

# CS: Scope of Practice

Version 3

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## Scope of Practice – Seneca Polytechnic Counselling Services

Seneca Polytechnic Counselling Services provides confidential, short-term, goal-focused support to currently enrolled students to promote personal well-being and academic success. Our trained counsellors help students navigate challenges that may affect their mental health, adjustment to college life, or overall functioning during their time at Seneca in their academic journey.

Counselling is designed to address concerns that are more recent in nature or expected to resolve within a short time-frame. It requires a mutually agreed to goals and follow-up. When a student requires longer-term or specialized mental health care, our counsellors will assist in identifying appropriate external resources to ensure continuity of care.

### Common concerns addressed through counselling may include:

- Transitions (i.e. to college, Canadian culture, away from home)
- Stress, anxiety, or low mood
- Grief or loss
- Coping with relationship changes or break-ups
- Family or interpersonal conflict
- Self-esteem and confidence
- Motivation or focus issues
- Time management and study skills
- Career and academic decision-making

### Services offered through Counselling Services include:

- Single session therapy (via quick connects)
- Short-term individual counselling (via scheduled 1:1)
- Brief crisis intervention and safety planning (via drop-in and immediate referrals)
- Referral and connection to community mental health services
- Wellness check-ins and short-term case coordination, where appropriate
- Group programming focused on skill-building, emotional wellness, and adjustment
- Consultation and outreach services for faculty and college departments on topics related to student mental health and well-being

### Services that fall outside our scope of practice include:

- Long-term or intensive individual psychotherapy (i.e., weekly sessions over several months)
- Counselling for legal, forensic, or medical documentation purposes (i.e., proof of psychological readiness or compliance with mandated treatment)
- Ongoing care for students not currently enrolled (i.e., after graduation, withdrawal, or dismissal)\*
- Family & Couples therapeutic services
- Services are limited to those residing within Ontario
- Management of complex or persistent psychiatric conditions, including significant risk of harm to self or others or other concerns requiring clinical treatment

While we provide brief intervention during mental health crises, we are not a crisis response centre. Students requiring urgent or intensive psychiatric care are referred to appropriate community supports such as local hospitals, mobile crisis teams, or mental health agencies. Counselling Services operates Monday to Friday, 9:30 a.m. to 4:00 p.m. During business hours, staff may provide coordinated support in collaboration with Security and Emergency Management for students navigating crisis situations.

### Referral to Community Resources

When a student's needs exceed the scope of services offered at Seneca, counsellors will work collaboratively to provide personalized referrals to community programs, clinics, or specialists. Our goal is to help students access care that is timely, appropriate, and supportive of their well-being.

### Eligibility for Services

Counselling Services are available to all students currently enrolled at Seneca Polytechnic. Access to services may vary based on demand and availability. While most programming is available broadly, individual counselling is reserved for enrolled students during their active term of study.

\*on a case-by-case basis students may be able to access a one-time 'bridging session' in the semester immediately following their last enrolled semester.