

Information About Counseling and What to Expect

The counseling experience is designed to help you facilitate growth and change in your life. Counseling at Blinn College-Bryan Campus provides short-term counseling and crisis intervention services to students within the limits of its resources. Counseling can help improve self-awareness, relationships, decision making and your overall well-being.

Eligibility of Services:

Students currently enrolled at Blinn College are eligible for an initial intake appointment. Frequency of sessions, approximate number of sessions or additional services will be made at that time based on the student's concern and the available resources of the Counseling Department at Blinn College.

Types of Counseling Appointments:

Individual counseling consists of one-on-one with a counselor for approximately 45 minutes. All individual appointments fall within the normal Monday to Friday, 8:00 am to 5:00 pm, business hours. Academic and personal concerns can all be discussed in individual counseling.

Individual counseling is short-term in nature, meaning that the focus will be on what clients want to achieve through therapy. If long term or more intensive counseling is needed, the counselor will provide a referral list for appropriate professional or agencies in the area.

How to Make an Appointment:

Students can make an appointment on their respective campuses' in the Counseling Office. Students can also call 979-209-7251 to schedule an appointment. Please leave a brief message with your name, Blinn ID and phone number.

Appointments are available between 8:00 am and 5:00 pm, Monday through Friday. There are some dates that the Counseling department is closed, attending professional development or staff meetings. Please call and schedule your appointment in advance to guarantee an appointment.

Appointments must be scheduled in advance. There is no guarantee students can receive same-day appointments due to prior commitments or appointments.

What Happens at the First Appointment?

Before meeting with you, your counselor will have reviewed the information you provided on the intake form you are given. You will have the opportunity to tell the counselor in more detail what your needs are and to develop goals to accomplish in counseling. You will be able to ask any questions about the benefits of counseling, the limits of confidentiality, and about the services offered. If your needs would best be met by another department at the college or by an agency/professional in the community, your counselor will provide an appropriate referral resource. The initial appointment will last approximately 45 minutes.

Getting the Most Benefit from Counseling:

In order for counseling to be effective, it is necessary for you to take an active role in the process. Personal commitment to your own growth and change is crucial to counseling success. You can enhance your development by challenging your beliefs and disclosing information that may be difficult to discuss. It is important to development goals during counseling in order to facilitate progress.

Canceling or Missing Appointment:

It is important for you to keep ALL scheduled appointments and arrive on time. If you are unable to keep an appointment, you must call the Counseling Department at least twenty-four hours in advance. If due to a rare emergency or illness, you must contact the department and cancel as far in advance as possible. If you miss an appointment and do not reschedule within one business day, it is assumed that you are no longer in need of counseling services and further appointments with a counselor cannot be guaranteed.

It is not beneficial for the student to engage in shortened sessions so you will need to reschedule if you are late.

Continually rescheduling, cancelling, or no showing for appointments will lead to end of the counseling relationship.

Ending Counseling:

Just as you and your counselor work together to identify goals during counseling appointments, the ending of counseling should also be planned. Short-term counseling is provided but please discuss with your counselor when you think you are ready to end counseling.

Confidentiality:

Confidentiality is respected to the limits allowed by the law. Confidentiality will also be discussed during your intake appointment. To further protect confidentiality, if your counselor see's you in public, they will only acknowledge you if you approach them first. Counseling appointments are separate from academic records and transcripts.

Crisis Intervention or Emergencies:

Blinn does not provide 24/7 emergency services. During the hours of 8 a.m.-5 p.m. Monday-Friday, students in crisis may be seen the same day if a counselor is available. If you are confronted with a student in crisis and wish to refer him or her on an emergency basis, if possible, please call our office prior to the student's arrival to provide us with some background information. If there is an emergency you should choose from the following options:

- Call 911
- Go to the nearest emergency room (St. Joseph's: 979-776-2568; The Med: 979-764-5100; Scott and White Hospital: 979-207-0100)
- Call MHMR of the Brazos Valley at 979-822-6467 or 1-888-522-8262 (crisis hotline)