



**Counseling and  
Testing:  
An Overview of  
Services  
Heather Atkison, PhD**

## FACT OR FICTION

Students receive 8 counseling sessions.

FICTION

**Fact:** There is no set session number. Students and Clinicians form individualized care plans together.

## FACT OR FICTION

Fact!

CTS offers brief short term individual therapy.

Students across the country and at CTS utilize 4 sessions on average for individual counseling. Groups and workshops are unlimited. We have the ability to see some students for more long term therapy on a case by case basis.

## FACT OR FICTION

CTS has a 6-month waitlist.

FICTION

Fact: CTS hasn't had a waitlist in over 4 years.

## FACT OR FICTION

CTS refers most students to community therapists.

FICTION

Fact: CTS refers less than 10% of our students to outside resources. Case managers assist with higher level of care or referral when needed.

## FACT OR FICTION

Fact!

CTS has daily drop-in workshops.

Workshops cover common student concerns like stress management, social anxiety, and time management.

- <https://studentaffairs.unt.edu/counseling-and-testing-services/services/group-counseling-and-workshops>

# Outreach

CTS can provide a wide range of programming (e.g., Zoom presentations, training) for faculty and staff. Examples of topics that may be addressed:

- |   |  |
|---|--|
| <ul style="list-style-type: none"><li>- Adjustment to College</li><li>- Body Image and Eating Concerns</li><li>- Conflict Management</li><li>- Diversity and Multiculturalism</li></ul> | <ul style="list-style-type: none"><li>- Identify Developments</li><li>- Relationships</li><li>- Stress and Anxiety Management</li><li>- Test Anxiety</li></ul> |
|---|--|

*To inquire about potential programming for yourself or your staff/group, call our office at 940-565-2741*

## FACT OR FICTION

CTS does not provide ~~intervention~~ intervention services.

FICTION

**Fact:** Clinicians are available for same-day crisis assessment during our operating hours. After-hours students may speak with a live counselor (Protocall) and CTS are back up for face to face assessments as needed



## FACT OR FICTION

Fact!

According to the National College Health Assessment the top 4 factors impacting academic performance are mental health related.

Stress 34%

Anxiety 27.8%

Sleep Difficulties 22.4%

Depression 20.2%

## FACT OR FICTION

Fact!

CTS has self-help options for students, faculty and staff.

Self-help options are available for students, faculty and staff  
with our TAO Program. [Tao.unt.edu](http://Tao.unt.edu)

## FACT OR FICTION

**FACT!**

**UNT students are satisfied with services!**

81.4% of students report the services received at CTS helped them stay enrolled at UNT (65% nationally)\*

92% of students reported services received by CTS helped maintain academic performance at UNT (66.8% nationally)\*

97.5% of students report that the counseling received improved the quality of their college experience

**\*2018 Association for University and College Counseling Directors Annual Survey**



# Counseling Services

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- Located in Chestnut Hall, Suite 311
- *While we are under construction, our front desk will be temporarily located in Chestnut Hall Suite 155D*
- Contact Us:
  - 940-565-2741
  - [Counselingandtestingservices@unt.edu](mailto:Counselingandtestingservices@unt.edu)
  - <https://studentaffairs.unt.edu/counseling-and-testing-services>
  - Twitter: @UNT\_Counseling
  - Instagram: @UNT\_Counseling