

## SCHOOL OF PSYCHOLOGY & COUNSELING PERSONAL THERAPY/COUNSELING REQUIREMENT

*Students in the CACREP accredited M.A. in Counseling Programs are required to receive a minimum of four (4) individual counseling sessions to explore and facilitate their readiness to function effectively in a counseling role.*

This requirement has a two-fold purpose:

1. Allows the student to personally experience the professional therapeutic process so that it can become a significant learning experience in professional development.
2. Allows the student to examine personal issues which ultimately may hinder professional effectiveness.

The four sessions that are required as a part of the educational experience may be provided by any **fully** licensed therapist (i.e., LPC, LMFT, LCSW, etc.). However, do keep in mind that this person cannot serve as your supervisor for either Practicum or Internship, nor can you do either placement with the practice where you receive these sessions.

Students have a couple options to complete these sessions:

1. TimelyCare – this is a service provided free of charge to Regent students and is conducted via Telehealth. Please click [here](#) to visit the Mental Health services page on Regent’s website, and then on the blue “Learn More” button under TimelyCare. You will be matched with a therapist licensed to provide counseling services in your state when using this option.
2. Find your own therapist – students will have to pay out of pocket for these sessions. Regent University will reimburse students up to \$25.00 per session for a total of no more than \$100.00. Please keep your receipts and submit them at the conclusion of the 4 sessions (along with the verification form).

Students must submit a [Personal Counseling Verification Form](#) which requires the dates of all 4 sessions along with information on the counselor, his/her licensure and signatures from both the student and the counselor. This should be submitted at the conclusion of the 4 sessions. Please know that if you use TimelyCare, they will provide you with a document of their own that verifies the 4 sessions (upon request).

**Students are not permitted to complete these required sessions in less than 30 days and are not allowed to participate in more than one session in any given week.**

Students who started in the program before Fall 2023 must complete these sessions prior to Internship and submit the **Personal Counseling Verification Form** by the indicated deadline before the first semester of Internship.

Students who start in the program in Fall 2023 and later must complete these sessions prior to Practicum and submit the **Personal Counseling Verification Form** by the indicated deadline.