:**

### **How counselling works at TU Dublin:**

TU Dublin Student Counselling Services offers brief therapy. This approach focuses on helping students to effectively meet a desired goal in a short number of sessions.

Concerns that may be well addressed within the brief therapy include, but are not limited to:

- Anxiety (stress, worry, guilt)
- Depression symptoms (sadness, irritability, anger)
- Adjustment and phase of life (adjustment to college, graduation, life transition)
- Identity development (e.g., personal, racial/cultural, sexual, gender)
- Interpersonal concerns (family, friends, romantic partners, roommates)
- Grief or loss
- Academic concerns: performance anxiety, perfectionism, motivation or mental health issues that affect academic difficulties
- Effects of trauma or interpersonal violence
- Mild to moderate substance use concerns
- Some body image and eating concerns

All registered students are eligible for the service and may receive an initial intake assessment to determine their specific needs and how best to meet those. The SCS does not provide counselling services to staff.

## **Confidentiality with TU Dublin Counselling Service:**

The TU Dublin Student Counselling Service respects the privacy, integrity and welfare of those with whom they work. All counsellors in the service operate within their professional code of ethics

and strive to maintain confidentiality. The counsellors are obliged to breach confidentiality in the following circumstances:

- There is significant and/ or imminent risk of suicide and/or physical injury/harm to a student or others.
- There are reasonable concerns that a child or vulnerable adult is at risk of or has experienced abuse or neglect – this includes incidents of abuse which have happened in the past, to others, or have already been reported to the Gardai or other authorities.

In the latter case, the counsellor has a mandatory responsibility to refer that concern on to the appropriate Child and Family agency.

The information you share in counselling sessions is kept private within the Student Counselling Service. It will not be released to anyone outside the service without your permission. However, there are exceptions which it is important that you understand before you agree to have counselling with us.

### **Limits to Confidentiality:**

- If there is a significant and / or immediate risk of a student harming themselves
- If there is a significant and / or immediate risk of a student harming other people
- In situations where a vulnerable person such as child may be at risk of harm
- In situations where a student discloses a serious criminal offence
- If notes or other records are subpoenaed by a court of law in relation to a criminal offence
- If a student discloses any incident of child abuse – this might be related to another person (such as a younger family member or friend) or to events which happened in the past.

In all cases counsellors are legally obliged to make a report to the Child and Family Agency (TUSLA) under The Children First Act 2015.

This report will be made in collaboration with the appropriate designated person (For more information see <http://www.tusla.ie/children-first>).

If you are uncertain about any part of this, please contact us on [counselling.city@tudublin.ie](mailto:counselling.city@tudublin.ie) or phoning 086 082 0543 / 01 220 5249 to discuss confidentiality procedures and limitations or ask your counsellor.

### **Services within the Counselling Centre**

The Student Counselling Service provide clinical services include initial intake assessments, individual counselling, group counselling, psycho-educational programmes, supported and unsupported online modules, consultation, and referral to community resources, where appropriate, as part of the TU Dublin community's role in supporting student success.

## **Assessment process**

The TU Dublin Student Counselling Service is open to all fully registered students to make an initial assessment appointment with one of our counsellors to discuss their concerns. This conversation between the counsellor and the student generally involves a discussion of the student's current difficulties, a review of a therapeutic care plan, and recommendations to assist the student in obtaining the appropriate services in and/or outside of TU Dublin.

Recommendations may include receiving services at the TU Dublin Student Counselling Service (individual, group therapy, online programmes etc.), connecting to other campus resources and/or providing referrals to off-campus providers.

See '[Book an appointment](#)' section of the website for further information:

## **Individual Counselling**

In order to meet the significant student demand on the service, we use a brief therapy approach. Brief therapy is short-term and focused on helping students to resolve or effectively manage specific problems, challenges, and goals or to make a particular desired change.

## **Group Programmes**

In addition to individual counselling, group counselling can provide unique benefits including learning with and from peers, receiving feedback and support from peers in a counsellor-facilitated setting, and learning specific skills in a group environment. We have many group programmes which are popular and effective. Some examples include:

- Body Acceptance
- Procrastination
- Anxiety
- Managing Emotions
- Managing ADHD

We also run a number of Community Groups for such students as:

- Postgraduate
- International

See '[Groups/Workshops](#)' section of the website for further information:

## **Online Mental Health Programme:**

The Student Counselling service also offers online support through a number of online mental health programmes available on the SilverCloud Platform.

These programmes allow students to work on their personal difficulties in their own time, at their own pace. The Online programmes we offer can be engaged with as a self-help approach or students can be supported on the programme by members of the counselling team.

See '[SilverCloud CBT Programme](#)' section of the website for further information:

## **Emergency Support**

Support for students experiencing an **emergency/urgent crisis** is available each day from 9am-1pm and from 2pm to 5pm. See '[Emergency Support](#)' section of the website for further details:

For students with repeated use of emergency support, there may be discussion about referral to alternate or additional resources.

## **What We Don't Do:**

### **Referral to Other Services**

Our counselling and other supports are time-limited due to the finite resources available to us. Students whose needs require long-term and/or intensive support will generally be referred to other services (including external services such as the HSE) for ongoing treatment. Similarly, students whose needs require a particular type of expertise that is not available in the TU Dublin Student Counselling Service are also referred to other services.

During periods of high demand, students will still be assessed and if individual counselling is indicated, they may be placed on a wait-list based on anticipated availability in a reasonable time frame. They may also be offered other interventions. To avoid a delay in care, we may also help students to connect with other services rather than place them on a wait list.

In cases where a student's ongoing needs warrant a referral to other services, the Counselling Service may provide some limited interim support to the students as they are connecting to the appropriate other service. We may provide referrals during or after the initial assessment meeting, or as these factors become more apparent. Same-day urgent appointments are also available to students as the need arises.

After initial assessment, some student concerns are commonly addressed through referral to external services (such as the HSE). Possible indicators for longer term or more intensive therapy may include recent or multiple psychiatric hospitalisations, chronic thoughts of suicide, or history of repeated suicide attempts. Other indicators of a need for specialised services not available through the Counselling Service, include:

- Significant drug or alcohol problems such as substance dependence
- Severe or long-standing eating disorder symptoms
- A request for formal psychological assessment (e.g., ADHD testing)
- Services to fulfill students' court-mandated reports or treatment requirements

The general guidelines listed above are only intended to serve as a guide to assist therapeutic care planning. The nature and complexity of presenting concerns and the broader context are

considered in making the appropriate recommendations. Students are evaluated individually and the professional judgment of members of the Counselling team will determine the recommendation in a particular case.