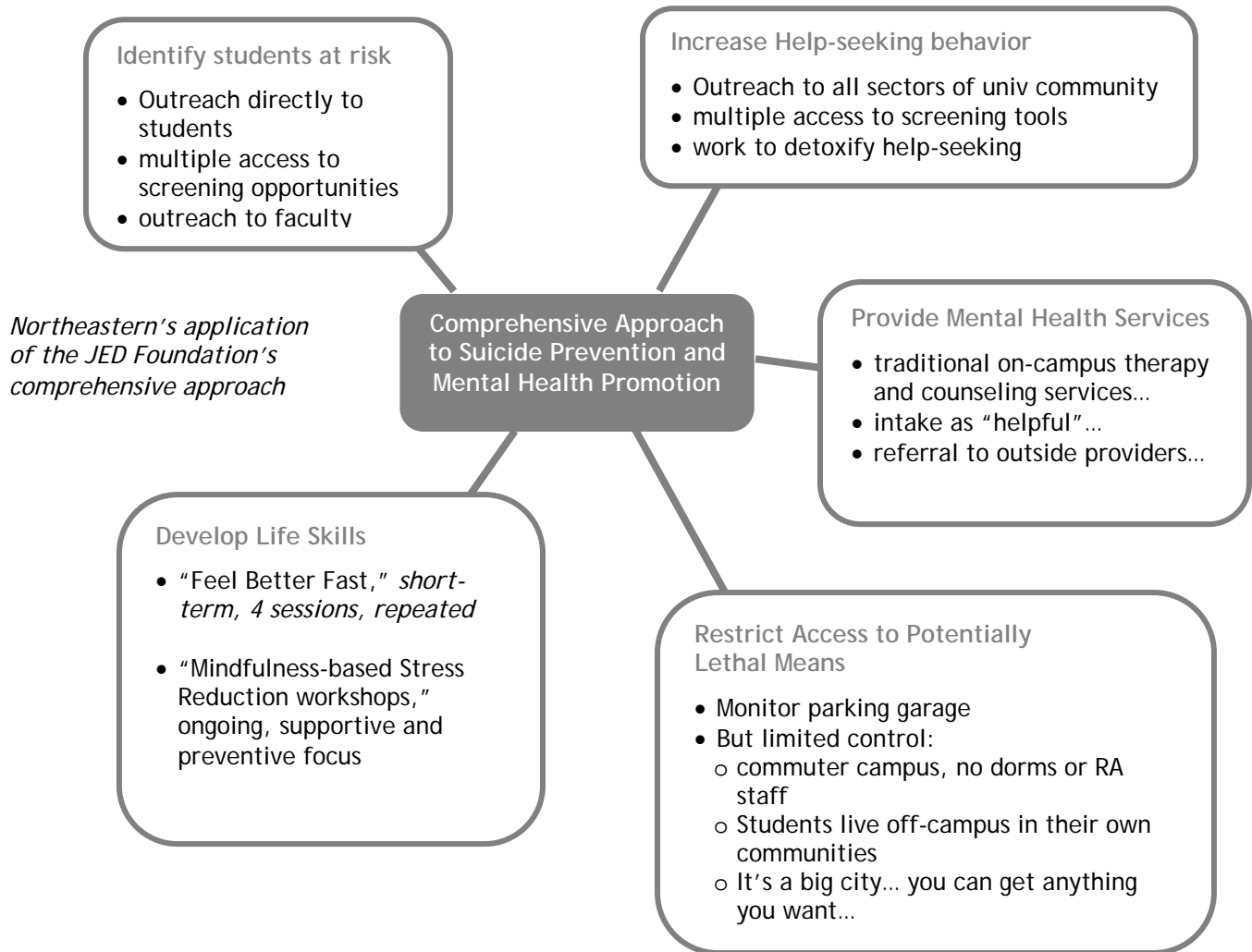


Northeastern Illinois University, Chicago

- A commuter campus of approx 12,000 highly-diverse, nontraditional students
- No residence halls, no residence Life staff, mean age=29, most 1st generation college students
- Clinical demand increasing 10-20% annually for past 5-6 yrs...
- No increases in permanent staff; 50% of services provided by trainees (externs, intakes, postdocs)



Intakes themselves can be therapeutic and relieve significant stress

- not just data collecting, but supportive, motivational and therapeutic in their own right
- often must retrain interns and practicum students who come from medical settings

Training Issues

- interns and externs are eager to build caseloads, especially at beginning of academic year, but...
- "Is this student a prime therapy candidate, or might other options be a *reasonable match?*"
- "Is therapy the only response for this student, or might I recommend a *good enough* alternative?"
- "What does this client actually want?" vs. doing what we want as therapists
- Most clients don't come in asking for counseling... rather they feel bad and want help...