

Brief intervention models in counselling services: Delivering on the 'brief to be brief'

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Most universities already have or are in the process of introducing a limit to the number of counselling sessions a student can attend in a given semester or academic year. This presents both challenges and opportunities for university counsellors who see students presenting with a range of issues and needs. This workshop will examine brief intervention models in counselling in the context of finite resourcing within universities. Participants will come away with a deeper understanding of the potential benefits and pitfalls limited sessions present for counselling in any setting. The workshop will explore **skills, strategies and resources** to enable and support counsellors to be effective with students with limited access to counselling sessions in the unique university counselling context.