



Counseling and Psychology Services (CAPS) – Scope of Care

At Counseling & Psychology Services (CAPS), our goal is to support the emotional well-being, personal growth, and academic achievement of currently enrolled students. We follow a stepped-care approach, which means students receive the appropriate level of support for their needs, ranging from self-help resources and workshops to brief counseling or referrals for specialized, long-term assistance.

Our services are designed to be time-limited and goal-oriented, usually lasting one semester. This enables us to assist as many students as possible while helping each person make meaningful progress.

What We Do

CAPS provides a wide range of services to help students navigate challenges and thrive during their college years. Examples include:

Everyday Stress and Life Challenges

- Coping with academic pressure or performance concerns
- Adjusting to major life transitions (e.g., starting college, preparing for graduation)
- Building resilience and problem-solving skills
- Managing day-to-day stress

Emotional Health and Personal Growth

- Addressing self-esteem concerns
- Exploring identity development
- Learning coping skills to manage emotions
- Reducing symptoms of mild to moderate anxiety or depression
- Support after a single-event trauma or uncomplicated grief/loss

Relationships and Community

- Navigating conflicts with peers, family, or partners
- Strengthening communication and interpersonal skills
- Building supportive and healthy connections
- Support with setting healthy boundaries

If students are unsure whether their needs fall within CAPS' scope, our team will meet with them to assess and guide them toward the most appropriate support.

When We Connect Students to Other Resources

Some concerns require longer-term or specialized care, which is best handled outside of CAPS. In these cases, our case management team helps students find suitable community providers through referrals and resources like Thriving Campus.

Specialized or Intensive Therapy Needs

- Weekly, long-term care



- Intensive outpatient therapy (e.g., regularly scheduled individual sessions more than once per week, and/or longer than 1 hour)
- Intensive treatment (e.g., for substance use disorders and eating disorders)
- Therapy when a student is already engaged in therapy with another provider
- Specific treatments for less common diagnoses

Legal or Mandated Services

- Formal testing/assessment for:
 - Learning disabilities/ADHD
 - Neurological or neurodivergent concerns
 - Disability claims
 - Custody claims
 - Other legal proceedings
- Mandated therapy by a court, attorney, or judicial body

Documentation and Administrative Requests

- Documentation for Emotional Support Animals

Access and Location Limitations

- Whether in-person or telehealth, students must be physically in the state of South Carolina at the time of service.

Our Commitment

CAPS is committed to providing high-quality, student-centered care within our scope and ensuring that every student has access to the right level of support. Whether through brief services at CAPS or a referral to trusted community providers, our goal is to help students succeed personally and academically.