

# 木禾心理

USC资讯资源整合

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# 简介&服务分类

校园资讯中心官方网站: <https://studenthealth.usc.edu/counseling/>

1. 咨询中心名称: Counseling and Mental Health Services (in USC Student Health)

**收费:** Covered by the Student Health Fee

专为校园临床服务以及电话服务收取的费用, 所有6个学分以上的注册学生都必须支付,

**提供:**

- Individual therapy, group therapy, crisis support, psychiatric services, and specialties for gender-based harm.
- For relationship/sexual violence prevention and education → Specialized team in Relationship and Sexual Assault and Violence Prevention Services.

**联系电话:** 213-7400-9355, 24/7可拨打

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# 简介&服务分类

校园资讯中心官方网站: <https://studenthealth.usc.edu/counseling/>

## 2. 服务名称: Behavioral Health Services (Insurance-based)

**收费:** 一般包含在 Student Health Insurance Plan 内 (SHIP, 由 Aetna 保险公司提供), 是针对长期医疗护理, 紧急医疗需求, 医院手术等的保险计划, 按学期收费。在校学生/国际学生默认登记参与保险计划, 除非单独申请 Opt to a different plan, 每学期有选择的 DDL

**提供:**

- Psychiatric and Behavioral Health Services (PBHS, 5th floor)
- Web-based Long-term Counseling with Behavioral Health Services

# 其他服务

**名称:** Relationship and Sexual Violence Prevention and Services

**网站:** <https://sites.google.com/usc.edu/rsvpclientservices/home>

**提供:**

- 针对情感关系以及性侵犯方面的教育与研讨会
- 主题包括:
  - Gender-based harm overview
  - Supporting survivors (long term strategies) of gender-based harm
  - Crisis support for survivors of gender-based harm
- 也可提交表格申请新的主题研讨:

<https://studenthealth.usc.edu/counseling/workshop-requests/>

# 其他服务

**名称:** Healing Arts Workshop for Women

**提供:**

- Safe environment for women, and follows a trauma-informed approach, acknowledging that trauma is prevalent, and the impacts are far-reaching.

**名称:** Circle of Hope

**提供:**

- Offered survivors of sexual violence that occurred between the ages of 16 to present.

# 其他服务

**名称:** Service Navigation for Cultural Communities

**提供:**

- 针对USC的文化社群, SEIP项目提供持续支持
- 详情参考Services for Cultural Communities网站:  
<https://sites.google.com/usc.edu/bipocmentalhealth>

# 其他服务

名称: Presentation and Facilitation

提供:

- 对于需求咨询师来和学生沟通的部门或者学生组织, 可以填下以下表格来提交信息:

<https://studenthealth.usc.edu/counseling/workshop-requests/>



# 其他服务

名称: Mindfulness Guide

提供:

- 在线阅读正念指南来更好培养自己的精神健康:

<https://park-bock-mdsl-resource-guide.mailchimpsites.com/>

# 服务介绍 – Crisis Support

- 鼓励学生紧急情况下于Engemann & Eric Cohen Student Health Centers 直接Walk-in进行咨询
  - Engemann Student Health Center:
    - University Park Campus, 1031 West 34th St., Los Angeles, CA 90089
    - M-Th 8:30am-7pm, F 9:30am-4:30pm, Sat-Sun 10am-2 pm.
  - Eric Cohen Student Health Center
    - Health Sciences Campus, 1510 San Pablo St. Suite 104, Los Angeles, CA 90033
    - M-T 7 m-5pm, W-Th 9am-7pm, F 7am-1pm, Sat 9am-1pm, Sun Closed.
- 如果在服务时间之外, 可以拨打24/7热线:213-7400-9355

# 服务介绍 - Ongoing Programs and Services

- Drop-in (“Let’s Talk... On Zoom!”) 30分钟在线和咨询师一对一进行私人交流, 所有USC在读或者支付了Student Health Fee的学生都可以参与
  - 同时提供特定社群相关的讨论空间, 有针对LGBTQIA+和国际学生的交流选择
- Single-session workshops 针对焦虑, 睡眠, 情感关系以及其他主题等的单次60分钟研讨会, 通过mySHR查看日程表并报名参加
  - 所有研讨会均为非临床, 不可替代任何医学或者心理治疗。研讨会以轻松以及更易理解的方式来讨论问题, 帮助参与者了解相关信息并且学习针对常见问题的应对技能。另一方面, 群体治疗是非常不同的心理治疗, 注意不要混为一谈
  - 研讨会主题包括: 进食性障碍 Eating Disorders; 保持冷静 Keep Calm; 考试焦虑 Test Anxiety; 好好睡觉 Sleep Well; 减少压力 Stress Less Series等

# 服务介绍 - Therapy Services

- Individual appointments to talk to counselors “one-on-one” 可以线上也可以线下, 通过mySHR预约, 与咨询师进行一对一沟通
- Group Counseling 和有相同经历的伙伴一起参与, 通过mySHR预约或者致电213-7400-9355
  - 由有执照的咨询师主持, 旨在帮助成员们取得个人进步
  - 很多人在某个时刻都会经历某些心理上的问题, 而与面对同样困难的其他人一起参与群体咨询可以帮助个体从不同的角度看待问题, 获得安慰与共情, 也能更好得达到想要的目标
  - 形式为在线, 只有目前住在加州的USC学生可以参与 (Fall 2021规定)
  - 咨询主题包括: 建立社交自信 Building Social Confidence, 双相情感支持Bipolar Support, 增进情商 Increasing Your Emotional Intelligence, 有意识的自我同情 Mindful Self-Compassion等

# 服务介绍 - Psychiatric and Behavioral Health Services (PBHS, 5th floor)

- 由具有多样性文化背景的教员提供的精神和行为健康服务，致力于满足客户各方面的需求，不管是短期，长期，寻求解决方案或者是复杂需要关注的情况。建议USC在校学生先在Counseling and Mental Health Services进行咨询之后再与PBHS预约
- 如果不是USC SHIP的保险，收费会根据情况决定

# 服务介绍 - Web-based Long-term Counseling with Behavioral Health Services

- 对有SHIP/Aetna保险服务的学生提供的长期在线咨询服务, 对以下州的居民提供: CA, CO, DE, PA, NJ, NY, VA, MO.

## References:

<https://studenthealth.usc.edu/counseling/>

<https://studenthealth.usc.edu/workshops-and-programs/>

<https://studenthealth.usc.edu/counseling/group-counseling/>

<https://studenthealth.usc.edu/fees-and-insurance/>