

## Got therapy?

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Many people view counseling and psychotherapy as a last resort. Even though the stigma of receiving mental health services has decreased in recent years, many people are still reluctant to ask for help. It's not easy to tell someone about your problems. Most of us grew up in families who taught us to protect our privacy. Talking to someone outside of the family may break cultural or familial rules. The trouble is that sometimes, even the best of families, and the very best of people, need help overcoming life's challenges. Lots of things can happen to us, which may overwhelm our ability to cope. For example,

- Too much stress - school, work, home
- Illness – mental, physical, spiritual
- Events outside of our control – disaster, trauma, accident, injury, getting laid off , victim of a crime, death of a loved one
- Unintended events – hurting someone's feelings, addictions, failing a class in school; getting fired from a job
- Actions with unintended outcomes – arguments, betrayal, dishonesty

When these experiences exceed a person's or family's resources, it's time to ask for help. Counselors and psychotherapists are professional helpers who are trained to preserve your privacy, dignity, and strengths while helping you or your family increase its capacity to adapt.

Counselors and psychotherapists can help by:

- Providing a safe space for you to talk privately about your worries and concerns
- Listening and providing support as you make decisions and try new behaviors
- Asking questions that help you see your problem in new ways
- Helping you identify your strengths and the strengths of others
- Teaching you effective ways to cope
- Working with you to foster positive changes in your thoughts, feelings, and behaviors
- Coaching you in ways to improve your work, school, and home life
- Connecting you with resources in the community

The UCSB Hosford Counseling and Psychological Services Clinic, located at 1110 Phelps Hall, is a community agency, which specializes in helping people. The clinic is staffed by graduate students in the Department of Counseling, Clinical, and School Psychology (CCSP) who are supervised by faculty members. Faculty members who are California licensed psychologists also see clients in the clinic. If you need a licensed clinician, you may request one.

All services are offered on a sliding scale. A psychiatrist is available to Hosford Clinic clients to consult about medication.

The Hosford Clinic serves culturally diverse individual adults, children, teens, couples, and families from the Santa Barbara community. UCSB students may be seen with a referral from Counseling Services or Student Health.

For more information or to schedule an appointment, call 893-8064.

Website address: <http://education.ucsb.edu/ccsp/hosford.html>