

Confidentiality

Discussions between counselors and their clients are kept strictly confidential. There are a few circumstances that a counselor may need to break confidentiality in a limited way:

- *Serious concern of possible suicide.
- *Client's threat of harm to another party.
- *Child or elder abuse (as per Mandatory State Law)
- *Client signs a release form allowing communication with another party (limited information with pre-approval of the client).



Psychiatric Services

Psychiatric Services are available primarily to students and are complemented by psychotherapy provided by the psychology staff. Your counselor will help you decide if psychiatric services are needed as a part of your treatment plan.

Psychiatrists are available during normal CSDC hours and do not provide on-call coverage during evenings or weekends. Some students require more intensive treatment than CSDC can provide and are referred to community treatment facilities.

Average wait time for a psychiatric consult is one to three weeks.

Session Limits: Psychiatric services are linked with counseling/psychotherapy services from the CSDC psychologists, and are limited to 6 sessions per academic year. When longer term treatment is needed, students may be referred to outside practitioners.

Psychological Assessment Services

The CSDC offers individual evaluations for learning disorders, as well as other testing in association with personal or career counseling. Your counselor can help you decide if these services are right for you.

If assessment services are requested, an initial appointment is made with the assessment coordinator to determine eligibility for services and discuss the process.

Counseling and Student Development Center (CSDC)

Information for Clients

***Office of the Vice Chancellor
for Students***

Telephone 808-956-7927

2600 Campus Road
QLC 312
Honolulu, HI, 96822

<http://manoa.hawaii.edu/counseling>



Service Fees

Individual, Couples and Group Counseling:
Free

Career Counseling: Full time students pay \$25 to cover the cost of the testing. Part-time and non-students may also have career counseling, with fees ranging from \$25 to \$150 (pro-rated according to number of credits or recent graduation).

Psychiatric Services: Payment for psychiatric services is through your health insurance, or if uninsured, with a normal co-payment similar to that charged for physician services at the University Health Service. Psychiatrist appointments can be made at CSDC or University Health Services.

Assessment Services: Cost of assessment services are related to the type of assessment. A fee schedule is available through your intake counselor.

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Services & Eligibility

Office Hours: Monday to Friday from 7:45 a.m. to 4:30 p.m.

Services (counseling, assessment and psychiatric) are available to UHM students, with priority given to full time students.

Career Counseling sessions are available to all UHM students, with fees pro-rated according to number of registered credits.

Group Counseling services are available to UHM students, faculty and alumni.

Crisis Intervention (walk-in) services are available during regular working hours by the on-call counselor for students needing immediate assistance.

Outreach & Consultation Services are available to UHM students, faculty, and staff.

** If you are unsure about your eligibility, you can schedule an appointment for an intake interview at the Center to discuss your eligibility for services or be given a referral for off-campus services.*



Appointments

Appointments: Hourly appointments are available from Monday to Friday starting at 8:30 a.m., last appointment is 3:30 p.m.

Intake: All clients start with an intake (initial) appointment with one of our staff counselors. Staff counselors make referrals to psychiatrists or the assessment team as appropriate.

Session Length: Sessions are 50 minutes long, and end at 20 minutes after the hour.

Session Limit: Individual counseling- 12 sessions per academic year,
Group counseling- no limit.

Arriving Late: Clients arriving 15 minutes or later after the start time of the session may be asked to reschedule the session.

Missed Appointments: Clients are asked to call to notify the counselor when a session will be missed. Please call 24 hours in advance when possible.

****Due to high student demand and limited services,** students missing 3 consecutive appointments may be required to gain permission from their counselors prior to making future appointments.