



**FORMAN  
CHRISTIAN  
COLLEGE**  
(A CHARTERED UNIVERSITY)



**Campus  
Counseling  
Center**

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## **Therapeutic Contract for Students**

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- A. A course of 12 individual sessions is offered to students who sign up for counseling. Since this is a service rendered by FCCU, 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. As the counseling process continues, the frequency of the sessions may decrease. More than 1 session in a week can only be scheduled if the counselor makes the recommendation, based on his or her psychological evaluation of the concern under consideration.
- 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. The authority to make a referral to another counselor rests solely with the student's assigned counselor. The referral can be made if at any point in time the counselor assesses that the goal of the counseling process has shifted and has ceased to be therapeutic in nature. If a counselee is hesitant in sharing certain issues and details regarding their concern with a counselor due to gender barriers or otherwise, then a referral can be made. In addition, counselors can also make a referral if they are scheduled to go on a leave of absence and believe that their counselees are still in need of continuing care.

- F. For issues that require services that are beyond the scope of the counseling team at the Campus Counseling Center, information is provided to the counselees 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. A record of the client's prescription would be maintained at the CCC and follow-up sessions would be arranged if required.
- G. If a student has been sent to the CCC for disciplinary/behavioral intervention, then we reserve the right to report his or her progress to the concerned office.
- H. Confidentiality is ensured to the students throughout the counseling process. However, situations where the counselees are in direct violation of university regulations or pose a threat to themselves/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 contact the parents or concerned others of the counselee.
- I. Once the students have graduated from the university, their files and other records of their time in counseling will be discarded.

Counselee's name

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Counselee's signature

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Counselor's signature

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Date

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