
Therapeutic Contract for Residents

- A. The Campus Counseling Center provides short-term individual counseling to the residents of FCCU. If the initial psychological assessment by a counselor reveals the presenting problems and concerns of the client to be of a mild nature, then 12 counseling sessions are scheduled with him or her. Since this is a service rendered by FCC, there is no payment for the sessions. Offerings in any shape or form are not expected either.
- B. If in a counselor's assessment, a counselee's complaints have not been satisfactorily addressed in 12 sessions, the number of sessions can be increased. Similarly, the counselors can also make the decision to terminate the counseling process before the completion of 12 sessions if they assess that the concerns of the counselee have been sufficiently resolved. Moreover, the counselees also retain the right to withdraw from the process before the completion of 12 sessions.
- C. Counselees are scheduled for 1 individual counseling session in a week on average. The sessions are only scheduled on weekdays from 9 A.M to 5 P.M. In scheduling sessions, priority will be given to students and staff/faculty members.
- D. Counselees will be responsible for rescheduling their counseling session if they do not appear for their scheduled session and fail to notify the counseling center about their unavailability in advance. The next session will then be scheduled based on the availability of the assigned counselor.
- E. For issues that require services that are beyond the scope of the counseling team at the Campus Counseling Center, information is provided to the clients regarding a variety of psychological or psychiatric services available in the community. The CCC would not be responsible for either the assessment procedures or therapeutic interventions (e.g. medication) delivered by such external service providers.
- F. If a client has been sent to the CCC for disciplinary/behavioral intervention, then we may report his or her progress to the concerned office.

- G. In case where help is being sought for a minor, a parent or caregiver has to accompany the counselee. It is also the responsibility of the parent/caregiver to bring the required reinforcers. In the case of a minor, the family could be provided the information of what was discussed in the session.
- H. Family counseling would be expected in cases that involve dealing with minors or in cases of adults if required. The frequency of the sessions would be determined in accordance with the needs of the particular counselee.
- I. Confidentiality is ensured to the clients throughout the counseling process. However, situations where the counselee is in direct violation of university regulations or pose a threat to themselves or others around them, confidentiality can be breached. In such a case, the counselor reserves the right to report the matter to the university authorities or directly to the guardians of the counselee.

Counselee's Name

Counselee's signature

Date

Counselor's signature
