



Center City Counseling Clinic Enjoys New Location

In the Spring of 2012, Center City Counseling Clinic relocated to the Park Central Office Bldg at the corner of South Ave and McDaniel Street.

The move put the clinic in the same building as the administrative and faculty branch of the Counseling Department, and added another room in which to see clients.

“I’ve heard nothing but compliments,” says clinic director Robin Farris. “People tell me it feels comfortable and more professional.”

The clinic, as part of Missouri State University’s counseling program, has been serving the greater Springfield community since it first opened its

doors in 1969. It is one of only a few such in the nation and the only one of its kind in Missouri.

Therapy sessions are available to anyone ages 2-99 in individual, couples, family or child play therapy sessions.

Counselors here at the clinic are students finishing up their masters degree in Counseling. By the time they begin providing services here at the clinic, students have completed a sequence of training courses

and received approval from faculty indicating their readiness.

All sessions, case notes, and supervision are considered confidential and are safeguarded in keeping with state law and professional ethical standards.

Fees are between \$5 and \$20 per session, based on level of income.



Clinic Hosts Continuing Ed Workshops



Tw

Two workshops: “Solution Focused Family Therapy” with Dr. Joe Hulgus and “Play Therapy With Families” with Dr. Robert Grant will be hosted at the clinic, Friday Nov 16: 9am-Noon.

The workshops provide 3CE contact hours each

and are geared toward Social Workers, Counselors and students in those fields.

As part of clinic participation in the MSU mission of Community Outreach, the charge is a nominal \$20, \$5 for students. Call 836-3215 for more information.

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Counseling Program adds new degree opportunity

For the past 7-8 years, the Missouri Dept of Elementary & Secondary Education has identified a critical shortage in the number of school psych evaluators.

So says MSU professor Dr. Joe Hulgus, who along with Dr. Jef Cornelius-White has worked on developing advanced certification through the Specialist in Education (Ed.S.) degree, which will assist in this area.

“Up until now,” says Hulgus “there were courses out there that met state requirements, but because it wasn’t a program or certificate as such it was limited. Interested students couldn’t even get financial aid.”

That changes this Fall, when the first



Dr. Jef Cornelius-White & Dr. Joseph Hulgus

cohort of twelve students begin the 72 hours of courses beyond the baccalaureate that the degree requires.

“There’s long been an intent at MSU to

develop some specialist degrees,” states Hulgus. After 2-and-a-half years work, the collaboration of the Psychology and Counseling, Leadership and Special Education Departments has resulted in the new degree at Missouri State University.

For the clinic, a new course in supervision developed for the degree means additional student-staff at the clinic. These advanced students, while working on their own supervision requirements will be able to assist masters level students in processing and developing their counseling skills.

Interviews for Fall 2013 entrance will take place in the Spring 2013. For further information, contact Dr. Joseph Hulgus at JosephHulgus@missouristate.edu

Child-Parent-Relationship-Training... or CPRT

Each Spring and Fall semester, Center City Counseling Clinic offers a 10-week training course on effective parenting known as CPRT.

Sometimes referred to as Filial Therapy, anyone who has a child or works with one can benefit from this once a week, 1-2 hour class.

The workshop teaches adults how to re-

gain healthy control, how to help the child develop self-control, effectively discipline and limit inappropriate behavior, understand the child’s emotional needs and how to communicate more effectively with the child.

The cost of this 10-week course is \$100 (or \$10 per session). There is a dis-

count for couples (\$150) as well as for MSU faculty, staff and students. A 10% discount is offered to persons who pay for the entire 10-week session at the start.

For more information or to sign up for the next available class, please call the clinic at (417) 836-3215.

*“Raising kids is part joy...
and part guerilla warfare.”*



Meet Our Staff

An important part of Center City Counseling Clinic are the Graduate Assistants, who assist in day-to-day operations at the clinic, faculty research projects and class instruction.

Pictured are (left-to-right): Keith Wilson, Mike Bobbitt and Hannah White.

