

# **Single-Session Appointment FAQ**

## **Q: What is a Single-Session Appointment?**

A Single-Session Appointment is a one-time appointment that allows you to meet with a clinician in a confidential setting for a targeted therapy session. It is designed for students who would like to discuss a concern that would not require ongoing care. Single-Session Appointments are designed for solution-focused, non-urgent concerns. They are not designed for crises or ongoing support.

## **Q: How do I make an appointment for a Single-Session Appointment?**

Contact the Center front desk at 202-885-3500 and schedule a Single-Session Appointment. You will need to allocate 90 minutes from your appointment arrival time for your session. If you arrive more than 15 minutes past your appointed arrival time, you will be asked to reschedule your appointment.

## **Q: Who should use Single-Session Appointments?**

A Single-Session Appointment may be a great option for people looking to address a general or time-sensitive concern. It is an option for students seeking solution-focused support or who would like to brainstorm ideas about a specific issue.

## **Q: What is the difference between an Initial Consultation and a Single-Session Appointment?**

An Initial Consultation is an assessment of your needs to determine the type of clinical care required to best meet your needs. A Single-Session Appointment allows us to focus on a specific concern to provide immediate support and work toward a solution for your situation.

## **Q: What if I need more than a Single-Session Appointment? What are my options?**

If you believe your concerns may not be adequately addressed in a Single-Session Appointment, you may either a) use a Single-Session Appointment to receive information about off-campus referral options; or b) schedule an Initial Consultation appointment to adequately assess your next steps. Please note that you will need to complete an Initial Consultation in order to be assigned to a clinician in the Center.

## **Q: Why do I have to do the paperwork for a Single-Session Appointment?**

The abbreviated paperwork allows your clinician to obtain relevant information and helps us determine the course of your Single-Session Appointment. The consent forms are required to permit clinicians to treat students, as they outline expectations and our legal and ethical obligations.

## **Q: Are there session limits on Single-Session Appointments?**

Students may use up to two Single-Session Appointments per semester. To note, each appointment may be with a different clinician. If you feel that you would need more than two single-session appointments, it is recommended that you schedule an Initial Consultation appointment to explore ongoing care at AUCC or receive assistance in securing a provider in the community.

## **Q: Am I still eligible for 6-8 sessions if I use a Single Session Appointment?**

Using a Single Session Appointment does not reduce the number of sessions you can receive through the Center. Students who are a good fit for 6-8 sessions at the Center are still eligible to receive up to 6-8 sessions per school year.

## **Q: Can I use a Single-Session Appointment for emergencies or crises?**

If you are experiencing a crisis or urgent concern, call AU ProtoCall (202-885-7979). AU ProtoCall is free and available 24/7 from wherever you are. Single-Session Appointments provide solution-focused appointments that are not designed nor clinically appropriate for managing crises or providing ongoing support.

## **Q: When is a Single-Session Appointment not a good fit?**

This type of treatment is not the best fit for students needing ongoing care, experiencing a crisis, or not physically located in Washington, DC (e.g., Maryland or Virginia). For students outside of the District, My SSP or AU ProtoCall would be the better option for services.