Welcome to the University Counseling Center (UCC). Please read the following information. If you have any questions or concerns about the contents of this agreement, please discuss them with your counselor.

Services: The University Counseling Center (UCC) provides a broad array of counseling and psychological health and wellness services to help students enhance their academic and personal success. All currently enrolled TAMU-CC students are eligible for services. There is no charge for counseling or psychological services.

Sessions: During your first “intake” appointment, you will meet with a counselor who will ask you questions to gain a thorough understanding of your concerns. At the end of this session, you and your counselor will discuss a treatment and/or referral plan to best meet your needs. To allow us to meet the needs of as many students as possible, the UCC focuses on providing short-term counseling services. The frequency of counseling will be determined by you and your counselor. Counseling sessions are scheduled for approximately 45 minutes. Counseling helps you to understand and explore how your feelings and thoughts influence your choices, decisions and action. Counseling also helps you to develop more effective coping and problem solving skills.

Client Responsibilities:
1. It is your responsibility to take an active role in the counseling process and work collaboratively with your counselor. It is important that you openly and honestly sharing your thoughts, feelings, and concerns with your counselor. The work you do outside of the session is also an important component of your progress.
2. It is your responsibility to keep all scheduled appointments. You must contact the Counseling Center 24 hours in advance if you are unable to attend a session.
   - If you no-show or cancel with less than 24 hours notice, your next appointment will not be scheduled until the following week. If you are in crisis and need to be seen sooner, you must speak with your counselor and the scheduling of your next appointment will be at the discretion of your counselor.
   - Chronic missed or cancelled appointments may render you ineligible for UCC services. The UCC Director will make a decision whether it is appropriate for you to continue receiving counseling services through the UCC. When necessary, a referral to another agency or practitioner will be provided.

Client Rights:
1. You have the right to receive respectful and competent treatment. This includes the right to: Ask questions about your therapy and receive honest feedback; To obtain a second opinion about the nature of your concerns and appropriate interventions; To request and receive information about your counselor’s licensure, education, training, experience, and other information related to her or his professional counseling practice. You may also refuse to answer questions or disclose information you choose not to reveal.
2. You have the right to a confidential relationship. Within certain legal limits (see Number 3 below), information revealed by you during the course of counseling will be kept completely confidential and will not be revealed to any other person without your written permission. The University Counseling Center is HIPPA compliant. See our Notice of Privacy Practices for more information about your privacy rights and responsibilities.
3. You have the right to know that there are exceptions to confidentiality. These situations include the following:
   a) If your counselor believes that you present a clear and imminent risk of harm or danger to yourself or others, your counselor may make disclosures that he/she considers necessary to protect you or other persons from harm. (These may include but are not limited to sharing information with medical personnel, law enforcement professionals, and contacting your parents/spouse/emergency contact).
   b) If during the course of counseling, you disclose any information pertaining to the abuse or neglect of a minor or an elderly or disabled person, under Texas state law, your counselor must report this information to the proper authorities. For more information about these legal statutes, speak to your counselor or visit

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4. You have the right to review or receive a summary of your records at any time except in certain limited, legal or emergency circumstances. With your signed written request, you or your legal guardian have the right to request that your records on file with the University Counseling Center be released to any therapist or agency you specify.

5. You have the right to receive written information about fees, methods of payment, insurance reimbursement, number of sessions, and cancellation policies before beginning counseling.

6. You have the right to ask questions about any procedures used in the course of your counseling. If positive or negative feelings develop which interfere with the primary goals of counseling, your care can be transferred to another counselor who can work with you in an effective manner. You may terminate counseling at any time without any financial, legal, or moral obligations other than those already incurred. If you choose to discontinue counseling, we will do our best to provide you with other possible referral sources.

7. You have the right to professional, competent, and ethical treatment. Any unethical behavior should be reported to the licensure board, professional association, and university administration to which the counselor is accountable (e.g., Texas State Board of Examiners of Professional Counselors, Texas State Board of Examiners of Psychologists).

Emergency/On-Call Services: The Counseling Center staff is on-call during regular operation hours of the University. In the event of a crisis after regular hours, call University police at (361) 825-4444, and give them your name, telephone number and other relevant information. The counselor on-call will be contacted and given the information to return your call immediately. You may also call 911 during an emergency. This will connect you with the city police who will take appropriate action.

Case Consultation: Your counselor may consult with other professional staff members at the UCC to ensure that you are being provided with the best possible services to meet your needs. In the case consultation process, we continue to be respectful and mindful of confidentiality and your right to privacy.

I, __________________________________________ (print name),

1) have received a copy of this informed consent agreement form;
2) have read and understand this form; and
3) agree to participate in counseling services at the University Counseling Center under the provisions, guidelines, and limits delineated.

___________________________________________________  _____________________
Signature of Consent of Client or Legal Guardian   Date

___________________________________________________  _______________________
Signature of Witness       Date