



Chapter 15 Project

► Purpose

A 2013 survey by the Association for University and College Counseling Center Directors (AUCCCD) stated that around half of college students reported having “overwhelming anxiety,” and nearly one-third of students reported depression so severe that it made it difficult to function. The good news is that most college campuses offer mental health services to students and often for free. **The purpose of this project is to help you to determine where college students can get mental health support, and what mental health treatment might be like for them.**

► Directions

This project has two parts:

Part 1. College Counseling Services

Part 2. Therapeutic Perspectives

College Counseling Services:

Investigate where counseling services are and types of services that are offered on your campus. If your counseling center has a website, that is a great place to start. However, you should also physically visit the counseling center. Walk around, observe the space, look through the available materials, chat with someone who is at the front desk, etc. Then, in two-to-three paragraphs, write a letter to your friend Ivan who is experiencing anxiety about his college performance, his relationships, and his future. Your letter should answer the question, “what would it be like to go to counseling?” Be sure to write in a way that Ivan can understand. That is, avoid jargon.

**If your college does not have a counseling center, find a counseling center near your college campus.*

Therapeutic Perspectives:

Imagine that a friend of yours, Michelle, is having depression that makes it difficult for her to get to class, to keep up with schoolwork, or to spend time with friends. She has very little energy, she is often sad and tearful, and she feels guilty for not doing what she is supposed to be doing in school.

She has recently begun to see a psychologist for her depression. For each of the following therapeutic perspectives, describe how a psychologist might a) explain the origins of this depression, and b) treat the depression that Michelle is experiencing. It is okay to speculate within these answers, though they should communicate a clear understanding of each particular therapeutic perspective, and they should be specific to Michelle.

- Psychodynamic
- Cognitive
- Behavioral
- Humanistic
- Biological

Finally include a paragraph that describes when and why you think Michelle should conclude therapy for her depression, regardless of therapeutic perspective. That is, when will she and her psychologist know she is finished? Discuss her original symptoms, what has taken place in therapy, and her current experiences. Once again, it is okay to speculate.

► Materials

None required.

☑ Checklist

- College Counseling Services section completed
 - Two-to-three paragraph letter to Ivan explaining what it would be like to go to counseling
- Therapeutic Perspectives section completed
 - All therapeutic perspectives included:
 - Psychodynamic
 - Explain the origins of depression from this perspective
 - Treat depression from this perspective
 - Cognitive
 - Explain the origins of depression from this perspective
 - Treat depression from this perspective
 - Behavioral
 - Explain the origins of depression from this perspective
 - Treat depression from this perspective
 - Humanistic
 - Explain the origins of depression from this perspective
 - Treat depression from this perspective
 - Biological
 - Explain the origins of depression from this perspective
 - Treat depression from this perspective
- Paragraph describing when and why Michelle should conclude therapy
 - Discusses her original symptoms
 - What has taken place in therapy
 - Her current experiences