

Brief Therapy

During your [initial assessment](#) [1], you and the therapist will work together to determine what treatment is the best fit for you. Often, this will include brief therapy.

CAPS offers brief individual therapy to students seeking support for issues that are relatively well defined and which can be adequately addressed or resolved in a brief time frame. CAPS does not maintain a specific session limit, nor are brief individual therapy sessions guaranteed to students. An assignment to brief individual therapy is made through clinical judgment of students' needs during the initial assessment.

When the focus of concern is a relationship issue or decision and both partners are motivated to address this, couples therapy may be an efficient way to proceed. CAPS can provide brief or time limited couples therapy for issues that might reasonably be resolved in a short period of time. Referrals to community and campus resources for couples therapy can also be made by the CAPS providers. Couples counseling may be requested when both persons are eligible for care at CAPS.

Referrals for open-ended therapy can offer longer term and more specialized services. Referrals may be provided after the initial session, or as it is indicated after that. [Referral Coordination Services](#) [2] are available to students who would like support connecting with community providers. If you already know you would like a community referral, or have been provided with referrals and have some questions, please see [Referrals FAQ?s](#) [3].

Brief therapy is provided during COVID-19 by HIPPA-compliant Zoom. A link will be provided prior to the appointment.

Source URL: <https://caps.unc.edu/services/brief-therapy>

Links

[1] <https://caps.unc.edu/services/initial-assessments>

[2] <https://caps.unc.edu/services/referral-coordination>

[3] <https://caps.unc.edu/services/referral-support/referral-faqs>