



OFFICE OF ACADEMIC ADVISING/ACADEMIC ADVISING - CONSENT RELEASE INFORMATION FORM -

COUNSELING

Personal counseling can help anyone who desires to learn how to live more effectively and with greater satisfaction. Therapy can also help with painful experiences. These confidential occurrences may include experiences such as anxiety, depression, alcohol or other drug problems, loneliness, guilt, feelings of inadequacy, conflicts related to one's family, friends, roommates, relationships, grief and loss, disappointing academic and athletic performance, and current or past traumas such as sexual assault and childhood abuse.

While academic achievement should be central to your college years, Southeastern believes that emotional, social, cultural and spiritual growth also is crucial during this stage in your life. Controlling tendencies or the inability to cope with trauma dished out by life can inhibit our maturation as whole and balanced individuals.

If during your college years you find yourself in bondage you cannot break—such as to an addiction, an eating disorder or within a co-dependent relationship—give Southeastern's counseling office a call. We offer individual counseling, seminars, support groups, mental health screening and a resource center to help you develop or maintain mental well-being. Understand that personal counseling is available through Student Life.

Students must sign this disclosure form with an appropriate campus health and professional counseling staff person before clinical or therapeutic counseling sessions begin. This written consent gives a professor, residence director, resident assistant, staff member or administer the authority to disclose treatment information to a third party. If a student is a minor, a parent or guardian would need to sign the agreement, as well.

I, _____, hereby give my permission to _____, to release necessary information to my professors and or university directors at Southeastern University regarding immediate concern(s) from academic counseling. I, _____, agree to hold _____, directors, and Southeastern University harmless when discussing my immediate academic counseling concerns.

Student's Name (printed)

Student's Signature

Date

Parent or Guardian's Name (printed)

Parent or Guardian's Signature

Date

SERVICES

As a Southeastern student you can receive 10 free individual counseling sessions per year. Your professors, residence director, resident assistant, or another Southeastern staff member can refer you to the campus counselor. You also may refer yourself.

Southeastern's licensed mental health counselor counsels students individually and works with other Student Life staff and graduate-level interns to run group sessions and workshops. The groups and programs help students deal with stress, navigate the transition from high school to college life and beyond, maintain healthy relationships, and develop a positive self-image. Seminar topics teach how students can build leadership and communication skills, conquer an addiction, or improve another area in their life.

We also offer free screening for depression, eating disorders, anxiety and other conditions. Eight- to 10-week-long support groups we run help students overcome mental health disorders such as these.

Requires appropriate staff, faculty, academic advisor or administrator signature:

Staff, Faculty, Academic Advisor or Administrator Signature (printed)

Staff, Faculty, Academic Advisor or Administrator Signature

Date