SCHOOL OF PSYCHOLOGY & COUNSELING
PERSONAL THERAPY/COUNSELING REQUIREMENT

MA students in the School of Psychology & Counseling are required to receive a minimum of four (4) individual counseling sessions to explore and facilitate their readiness to function effectively in a counseling role.

This requirement has a two-fold purpose:

1. Allows the student to personally experience the professional therapeutic process so that it can become a significant learning experience in professional development.
2. Allows the student to examine personal issues which ultimately may hinder professional effectiveness.

For students not local to the Regent campus – The school will reimburse for up to four (4) sessions at a rate of $25.00 per session. The four sessions that are required as a part of the educational experience may be provided by any licensed therapist of the student’s choice. Students wishing to pursue online counseling must seek approval in advance. Students will have to pay out of pocket and then submit the Personal Counseling Verification form AND receipts to Karen Mercer (karemer@regent.edu) in order to receive reimbursement. Note: reimbursement is not processed until all 4 sessions are complete and these items are turned in.

For students local to Regent campus – Optima EAP is the approved provider for your four (4) counseling sessions. Students should contact the EAP office at 757-363-6777 for an appointment, make sure to identify yourself as a Regent University Counseling student. Students will not have to pay for these four sessions out of their own pockets. Regent will be directly billed by Optima for these sessions.

Students are not permitted to complete their required sessions in less than 30 days and are not allowed to participate in more than one session in any given week.

The Personal Counseling Verification Form must be submitted by the indicated deadline before the first semester of internship.