

## CIU PCGC – BROCHURES

- 1-Anxiety, Trigger Factors, and Coping Strategies
- 2-Stress and Strategies for Coping with Stress
- 3-Effective Study Strategies at Home
- 4-Covid-19 Loss and Mourning
- 5-Procrastination
- 6-Missing Home and Family
- 7-Exam Anxiety
- 8-25th November, International Day for the Elimination of Violence Against Women
- 9-Suicide Prevention Leaflet



## MAKING AN APPOINTMENT

After completing their forms and sending it to PCGC via SIS or by sending an email to CIU-PCGC, interviews are scheduled for first-time applicants to see CIU-PDAREM, once the cases have been assigned to the appropriate psychologist.

It is necessary for appointments to be made in advance, in order for the meetings at CIU-PCGC to proceed in an organized fashion. The CIU-PCGC consultancy services are provided free of charge.

### To Make an Appointment:

In order to obtain an appointment, you can make your application via completing the form on CIU-SIS, send an email and/or make a telephone call.

## CONTACT INFORMATION

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## CIU PSYCHOLOGICAL COUNSELING AND GUIDANCE CENTER (PCGC) INFORMATION BOOK



**PDAREM**<sup>CIU</sup> Psychological Counseling  
& Guidance Center



### HOW WE WORK ?

Students who apply to the Psychological Counseling and Guidance Center for help in solving their problems, on the basis of confidentiality, are assisted with individual therapy or counseling services.

Following the initial meeting and in accordance to a plan, the meetings are continued regularly via an appointment system.

In the event that a common issue is observed in relation to the students' problems, the scope of the assistance offered to the students are expanded and more comprehensive activities are organized.



### CONFIDENTIALITY

When it comes to the meetings, confidentiality is the most important principle. The meetings between psychologists and the students who applied to the Psychological Counseling and Guidance Center, including the personal forms completed by the students, are to remain between the student and the psychologist, unless there are obligatory situations, such as the individual's desire to harm themselves or anyone around them, upon a request made by the courts for the meeting records, or the abuse of the elderly or children, which may disrupt this confidentiality.

No information will be shared with the university, or any such academic department connected to the university, or any academic or administrative individuals of any level, without the written consent of the applying student.



### OTHER ETHICAL PRINCIPLES

- Personal Rights Principle
- Principle of Respect for the Client
- Volunteering Principle
- Principle of Responsibility
- Integrity Principle

### HOW CAN WE HELP?

The main purpose of the PCGC, is to assist individuals with relation to their problems that cause discomfort to individuals, and understanding their own behaviors, thoughts, and moods.

By ensuring that the individual gains awareness of themselves and their problems, it contributes to them coping effectively with their problems.

With this aim, the PCGC President and the expert psychologists work together to provide support in the difficulties experienced by the individual and their decision-making processes. In this context, and in consideration of the trust and confidentiality frameworks, face-to-face meetings are conducted, at least 1-day a week for the duration 45-50 minutes, or during the pandemic period such meetings are held upon the online platform. In consideration of all the ethical principles, support is provided via these meetings.

### AREAS OF ASSISTANCE

- Anxiety Disorders
- Exam Anxiety
- Depression
- Compatibility Issues
- Psychosocial Problems/Support
- Phobias
- Social Phobia
- Specific Phobia and Phobic Disorders
- Effective communication skills
- Stress and Methods of Coping with Stress
- Anger Control Issues
- Abuse-Neglect Problems
- Academic Problems
- Problems Related to Studying
- Problems Related to Attention Processes
- Relationship Problems
- Procrastination Behaviors
- Loss and Grief Processes