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## Counseling services available for employees

By **Jeff Samoray**, *OU Web Writer*

Oakland University faculty and staff affected by the recent budget cuts or who may be experiencing some difficulties can take advantage of the many different counseling services available on campus.

### **Adult Career Counseling Center**

The Adult Career Counseling Center (ACCC) offers free career guidance services at no charge to faculty, staff and the community. The facility serves adults who may be changing careers, are interested in assessing their strengths and potentials, or are simply reviewing possible career options.

Center services include exploring occupational information, facilitating self-awareness, assisting in resume preparation, developing interview skills and offering referral information. ACCC career advisers are graduate students in OU's masters in counseling program. They are supervised by licensed professional counselors and nationally certified career counselors.

Clients typically attend between three to five sessions to explore computerized career guidance programs and other assessments and to discuss possible plans and future goals. The initial appointment is for one hour and 45 minutes. Subsequent appointments are typically one hour to an hour and 45 minutes in length.

"We work one-on-one with our clients on career transition issues and career exploration," said Jessy Seck, an ACCC adviser. "We're happy to do assessments and counseling on the goals our clients set by using a variety of resources such as computer-assisted guidance programs and standard paper and pencil assessments. If the client begins to see a career direction, we can use online career exploration tools to obtain more information on that career. We can also go over possible interview questions or even perform a mock interview. We cover all aspects of the career counseling process."

ACCC is located in Room 280A in the Education and Human Services Building. To schedule an appointment, call the center at (248) 370-3092. For more information, visit the **ACCC** Web site or e-mail [acc@oakland.edu](mailto:acc@oakland.edu).

### **Graham Health and Counseling Center**

The Oakland University Counseling Center, located in the Graham Health and Counseling Center, provides personal, career and diagnostic counseling/assessment to students, faculty and staff. Clients are seen by licensed professional psychologists or graduate interns who are directly supervised by licensed professional psychologists.

Counselors at the center help individuals with general confusion and problems related to daily living and help develop ways to resolve or master various issues. The center offers career testing and counseling as well as counseling for other issues such as depression, anxiety, family conflict, grief and loss, self esteem, and others.

Services at the center are provided on an appointment basis. A counselor will reserve time for the appointment, which typically lasts 45 minutes. Strict rules of confidentiality are observed.

"The benefits of the counseling center are many," said Assistant Vice President for Student Affairs Nancy Schmitz. "The center is open 51 weeks of the year (closed only between Christmas and New Year's Day), emergencies are handled the same day, and appointments can be easily scheduled within one to three working days. The center's services are very accessible to the OU community."

Faculty and staff are seen on a per session fee basis. The fee is \$80. A sliding fee scale also ranging from \$20 per session to \$80 also is available. Other fees apply for career testing. In order to qualify for a reduced fee, proof of income must be submitted, usually in the form of the previous year's 1040 IRS form.

Additional services for faculty and staff also are available for crisis management. Under such circumstances, the first three sessions are \$25 per session, regardless of income.

The counseling center is located in the east wing of the Graham Health Center just north of Meadow Brook Theater. The center is open 8 a.m. to 5 p.m. Monday through Friday and evenings by appointment. To schedule an appointment, or for more

information on services offered, visit the [Graham Health and Counseling Center](#) Web site or call (248) 370-3465.

### **SEHS Counseling Center**

The SEHS Counseling Center is a free service offering personal and career counseling to OU students, faculty, staff and the community. The center is a teaching facility for the counselor education program at OU. Graduate students in the program provide counseling and are supervised by licensed professional counselors. Sessions are digitally recorded and reviewed by the counselor's supervisor.

The counseling center is not a crisis center, but counselors can provide assistance with many life issues such as career counseling, life transitions, anxiety, self-esteem issues, situational depression and others.

"Clients report that it is easy to make contact, schedule an appointment and be seen in our facility," said Deborah Weathers, SEHS Counseling Center coordinator. "Our graduate students are at the place in their curriculum where they've completed the necessary coursework and are ready to serve as counselors. The availability of no cost personal and career counseling services also is a significant advantage for clients."

Clients typically meet with their counselors in 50-minute sessions for five to 10 weeks. The center, located in Room 250 of the Education and Human Services Building, is open Monday through Thursday from 9 a.m. to 9 p.m., Friday 9 a.m. to 5 p.m., and Saturday 9 a.m. to 3 p.m. Appointments may be scheduled online or by contacting the center at (248) 370-2633.

For more information, visit the [SEHS Counseling Center](#) Web site.

#### **SUMMARY**

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