

Counseling Q & A

Q: Who Can Benefit from Counseling?

A: Counseling is not just for those who suffer from serious psychological problems. All of us have times in our lives when we could benefit from talking with a caring, professional listener. It is also common that during adjustment to university life, self-doubts may arise, or stress may temporarily get the best of you. This is where our counselors can be of assistance to you.

Q: What is counseling?

A: Counseling is a voluntary relationship in which a professionally trained counselor who meets with the student to discuss some issue or conflict. Counseling is a process by which change is sought through the expression of thoughts and emotions in a safe, supportive, non-judgmental forum. Professionally trained Lindenwood graduate students in their final term will provide these services.

Q: How does counseling work?

A: During the first meeting at SCRC, you will meet with Professors Andreoff or Munro who will do the initial intake. The purpose of this first meeting is to provide a good fit for continued services. You will also be asked to fill out some paperwork. Subsequently, you will meet with a counselor, who will help you reach your goals.