

Services

The Wilson Counseling Center can help students with a variety of concerns. Some concerns can be addressed with a single session, while others can take longer. Individual sessions may be appropriate in some cases, while a group setting could be beneficial in others. Our counselors will take time to explore your needs with you personally, and discuss appropriate treatment options. Aside from counseling, we also provide workshops, classroom presentations, and other outreach activities to help students gain information and skills that can be used to get the most out of their college experience.

INDIVIDUAL SESSIONS

Individual sessions are those between just you and a counselor. Individual therapy is short-term and goal oriented. There may be situations that would require long-term intensive services that would be better suited for an external agency; if a situation like this arises we will assist you with a referral to a specialist. Please review our [appointment policy page](#) for more details.

GROUP SESSIONS

Group counseling takes place with 1-2 counselors and 4-8 students. Group counseling is an effective form of therapy, and has the added benefit of helping you to connect with other students with similar experiences. Connecting with other students by giving and receiving feedback can help you feel less isolated and more understood.

You must contact the Wilson Counseling Center and go through an individual intake with a counselor prior to engaging in group. This allows us to assess whether group counseling is appropriate in your specific situation, and to ensure that you are placed in an appropriate group.

COUPLES COUNSELING

Couples counseling is available to students when both parties are enrolled as students. Couples counseling can be helpful in recognizing patterns of behavior and communication that may stand in the way of a maintaining a healthy relationship. Couples counseling is typically short term, and goal focused.

CAREER COUNSELING

Career Counseling is an opportunity for students to explore their values, skills, goals, and personality with the goal of choosing a major or career field. Students often seek this service when needing to choose a major, or if they begin to question their current major. Career Counseling

typically involves a self-directed assessment, and 1-2 follow up sessions with a counselor. Since it is very solution focused, Career Counseling tends to be short-term.

WORKSHOPS

Workshops are presentations provided to larger groups. These are educational in nature, and do not require sharing personal thoughts/feelings on your part. Seminars will be held on a rotating basis, and will cover multiple issues that college students typically experience. There is no limit to how often you can attend these presentations. Seminars and workshops do not require a prior intake assessment or screening to attend.

CLASSROOM PRESENTATIONS

The Wilson Counseling Center is available to provide classroom presentations at the Jonesboro campus. To schedule a meeting or find out more, please contact us directly at 870-972-2318 or counseling@astate.edu

CONSULTATION

In the event that you may have questions or concerns for a counselor, but may not need individualized ongoing services, consultations are available. Do you have a question about how to help a friend or loved one? Are you curious about your own wellbeing and are wondering about the next step? Maybe you are a staff/faculty member worried about a student, and need to know how best to help? Consultation meetings can be helpful, and are available to all students, staff, and faculty. Consultations must be scheduled unless there is an emergency.

OUTSIDE REFERRAL

There may be occasions where a student could be referred to a provider in the community. The Wilson Counseling Center will work with the student to facilitate this transfer. Here are some of the occasions that at student may be referred to a community provider:

- More frequent, long-term care, or specialized treatment are needed.
- Medication management and psychiatric services.
- Formal assessment for certain psychiatric conditions, emotional support animals, legal proceedings, or disability claims.
- Emergency assessments for suicidality.
- Frequent missed or rescheduled appointments.
- Abusive behavior toward clinical or support staff.