

# UNIVERSITY COUNSELING & PSYCHOLOGICAL SERVICES (UCAPS)

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University Counseling & Psychological Services (UCAPS) is committed to providing a range of services intended to help currently enrolled DePaul students remove barriers to academic and personal success by addressing emotional, psychological and interpersonal concerns.

UCAPS provides group counseling, personal growth-oriented workshops, time-limited individual psychological counseling, psychiatric evaluation and crisis management services. Sometimes a skill-building workshop or small group counseling experience is the most effective intervention given a student's presenting concerns.

UCAPS has a diverse, caring, and competent professional staff that works from a variety of theoretical perspectives. Some students find that talking to a counselor once is sufficient to resolve their immediate concern. Our counselors can help you in a variety of ways because they are excellent sounding boards, compassionate listeners, and skillful experts in the problems of living. If further services would be beneficial, these will be discussed and recommendations will be made by the counselor.

UCAPS offers primarily collaborative, goal-focus, & short-term counseling and provides referrals and linkages to community providers when students could benefit from longer term services.

## Co-Curricular Learning Outcomes

As a result of participating in **University Counseling** programs and services, students will be able to:

- Describe healthy coping strategies.
- Describe strategies to take care of themselves and others.
- Identify resources both within DePaul University and within the surrounding community in order to remove barriers to academic or personal success.