

**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.

The four sessions that are required as a part of the educational experience may be provided by any **fully** licensed therapist (i.e., LPC, LMFT, LCSW, etc.) of the student's choice. However, do keep in mind that this person cannot serve as your supervisor for either practicum or internship, nor can you do either placement with the practice where you receive these sessions. Students wishing to do pursue online counseling must seek approval in advance.

Students will have to pay out of pocket for these sessions. Regent University will reimburse students up to \$25.00 per session for a total of no more than \$100.00. Submit the Personal Counseling Verification Form AND receipts to Karen Mercer ([karemer@regent.edu](mailto: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.

Students who are local to the Regent University campus and looking for a discounted rate on these sessions may contact the Field Placement Liaison.

**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.