

Single-Session Appointment FAQ

Q: What is a Single-Session Appointment?

A Single-Session Appointment is a one-time appointment that allows you to meet with a clinician in a confidential setting for a targeted therapy session. It is designed for students who would like to discuss a concern that would not require ongoing care. It focuses on helping you get “unstuck” in one 45-minute session. Single-Session Appointments are designed for solution-focused, non-urgent concerns. They are not designed for crises or ongoing support.

Q: How do I make an appointment for a Single-Session Appointment?

Contact the AUCC front desk at 202-885-3500 and schedule a Single-Session Appointment.

Q: Who should use Single-Session Appointments?

A Single-Session Appointment may be a great option for people looking to address a general or time-sensitive concern. It is an option for students seeking solution-focused support or who would like to brainstorm ideas about a specific issue.

Q: What is the difference between an Initial Consultation and a Single-Session Appointment?

An Initial Consultation is an assessment of your needs to determine the type of clinical care required to best meet your needs. A Single-Session Appointment allows us to focus on a specific concern to provide immediate support and work toward a solution for your situation.

Q: What if I need more than a Single-Session Appointment? What are my options?

If you believe your concerns may not be adequately addressed in a Single-Session Appointment, you may either a) use a Single-Session Appointment to receive information about off-campus referral options; or b) schedule an Initial Consultation appointment to adequately assess your next steps.

Q: Why do I have to do the paperwork for a Single-Session Appointment?

The abbreviated paperwork allows your clinician to obtain relevant information and helps us determine the course of your Single-Session Appointment. The consent forms are required to permit clinicians to treat students, as they outline expectations and our legal and ethical obligations.

Q: Are there session limits on Single-Session Appointments?

Students may use up to two Single-Session Appointments per semester. To note, each appointment may be with a different clinician. If you feel that you would need more than two single-session appointments, it is recommended that you schedule an Initial Consultation appointment to explore ongoing care at AUCC or receive assistance in securing a provider in the community.

Q: Am I still eligible for 6-8 sessions if I use a Single Session Appointment?

Using a Single Session Appointment does not reduce the number of sessions you can receive through AUCC. Students who are a good fit for 6-8 sessions at AUCC are still eligible to receive up to 6-8 sessions per school year.

Q: Can I use a Single-Session Appointment for emergencies or crises?

If you are experiencing a crisis or urgent concern, call AU ProtoCall (202-885-7979). AU ProtoCall is free and available 24/7 from wherever you are. Single-Session Appointments provide solution-focused appointments that are not designed nor clinically appropriate for managing crises or providing ongoing support.

Q: When is a Single-Session Appointment not a good fit?

This type of treatment is not the best fit for students needing ongoing care, experiencing a crisis, or not physically located in Washington, DC (e.g., Maryland or Virginia). For students outside of the District, My SSP or AU ProtoCall would be the better option for services.