

木禾心理 University of California, Riverside

心理咨询资源整合

更新于1/30/2021



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需要咨询

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概要(内附超链接)

• 咨询类服务:

- [咨询预约及intake appointment](#), 由学校CAPS的心理咨询师提供, 免费
- [短期咨询 short term counseling and psychotherapy](#), 目的在于找到心理问题和解决方案
- [集体治疗 group therapy](#), 讨论大家共同的问题并互相帮助
- [药物治疗 psychiatric services](#), refer到SHS或校外的psychiatrist
- [LiveHealth线上咨询](#), 分为medical和behavioral health两类, 收费

• 其他资源及培训:

- [紧急情况 emergency assistance](#), 热线, 网站及CAPS提供的walk-in服务
- [培训 education & training](#), 帮助学生保持心理健康的项目以及health service相关的internship
- [自助资源 self-help library](#), 自我评估及在线学习平台
- [相关文章 popular topic](#)
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Beginning Treatment: Intake Appointment

<https://counseling.ucr.edu/beginning-treatment-make-appointment>

- **三种预约方式**

1. 打电话给CAPS, Tel: 951-827-5531, 工作时间为Mon-Fri, 8am to 5pm
2. In person预约, Address: Health Services Building, North Wing, 工作时间为Mon-Fri, 8am to 5pm
3. 非工作时间打电话给on-call therapist 24h预约, Tel: 951-827-5531

- 首次预约咨询要用Phone Triage Appointment, 提前30分钟到场填写相关信息, 非首次咨询也需要提前5-15分钟到场填写调查问卷
- 首次咨询侧重了解问题及评估, 而不是治疗

取消预约

- 如果需要取消预约, 请在24小时内打电话951-827-5531或者登录网站
<https://chconline.ucr.edu/>
- 24小时内取消预约或者没有按时进行咨询(迟到15分钟以上)会被收取missed appointment fee, 具体收费情况参考
<http://counseling.ucr.acsitefactory.com/sites/g/files/rcwecm1711/files/2018-08/Missed%20and%20Late%20Cancelled%20Appointment%20policy%20and%20fees.8-1-13.pdf>

Short Term Counseling and Psychotherapy

<https://counseling.ucr.edu/short-term-counseling-and-psychotherapy>

- 目的: 帮助找到问题及解决方案
- 时长: 45分钟
- 频率和次数: 根据咨询需求和学校相关policy决定
- 如果双方都是UCR学生, 可以进行couples counseling, 但不可以同时进行individual和couples counseling
- 对于特殊情况, CAPS可能会将你refer到其他医疗中心

Group Therapy

<https://counseling.ucr.edu/group-therapy>

- work with others who share common concerns
- 讨论大家的问题并提供反馈, 互相支持
- 每一组都有6-12个成员和2个心理咨询师, 每周有60-90分钟的session, 前几次注重建立信任
- 进行group therapy前会有pre-screening session并和leader进行面谈
- 如果认为当前的组不适合你, 可以联系CAPS退出
- skills group: 和therapy group不同, 3-10次1小时的session

Psychiatric Services

<https://counseling.ucr.edu/psychiatric-services>

- 如果心理咨询师认为你需要药物治疗, 会把你refer到SHS或者校外的psychiatrist
- 将现有的(校外的)psychiatric prescription转到校内
- 预约SHS的psychiatrist: 打电话951-827-3031或者线上预约

LiveHealth Online

https://counseling.ucr.edu/what-livehealth-online#behavioral_health_live_health_online

- 24/7 线上视频咨询
- medical和behavioral health相关的都有
- 不是学校提供的服务, 收费详情见网站

Emergency Assistance

- 学校附近的紧急情况联系UC Police Department (UCPD)
- Phone: (951) 827-5222
- Website: <https://police.ucr.edu/>
- CAPS walk-in services或拨打(951) 827-5531及其他热线
<https://counseling.ucr.edu/urgent-services-contacts>
- 如何帮助distressed student
<https://counseling.ucr.edu/responding-distressed-students>

Education and Training

- consultation & outreach: 帮助学生及校内人员保持心理健康
<https://counseling.ucr.edu/consultation-outreach>
- internship in health service psychology 实习: CAPS提供APA accredited internship, 详细内容见网页<https://counseling.ucr.edu/internship-opportunities>

Self-help Library

- CAPS提供的手册及handouts <https://counseling.ucr.edu/your-fingertips>
- 自我评估 <https://counseling.ucr.edu/online-self-assessment>
- Therapy Assistance Online (TAO), 在线平台, 学习如何应对不同情绪和压力
https://www.taoconnect.org/what_is_tao/us/

Popular Topic

<https://counseling.ucr.edu/popular-topics>

- 分手后的恢复 <https://counseling.ucr.edu/recovering-break>
- 担心朋友的情况 <https://counseling.ucr.edu/worried-about-friend>
- 性侵犯 <https://counseling.ucr.edu/surviving-sexual-assault>
- 适应大学 <https://counseling.ucr.edu/making-transition-college>
- 培养自信 <https://counseling.ucr.edu/becoming-more-assertive>

相关证明

- CAPS不提供emotional support animal证明
- CAPS不会直接提供service documentations, 只有在学生已经在CAPS咨询过一段时间的情况下, 咨询师才会谨慎的开some mental disorders的证明