



TEXAS A&M UNIVERSITY-SAN ANTONIO
Student Counseling Center

Approach to Individual Counseling at the Student Counseling Center:

- Brief therapy specifically focuses on the client's main presenting psychological concern(s).
- Therapy encompasses a variety of solution- oriented treatment interventions that are time-limited in nature.
- The client may be assigned therapeutic homework such as reading materials and/or skill building exercises to assist in personal growth between sessions.
- The client must be willing to devote time outside of her/his/their sessions to work on skill building.
- Therapy can range in frequency (e.g., number of sessions) and duration (e.g., approximately 1-2 semesters).
- SCC clinicians will make the most appropriate treatment recommendation based on a student's presenting concerns. Some students' needs may be better accommodated by a referral to a community provider
- Sessions are not guaranteed every two weeks. During peak times of the semester (e.g., midterms and finals), sessions may be every 2 to 3 weeks.
- Brief therapy is most appropriate for clients who feel comfortable taking therapy breaks during holidays (e.g., Christmas, Spring Break, etc.) and summer semesters (if not enrolled during this period).
- Please be aware that a client's initial evaluation and recommendations may be redefined after two or three sessions and that a referral to community resources may occur at any time. Additionally, Student Counseling Center (SCC) clinical staff reserve the right to make changes to a client's treatment recommendations based on the client's symptom progression, response to treatment, and access to financial resources.



Frequently Asked Questions

Why is it a good approach?

The time-limited nature of brief therapy can encourage the client and therapist to keep sessions focused and productive. Furthermore, brief therapy has been shown to be effective for a wide range of clients and concerns including anxiety, depression, grief, relationship concerns, stress, and lifestyle changes.

What research supports it?

Research has shown that various forms of time-limited therapy yield very positive results. For example, a comprehensive study on solution-focused brief therapy found that it had a positive effect in less time and satisfied the client's need for autonomy more than other forms of psychotherapy (Stams et al., 2006 as cited in Bannick, 2007).

How common is it?

Brief therapy is widely used in the mental health field and has become the most preferred mode of individual service delivery nationally in college counseling centers (Hodges, Shelton, & Lyn, 2017).

How brief is Brief Therapy?

The Counseling Center does not maintain a formal and exact session limit. Instead, working together, the therapist and student determine the frequency and duration of sessions that are appropriate for the student based on the nature of the student's presenting concerns, as well as available resources. The limits to service are discussed with each student early in the course of treatment during an exploration of the appropriate level of care for the student's presenting concerns. Therapy sessions are scheduled every other week.

What if a student needs treatment beyond Brief Therapy?

As described above, brief therapy is appropriate in many circumstances. However, for students who may benefit from longer-term, more frequent or specialized care, the Counseling Center can provide community referrals. For more information about referrals, please contact the main line by calling 210-784-1331 or speak to a clinician.