Florida Southern College Counseling Center
Scope of Practice Statement

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The general guidelines listed are only intended to serve as a guide to assist treatment decisions.
The nature and complexity of presenting concerns in the broader context are considered in
making appropriate treatment recommendations. Cases are evaluated on an individual basis, and
the professional judgement of the mental health provider(s) will determine the treatment decision
in a particular situation. If you are uncertain what services best fit your needs or have questions,
staff at the Counseling Center is available for consultation with students, parents, faculty, and staff.

PLEASE NOTE: The counseling center cannot excuse an absence/s from class for
medical or psychological illnesses. However, if you are seeking documentation regarding
your receipt of services in our office, that documentation can be provided.

Brief Therapy:
What is Brief Therapy?
Brief Therapy is a form of psychotherapy that is short-term in nature and in which the client and
counselor work collaboratively to identify solutions. The aim is to emphasize students' strengths
and to help them to work actively towards well-defined goals.

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 problems, such as anxiety, depression, grief, relationship issues, stress, and
lifestyle changes.

What research supports it?
Research has shown that various forms of time-limited therapy yield very good 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 counseling is w (l)4 (d)3 (t)-2 (h)3 (e c)-5 (l)1 (i)-9 (ent2 (h)3 4 (i)4 (m)2 n)a18.45 0 Td
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treatment during an exploration of the appropriate level of care for the student’s presenting
concerns. Sessions are usually 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 more specialized counseling, the Counseling
Center can provide referrals. For more information about the Counseling Center’s Scope of
Service, see above.

How to get the most out of it?
To get the most out of a brief therapy experience, clients are encouraged to think about their goals
and about how they would like things to be different. Clients are also encouraged to be willing to
engage in work outside of sessions and take responsibility for making changes within their lives.

References:
Bannink, F.P. (2007). Solution-focused brief therapy. Journal of Contemporary Psychotherapy,
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Cooper, S & Archer, J. (1999) Brief therapy in college counseling and mental health. Journal of
American College Health, 48(1), 21-29.
Stams, G.J., Dekovic, M., Buist, K., & de Vries, L. (2006). Effectiviteit van oplossingsgerichte
korte therapie; een meta-analyse (Efficiency of solution-focused brief therapy: a meta-analysis). Gedragstherapie (Behavior Therapy), 39(2), 81-94