UW Family Medicine Clerkship Best Practices: Services for Students

**Counseling and Wellness Services**

Medical school can be demanding and stressful. There is much to learn, long hours in the classroom and competing demands for students’ time. The volume of work and the intense pace of training may require that students make adjustments to their lifestyles. These changes can test their usual coping skills. That’s why our counselors are here for students. Services offered through the School of Medicine’s counseling program in Seattle or as part of the WWAMI regional program for students and their partner/spouse are **free and completely confidential**. This office does not provide counseling for medical school pre-admission.

### Seattle Counselors

All of the medical student counselors are licensed, mental health professionals who are experienced and knowledgeable in providing psychotherapy and counseling to medical students experiencing a broad range of concerns. The Department of Psychiatry and Behavioral Sciences provides psychiatric consultation to the counselors when needed. To protect student privacy and confidentiality, student names or identifying information are never utilized during these consultations.

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**Note: Due to the Pandemic, at the present time and for the foreseeable future, all Seattle Counselors are working remotely and are available to schedule counseling sessions via ZOOM meeting technology. To schedule an appointment, students should email the counselor they wish to see.**

### Accessing Counseling Services

Seattle counselors are generally available Monday through Friday during normal business hours. Students should contact the counselor they wish to see for their specific schedule as these may fluctuate in response to student and departmental needs.

MD/PhD students continue to have access to counseling through the SOM while completing their PhD program. Counselors remain available for medical students during their clinical years, and can work with student schedules to be available for an evening appointment if needed. The Counseling Service has developed a Distance Counseling program to better serve students completing clinical rotations outside of the Seattle area.

**Counseling and Wellness Services Website:** <https://education.uwmedicine.org/student-affairs/counseling-wellness/>