



Middlebury

Middlebury College Counseling Scope of Care

Middlebury College Counseling's staff are a group of dedicated and compassionate counselors who specialize in college counseling. Though we have a variety of counseling styles, we all provide counseling support from a strengths based perspective, utilizing a developmental framework for assessment and care. We believe that change and growth occur across the lifespan and understand that the college experience can be a complex series of transitions.

Our Counseling philosophy aims to create a confidential, affirming, and non-judgmental environment for students to identify their needs. It is built on a foundation that validates the uniqueness and potential of individual students and embraces human diversity and its richness.

We acknowledge the impact of prejudice, discrimination, oppression, power, and privilege. We understand that each individual's experiences are located within societal and cultural systems of power. We have a commitment to respect the individual complexities of students' identities, life experiences, and the multiple contexts in which these occur.

In keeping with the educational mission of Middlebury College we also contribute to the mental health professions by serving as a training site for graduate students in counseling, social work, and psychology. We support the professional development of our staff and strive to embody the wellness we promote within the campus community.

Counseling at Middlebury is housed under the Parton Center for Health and Wellness (Health Service, Sports Medicine, and Counseling). Counseling shares a building with Health Service and shares a secure electronic health record with Health Service and Sports Medicine. Health records are kept separate from all other college records in accordance with state and federal law.

Privacy and Confidentiality

Middlebury College Counseling is committed to protecting students' privacy and confidentiality. Students have the right to revoke or restrict authorization to share health care information. We will not release any protected information without student's written permission, except under the following conditions stipulated by professional ethics and state and federal laws:

- As authorized or required by law (e.g. when we are presented with a valid court order requiring us to release records)
- As necessary to protect a student and/or others from a serious threat to their health or safety, or to protect property from threat of serious damage
- In cases of mental incapacitation that result in an inability to assume responsibility for oneself

Eligibility for Care

Middlebury College Counseling provides counseling support and consultation for currently enrolled Middlebury College students. This includes:

- All undergraduate students at the Middlebury, Vermont campus
- All Language School students during the summer at the Middlebury, Vermont campus
- Bread Loaf students during the Bread Loaf School of English and Writer's Conference at the Bread Loaf campus in Ripton, Vermont.
- All exchange students at the Middlebury, Vermont campus
- Undergraduate students at the Middlebury, Vermont campus who are working for the college during the summer and who will be enrolled at Middlebury College the following academic term.



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Support within our Scope of Care

Counseling at Middlebury practices from a brief psychotherapy model. The challenges and experiences of college students are best supported by a model that is flexible, individualized, and available within the timeframe of an academic semester or year. While we do not place specific limits on the number of sessions per year, brief psychotherapy is the treatment of choice for the range of experiences appropriate for support in a college counseling center.

The following are Counseling supports and care most appropriately provided within our counseling center:

- Initial assessment appointments
- Brief individual psychotherapy
- After-Hours Counseling Support
- Crisis support
- Consultation
- Group counseling
- Referral for specialized care
- Continuity of care following referral
- Advocacy and support in college administrative processes

Some of the issues that are commonly addressed in brief individual counseling:

- Personal: stress, sadness, worry, anger, loneliness, guilt, shame, low self-esteem, grief
- Relationships: family, social, team dynamics, romantic, residential, sexual
- Social Justice: impact of oppression, power, privilege, identity, intersectionality, ability, geography, nationality, religion
- Development: identity, gender, sexuality, life transitions, adjustment to college
- Academic: performance anxiety, perfectionism, underachievement, low motivation
- Other: effects of trauma, sexual violence, relationship abuse, family history, spirituality, body image, healthy lifestyle choices

Support outside our Scope of Care

Students whose needs fall outside the scope of our care or scheduling availability are referred to community resources. We make referrals after the initial session or as these factors become more apparent during the course of counseling. Counselors can provide referral options to better meet a student's needs and follow up to offer additional assistance and for continuity of care.

Middlebury College is located in a small town in a rural state. In contrast to colleges in larger states or urban areas, local psychiatric and other specialized treatment resources are limited. We encourage students to continue working with their current psychiatrist, physician, or a mental health provider at home for continuity of care and for immediate access to support. It may be helpful for students to meet periodically with their current or home mental health professional until they adjust to campus life. We encourage students who need ongoing specialized treatment while at college to call us for referrals prior to arrival on campus. Students may need to arrange transportation to access specialized treatment providers.

Certain specialized treatment providers may not be close enough to Middlebury College to allow for simultaneous treatment and academic enrollment in college. For some students, medical withdrawal from the college may be necessary to facilitate proper treatment with specialized treatment providers.

Some of the issues that are most appropriately addressed through referral to services outside of Middlebury College Counseling for longer term or more intensive intervention include:



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- A history of multiple hospitalizations, chronic suicidality, and/or self-injurious behaviors; history of repeated suicide attempts.
- Evidence or risk of progressive deterioration in mental or emotional functioning requiring intensive intervention.
- Presence of impairing drug and/or alcohol problems causing medical/safety concerns.
- Presence of an impairing eating disorder causing medical/safety concerns.
- Request for formal psychological evaluation and diagnosis for the purpose of: ADA accommodation; other college administrative processes; employment clearance; determining eligibility for vocational rehabilitation or disability benefits; or documentation for emotional support or service animals.
- Learning disability, neuropsychological, or ADHD assessment.
- Court mandated assessment or treatment requirements.
- Substance use assessments mandated by legal and/or college disciplinary processes.

This description of our scope of care is intended as a guideline. The nature and complexity of presenting concerns and their broader contexts are considered in making the appropriate recommendation(s). Cases are evaluated individually and referrals to specialized treatment providers are made based on the professional judgment of the counselor(s) and their supervisor(s) with consideration of the wishes and resources of the student (in consultation with a multidisciplinary team when appropriate).