

# SKIDMORE COLLEGE COUNSELING CENTER

## CHOOSING A LOCAL CLINICIAN

Phone: 518-580-5555

The Skidmore College Counseling Center hours during the Fall and Spring semesters are: Monday through Friday from 9:00am-12:00pm & 1:00pm-4:30pm.

***Call around before making a first appointment.*** Typically, we will offer several recommendations, rather than providing just one name. It's a good idea to call 2 or 3 clinicians and ask a few questions of each before you schedule a first appointment with someone. Helpful things to ask in advance of scheduling are:

*Do you participate in my specific insurance plan?*

*How soon are you available?*

*Does your schedule fit with mine?*

*How do you usually work with my kind of problem (depression, anxiety, etc.)?*

Most clinicians are familiar with this kind of initial inquiry, so please don't feel awkward about not scheduling right away. After speaking with a few different people, you should have a sense of who might be a good fit for you. Call that person back and schedule a first appointment.

***Ask questions. Give feedback.*** If you are confused or unsure about how things are working, let the clinician know. Ask them what you should expect, and be honest about how you feel it's going. A little feedback from you can guide them about how best to help. Do you need your therapist to be more active...to ask you more questions...to challenge you more? If you're not comfortable or are uncertain about something, say so.

***Be patient...but not too patient.*** It can take some time to feel like you and the clinician are understanding each other and working together well. Often, it can be a few visits before this occurs. However, it shouldn't be a prolonged process. If you're not feeling like it's a good fit after the first couple sessions—and talking with the clinician about it hasn't helped—consider seeing someone else, with whom you might have a better connection.

***There are some other things we can do to help you connect with local treatment.*** If you or the clinician feel it would be helpful, we'd be happy to speak with them about our impressions or previous work with you (with your written permission). With a written release, we could also provide a copy of your treatment record to them. And, of course, we can offer additional recommendations if you'd like more options or are looking for a different kind of resource (e.g., a group, couples therapy, or medication).

***We're still here to help with emergency situations.*** Even after you're connected with a local clinician, the Counseling Center remains available for situations that may warrant a same-day emergency appointment or an after-hours emergency on-call contact. Following any such contact, we will communicate with your treatment provider in order to collaborate about your care.

***Think of us for other services that might be helpful.*** You and/or your clinician might wonder if participating in a workshop could be helpful to you. Or maybe you're concerned about a friend and would like a consultation about how to help. You are welcome to access continue accessing us for these kinds of needs for as long as you are enrolled as a full-time student at Skidmore. Give us a call!

***A final thought.*** Please do let us know how things are going. We really value the feedback we receive about clinicians and practices to whom we refer, as it enhances our ability to provide the most appropriate and beneficial referrals for future students. Thank you.