

## Featured Article

### Stress and Wellness Clinic Improves College Student Success and Well-being

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The University of Tennessee at Knoxville Counseling Center established the Stress and Wellness Clinic two years ago in order to meet the needs of students struggling with less severe issues, such as anxiety, mild depression, and stress-related concerns. In this program we presented the model and supporting research. In addition, the presentation included discussion of various interventions used in the clinic, experiential demonstrations of interventions, and a case discussion of a prototypical client.

The theories of positive coping (Cummins & Nistico, 2002; Greenglass & Fiksenbaum, 2009; Shiota, 2006), self-regulation (Folkman & Moskowitz, 2000), and positive psychology (Seligman et al., 2005) inform the model of stress and wellness adopted by the clinic. A client enters the clinic upon referral from a triage. The first step in the process is an intake, which is a 30-minute long individual consultation focused on the assessment of stressors, coping, and general lifestyle. At the end of the consultation, a counselor and client develop an individualized wellness plan that may include several individual follow-ups, a wellness class, a workshop, biofeedback sessions, homework assignments, and reading material. The counselor then follows-up with the client and helps him/her implement the individualized wellness plan.

The SWC model is heavily focused on coping skills and helping client's learn and integrate positive coping into their lives. The skills taught in the clinic align with the current research on the benefits of mindfulness practices (Davis & Hayes, in press), biofeedback (Karavidas et al, 2007), and self-care (Hermon & Davis, 2004). Some of the examples of interventions provided include *Yoga*

*for emotional well-being* and *Mindfulness for stress reduction and wellness* classes, *Coping with panic* and *Improving sleep* workshops, *Biofeedback* sessions, as well as more specific interventions, such as *Breath of Joy* (mood improvement), *Mindful walking* (stress & anxiety reduction), and *Sleep hygiene assessment and recommendations* (sleep improvement & stress reduction).

Throughout the presentation we followed a case of a female client with high anxiety, self-esteem issues, and difficulties coping with stress. We discussed ways to apply the presented SWC model and learned interventions to her specific case, as well as case outcomes.

#### References

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