

Exeter College

Policy for College funded therapeutic support

Conditions for funding therapy

In certain circumstances the College will pay for therapy. These conditions are:

- The therapy will help the student complete their course or to stay on course, i.e. they are fit to study.
- The student must discuss their circumstances (confidentially) with the Welfare Lead or the Welfare Officer and continue to engage with them throughout the process.
- The student has exhausted support from the GP, NHS [including Adult Mental Health], OUCS, and it is at the recommendation of one of these organisations that the student would benefit from continued therapy.
- The student needs to be at a point in their studies where the therapy would have an impact, and where they can commit to the necessary time scale.
- The student is unable to cover the cost through their own means.

When these conditions are met, the Welfare Team will source an appropriate therapist / selection of therapists (depending on the situation) from the Counselling Service's Recommended Therapists List.

The Welfare Officer, in their capacity as a medical profession will, with the student's consent, refer to therapist, and inform the GP when necessary.

Relationship between College and Therapist(s); Procedure for Therapy

The administration of setting up the therapy will lie with the Welfare Team, thereafter the practicalities of sessions will be the responsibility of the student.

The student will be referred to relevant therapeutic practice for assessment. The therapist will outline the difficulty/issue that needs treatment, goals of the therapy, and a suggested time frame. This is shared with the student and the Welfare Team. At the recommendation of the therapist and agreement of the student, a specified period of therapy will be agreed (in most cases no more than 9 sessions). Around session 7 or 8 the therapist, having spoken with the student, will discuss with the College the progress of the therapy, and whether additional sessions are required, or winding down the sessions is to be preferred. If the dynamic of relationship between student and therapist becomes unworkable, the student should liaise with the Welfare Lead, who will review.

What is discussed between student and therapist will remain confidential between them. The invoices will be processed between therapist and college, and not sent to the student.

By College Order 23/102, this policy was approved by Governing Body on 1st November 2023 with immediate effect, and is to be reviewed by 30th June 2026, and was also approved for display on the website.