Who are we?
CCS staff consists of masters level and doctoral level licensed clinicians (psychologists, counselors, and social workers) here to serve the IWU community.

What do we do?
Group counseling: Group therapy is frequently the treatment of choice; in many ways group therapy is the very best of what we have to offer. Group counseling brings together a small number of individuals (usually 8-10) with one or more trained group leaders. Group members share what is troubling them. The process of sharing with each other, listening to each other, giving and receiving feedback, offering support and expressing their feelings about what someone else says or does can be extremely helpful. Group members begin to see that they are not alone. This interaction encourages individuals to develop new ways of behaving and learning more about how they interact with others. As a result, the original difficulties people brought to group become resolved.

Individual counseling: Clinicians meet with individual students to help them address a variety of concerns such as homesickness, depression, anxiety, disordered eating, and relationship concerns.

Consultation: Students can seek advice if they have a concern about a friend (e.g., “I think my roommate has an eating disorder. What should I do?)

Outreach/prevention programs to the campus community: Programs (regarding topics such as perfectionism, stress management, sexual assault prevention, alcohol education, etc.) can be presented to classes, residential hall floor meetings, fraternities/sororities, or other student organizations.

Making appointments
To make services as accessible as possible, Counseling and Consultation Services offers counseling appointments during weekdays and some weeknights.

To make a counseling appointment, call 556-3052
If you call during weekdays, between 8:00 and 4:30, you are more likely to speak to someone who can schedule the appointment right then, typically for sometime within the week. You are welcome to call at other times to leave a confidential message, and your call will be returned.

To protect your confidentiality, CCS does not employ student workers.

In an emergency
A Student Affairs professional is available after hours during the academic year. If you or a friend has an emergency, please contact your RA or Security (x 1111) to contact the professional on-call.

Typical counseling concerns
Counseling services are available for a variety of concerns, ranging widely in issue and severity, including but not limited to:

Anxiety, Depression, Stress, Time Management, Sexual Orientation, Relationship Issues, Grief & Loss, Transitions/Adjustment, Homesickness, Eating Disorders, Perfectionism, Study Skills, Alcohol/Drug use, and Relationship Issues.

Referrals
At times, students need services beyond what CCS can provide. For example, some students have need of psychiatric services for medication, inpatient therapy, or intensive outpatient programs. When this is the case, we will help you find professionals in the community to address your needs.
Frequently asked questions . . .

How much will I pay for counseling?

CCS services are free of charge to all enrolled IWU students.

Will my parents or my professors know what goes on in counseling?

What happens in counseling (even the fact that someone is or isn’t going to counseling) is confidential. Counseling records are not part of the educational record. Information would not typically be shared beyond the counseling office without your written authorization.

Where is CCS located?

CCS is in the lower level of Magill on the “mini-quad” side. We are right next to Arnold Health Services.

What if I’m concerned about a friend’s mental health?

In general, it is helpful to gently, directly share your concern and remind your friend that CCS services are available. “You seem so sad lately. Do you think it might help to talk to a counselor?” Feel free to accompany your friend to the first session if the friend would like. If that initial conversation does not go well and/or you continue to have concern regarding a friend and need more suggestions, please call CCS. A counselor would be happy to discuss the situation with you.

Key Contacts

Counseling and Consultation Services:

556-3052
http://www2.iwu.edu/ccs

PATH (Community Crisis Team):

827-4005

Security:

556-1111

Dean of Students:

556-3111

Arnold Health Service:

556-3107
Dear Students—

University life is filled with exciting possibilities. For many, this time of life is also filled with stressors, challenges, and transitions. Please consider CCS among the resources available to assist you in coping with these demands.

We have a talented staff of licensed clinicians, capable of assisting you with significant mental health struggles, such as depression, anxiety, and disordered eating. We are also more than happy to help students address the day to day issues like stress management, time management, relationship struggles, or study skills. Typical transitions of adjusting to university life or preparing to move on can also be addressed at CCS.

In addition to group therapy and individual counseling, CCS offers workshops and prevention programs on a variety of topics including stress and coping, perfectionism, body image, alcohol education and sexual assault prevention. Our mission is to support and promote mental health at IWU. Please let us know if we can be of service to you.

Sincerely,

Annorah S. Moorman, Ph.D.
Licensed Clinical Psychologist
Director, CCS