

## **CPS MISSION**

The mission of Counseling and Psychological Services (CPS) is to support the emotional, psychological, educational, social and cultural development of all UC Berkeley students through a wide range of multiculturally based counseling, psychiatric, career, consultation, training and educational services.

## **How We Accomplish Our Mission**

CPS, in alignment with the University Health Services, contributes to the academic mission of the university by providing life skills learning experiences, managing disruptive and crisis situations on campus, and enhancing and maintaining the emotional and social functioning of students. Our services aim to help students to resolve personal difficulties, to be successful, and to acquire skills, attitudes, abilities and knowledge that will enable them to take full advantage of their college experience. We seek to foster intercultural competence and promote awareness and empathy within a multicultural environment.

## **GOALS**

- **Counseling and Psychiatric Services for Students**

- **Counseling:** CPS individual and group counseling activities span psychological-social and academic-career concerns. Both crisis and non-crisis services are designed to enable students to access services in a timely way. CPS counseling services are based on a brief counseling model designed to help students overcome a wide range of problems that, if left unattended, would inhibit learning, academic success and personal development.
- **Psychiatry:** Grounded in a biopsychosocial approach to behavioral medicine, psychiatric clinicians provide students with comprehensive psychiatric assessment, evidence-based medical treatments, and ongoing management of a wide- variety of acute and chronic mental health conditions. In addition to providing direct clinical care to students, we collaborate closely with the clinicians at UHS and in the local community to provide psychiatric consultation, coordination of care, and continuity of care referrals when appropriate.

- **Education and Campus Consultation**

1. Assist the campus community in the development and maintenance of a learning environment conducive to the psychological growth and development of students.
  - Assist members of the University community to develop a greater understanding of mental health needs and the services available for responding to those needs.

- Improve the quality of individual life on campus by helping to identify and eliminate negative elements in the campus environment.
- Provide consultation services to campus groups in their work with students in such processes as: goal setting, participation planning, decision-making, conflict resolution, and clarification of role relationships.
- Assist faculty and staff in recognizing students in need of personal counseling and in making appropriate referrals.
- Provide preventive programming to address commonly experienced problems and/or to address the resolution of these problems in their early stages.

## 2. Provide training to campus community

- Provide a resource for the training of faculty and staff in improving helping skills.
- Assist in training student paraprofessionals who are actively involved in helping roles and leadership roles, such as resident advisors, orientation advisors, tutors, and peer "counselors".
- Provide learning experiences through classroom presentations.

- **Training and Supervision**

CPS trains pre- and post- doctoral interns, psychiatry residents, post MSW and master's level trainees to provide counseling and other professional services to UC Berkeley students. The training programs contribute significantly to both the quality of CPS services and the cultural diversity of CPS staff.

- **Research and Evaluation**

CPS conducts accountability and evaluation research to regularly monitor and improve the quality and effectiveness of its services. CPS also conducts applied research that aims to advance knowledge in areas beneficial to the provision of services to university counseling programs in general.

- **Staff Development**

CPS promotes the continuous professional development and growth of all staff members. This goal is supported through in-house continuing education programming and through a professional resource library.