Services for Full-Time Students
The University Counseling Center (UCC) provides evaluation, counseling, and referral services. All interested University of Rochester students who pay the mandatory student health fee will receive a comprehensive initial assessment, individualized treatment plan, and support to put such a plan into action. UCC staff will develop a treatment program with each client to address their unique needs and concerns. UCC Staff members strive to provide services with sensitivity to individual and cultural differences.

The individualized treatment plan may include referral to group therapy, workshops, therapist assisted on-line therapy or brief therapy at the UCC as well as information, case management support and referral to campus or community agencies for specialty or long-term services. Before your first visit, you will be asked to complete assessment forms that will help us understand you better and aid in our working with you.

Group Therapy and Workshops
UCC staff members are committed to providing therapeutic, supportive and informational groups for students. A wide range of single session workshops and semester or year-long therapy groups are available throughout the year.

Therapist Assisted On-line Therapy (TAO)
Students with generalized anxiety, social anxiety, performance anxiety, panic or mild to moderate depression are appropriate for this treatment. Students can access therapy modules 24/7 from their own computer and have a weekly video conference with their therapist to monitor progress.

Time-Limited Therapy Model
Brief therapy is available for a variety of problems, including anxiety, depression, relationship difficulties, family problems, identity issues, grief, and general discomfort about what is happening in a person’s life. Our therapists are licensed professionals and professionals-in-training from a variety of mental health disciplines. They employ many treatment approaches and draw upon a wide range of training and experience in the field of psychotherapy. During your first few visits, you and your therapist will agree on a contract that will define the nature and duration of your visits.

Confidentiality
We are extremely careful to protect the confidentiality of our records. Your University Counseling Center record is available only to those professionals directly involved with your care. Information about your visits will not be disclosed without your permission to any University official or faculty member, or to your family, friends, or roommates except in very specific circumstances. Those circumstances are limited to instances when your own life or that of another person is in danger and to the very rare occasions when we are presented with a subpoena.

Additionally, for evaluation purposes, we will not provide clinical information, even with your permission, to current or future employers or to agencies of the government, etc. We will, at your written request, provide clinical information to another professional for the purpose of your further treatment.

Recording Therapy Sessions
UCC is committed to providing high-quality services. We routinely make videotaped recordings for therapy sessions for review by our supervisory staff for program evaluation and for the therapist to plan for subsequent visits. Group therapy sessions are also videotaped. Your therapist can answer questions about our policy.

Appointments - Call (585) 275-3113
All students can schedule appointments by calling the River Campus office.
UCC has daytime appointments available Monday through Friday during regular business hours. Satellite offices at the Medical Center and Eastman School of Music are open during the academic year. The UCC has limited evening hours; call for availability.

Addresses:
River Campus Office
Third Floor UHS Building

Medical Center Office
Room 1-5091A, UHS Medical Center Office

Eastman School Office
Room 107, Student Living Center

After-Hours Emergency Service
Students who are in distress or who are concerned about the welfare of a friend can call the UCC after-hours emergency service. The professional-on-call can be reached 24 hours a day throughout the year by calling (585) 275-3113.

For more information about UCC services, check www.rochester.edu/ucc