Mission Statement

Georgia State University Counseling & Testing Center (CTC) is a key component of integrated health services and supports Georgia State students in reaching their personal and educational goals by: 1) offering high quality culturally competent psychological, testing, and psychiatric services to our diverse urban university community; 2) providing high quality psychological consultation services to our campus partners; 3) providing high quality teaching and training experiences including workshops, and seminars on topics related to psychological wellness, as well as mentoring and supervision for psychologists and psychiatrists in training; 4) providing the opportunity for students, as well as community members to advance their educational and career progression by having access to state of the art testing services conveniently located on campus 5) evaluating the services and training provided by the Counseling and Testing Center in order to ensure that our services are effective and 6) generating individual and collaborative research to advance knowledge in the areas of psychological and health services with university populations. CTC is committed to ensuring that high quality, culturally competent, integrated health care and testing services are provided so that students of all backgrounds can succeed at Georgia State University.

Executive Summary

The CTC Clinical Services Team is staffed with 3 psychologist/administrators including the Director of Psychological and Health Services and two Associate Directors as well as a multidisciplinary team of contracted clinicians including 4 psychiatrists, 18 licensed psychologists, LCSWs, and LPCs, 2 mind/body consultants, 1 nutritionist, 2 post-doctoral fellows in psychology, and 3 doctoral interns in psychology. The Testing Team is staffed with an Assistant Director of the Counseling & Testing Center and 4 professional testing staff members. The Business Team is staffed with a Business Manager, Administrative Coordinator, two receptionists, and an assistant IT specialist. Financial resources include state funds, the student health fee, the testing revenue, the conference agency fund, and the CTC’s Foundation fund.

Reflective of the mission of the CTC, over the past five years, the demographics of the students receiving clinical services have consistently matched the demographics of the student body population at Georgia State University. In the past year, following the implementation of a new staffing model, the CTC implemented a walk-in system for initial consultation for students. During this year, the CTC increased the initial consultations provided to students by more than 100% and the number of individual counseling appointments with licensed clinicians was also increased by more than 100%. The CTC continues to offer 9 therapy and support groups. Through outreach services the staff engage more than 12,000 students in mental health education through workshops and classroom presentations and participate in marketplaces, depression and anxiety day screenings, Take Back the Night, Homecoming, Panther Welcome Week, and New Student Orientation. Additionally, mental health education is provided online through podcasts prepared by staff psychologists on a range of topics relevant to university student mental health. The CTC continues to partner with Student Health Promotion to provide an effective interdepartmental alcohol and other drug program, including alcohol education, prevention, and intervention. Students can access online screening for substance use and online substance use risk reduction education through the CTC website. Additionally students can access online sexual assault prevention education. The CTC partners with the Office of the Dean of Students to provide a risk screening consultation for students of concern. The CTC’s assessment measures indicate student learning and customer satisfaction throughout clinical and testing services.

The CTC’s Testing Services team is staffed with an Assistant Director and four full time professional staff as well as part-time staff to accommodate seasonal demand. Testing services annually serves approximately 20,000 individuals (faculty and students from across campus and the Greater Atlanta Community). Students can register for testing appointments online. Testing Services has increased productivity over the past five years including the administration of Math and Chemistry placement exams for academic departments. The CTC’s 19-seat Thomson-Prometric computer-based test site operates 50 hours a week and was awarded the nationally recognized Gold rating for customer services nearly every month within the past year. During this period, approximately 10,000 individuals participated in tests administered from the following programs: GRE, PRAXIS, TOEFL, NBPTS, USMLE, CPA and several additional admissions and certification programs.
Annual Department Major Events/Traditions

- Interdepartmental Health Fair with “Healthy State” Partners
- Open House during Panther Welcome Week
- Interdepartmental World AIDS Day Panel
- Co-Sponsor LGBT Welcome Back to Campus Social with Campus Partners
- Annual working retreat (spring)
- Welcome Aboard, Holiday and Farewell mixers
- Professional development programs
- National Biennial Cultural Competency Conference
- Homecoming Float in Annual Homecoming Parade

Major New Initiatives Implemented Within the Last Five Years

- Created a walk-in service so that students can consult with a licensed clinician about mental health concerns on a same day basis; faculty and staff are also able to walk-in with students about whom they are concerned for a same day consultation.
- Restructured staffing model at the CTC in clinical services so that the number of clinical service delivery hours by licensed providers could accommodate the growing need for services.
- Began participation in a national College Counseling Center Mental Health research project (based at Pennsylvania State University) using our electronic records database, Titanium that tracks our student mental health issues, trends, needs and compare our student body with over 200 universities nationwide.
- Began tracking student progress with symptom reduction using the CCAPS (Counseling Center Assessment of Psychological Symptoms) at the initial consultation, after session 5, session 10, and again at the end of counseling.
- Partnered with Student Affairs Administrators and Campus Partners in LGBT Safety Committee to provide recommendations to the Vice-President for Student Affairs relative to increasing safety for LGBT students on campus. Continued to partner by offering regular suicide prevention programming as well as LGBT liaisons and implemented student learning outcome assessment on this project.
- Introduced monthly health-themed programming with Campus Partners through Healthy State Committee, including: Women’s Health Month, Men’s Health Month, Great American Smoke Out, Domestic Violence Awareness Month, Stress Less Month.
- Began offering Chemistry Placement exams during Incept, along with the Math Placement exams in order to facilitate more convenient registration process for incoming students.
- Began offering Integrated Health Services including: support group for students with chronic illness or pain, expanded nutrition clinic services within the CTC; and, opened a Mind/Body clinic within the CTC including biofeedback equipment, state of the art massage chair, individual stress management consultation and instruction in meditation as well as group instruction in meditation. Podcasts with integrated health educational information on topics such as coping with chronic illness or pain, stress management, and instruction in meditation are available on the CTC website.
- Opened a Performance Enhancement Lab where students can meet with sports psychologists for consultation and application of the principles of sports psychology to optimize their performance in an area such as: test taking, academics, public speaking, music or sports performance. The lab includes biofeedback equipment, videos, massage chairs, virtual simulators for performances. Consultations in the lab include assessment of many aspects of a student’s life that may impact optimal performance including: sleep, nutrition, substance use, self-talk, anxiety, practice, and exposure to success experiences. A podcast with educational information about performance enhancement is available on the CTC website along with an online screening to help students determine if they could benefit from a performance consult.