What's the difference between Counseling & Advocacy Services for Survivors?

COUNSELING

BOTH SERVICES

ADVOCACY

Focus on trauma-healing and managing distress

For the purpose of long-term integration and healing

Through supportive exploration

After your first visit, sessions are scheduled and may be either 30 or 50 minutes in length

Does not provide accompaniment

Personal and family background information will be gathered

Collaborative goal-setting guides treatment

Group counseling available (including STEP group)

Trauma-Informed
Empowerment Focused
Honor Autonomy
Support Safety
Provide Emotional Support

Confidential

Work with students who have experienced sexual violence, dating violence, or stalking, whether recently or in the past

Provide psycho-education about trauma & the brain and common trauma responses

Assist in decision-making following a harm

Focus on answering questions about the resources & reporting options available to you, assisting you with decision-making and connecting to the resources that you choose to access, if any

For the purpose of stabilizing and normalizing your concerns

Through supportive exploration with detailed knowledge of local processes, people, and what can be expected

Meetings are available on a walk-in basis or as scheduled appointments, and will be variable in length

Can accompany you to resources and through reporting processes

Focuses on the resources and connections that may be helpful to you and the decisions you would like to make following the harm you've experienced

Services are individualized to your needs while focusing on providing information and support that is helpful to you following a harm you have experienced

^{*} You may choose to work with a Counseling Center clinician, an advocate, or both.
You may also access these services in any order and may move between the two, depending on your needs.
Counseling and Advocacy can also coordinate care and collaborate in supporting you, with your permission.