Keith, a native of California, Missouri completed his masters in Counseling in 2011 and is now working toward certifi-

cation in Autism at MSU.

Mike is from St Louis and plans to pursue a PhD in Counseling Education or Counseling Psychology upon graduation in December.

Hannah is a native of Springfield and will graduate in Dec with her masters in counseling. She plans on continuing at MSU for her EdS.

Clinic to host Missouri Mental Health Foundation Art Exhibit

Center City Counseling Clinic was honored to be one of this year's hosts of the Missouri Mental Health Foundation Director's Showcase Art Exhibit.

Since 1979, the Showcase has not only provided a creative outlet for individuals struggling with mental illnesses, developmental disabilities or addictions, but also seeks to educate and break through the misconceptions of an often misunderstood segment of our society.

"The artwork is created not only for the Showcase," notes Executive Director, Patty Henry "but is also sometimes used as a means of therapy. It provides an outlet for the artist to express his or her feelings—feelings they may not be able to verbally communicate."

"The variety and talent impressed me," says counseling student Christy Hoover.

This year's display featured art depicting struggles with parental drug use, diversity and post-traumatic stress disorder, among others.



C.O.P.E. Student Group Fundraises for Clinic

C.O.P.E., the student Counseling, Outreach and Peer Engagement group associated with Missouri State University's Counseling program, engages in study groups, travel to professional seminars and conferences and raise monies to assist with special scholarships.

The masters level students also fundraise for specific projects, recently targeting Center City Counseling Clinic.

"We chose to replace an older couch with new," says COPE treasurer Robin Craycroft, "so that clients would feel more welcomed with a comfortable place to be. We're aware of how important it is to have a clinic that is both professional and wel-



coming."

"Grateful, and very touched," says clinic director, Robin Farris. "We, and our clients have really appreciated this."

Pictured on the new couch are left-to-right, COPE officers: Amber Duff, Gen Nelson, Jenn Cox and Robin Craycroft.

Play Therapy



Center City Counseling Clinic is unique in that it is currently one of only two universities in Missouri to offer play therapy training.

Research shows that young children often use toys to symbolically represent and act out the concerns, problems and struggles in their life, that adults process through in conversation.

Play therapy promotes cognitive develop-

ment, provides insights, assists the child in modifying his/her behavior and helps to resolve inner conflicts and dysfunctional thinking.

Our clinic provides low-cost play therapy sessions to children in the greater-Springfield area ages 3-12.

For more information on Play Therapy, you may access the Association of Play Therapists at www.a4pt.org

CENTER CITY COUNSELING CLINIC Missouri State™ U N I V E R S I T Y

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*Bringing the classroom to the community,
and the community to the classroom.*

[http://education.missouristate.edu/
counseling/cccc.htm](http://education.missouristate.edu/counseling/cccc.htm)

From the Director's Desk



Robin E. Farris, MS LPC—Clinic Director

From the Director's Desk:

Our move from the Great Southern Bank building to the Park Central Office Building in downtown Springfield

has brought us an even greater visibility and public access than before, and with it an increase in clients.

In the spring of 2011 we provided 458 sessions compared to 597 in the spring of 2012. The summer semester, which concluded August 18, saw 384 client sessions compared with only 305 the year before.

Professors and students in the Counseling program continue to ask also, “What else can we do?” Clearly committed to the University mission of Community Engagement, the clinic linked up with the Missouri Mental Health Foundation this past month and is looking forward to providing two workshops at nominal cost to counselors, social workers and students in those fields in November.

For those asking for Parenting classes, the clinic offers a 10-week class in

Child Parent Relationship Training in both the Fall and Spring semesters.

A service we’d like to offer to the public at a future date is group therapy. Currently the most requested is “Anger Management” but we are certainly open to other suggestions and ideas from the community that would meet the needs and benefit the greatest number of people.

As a professional, student or member of the community, I’d like to invite anyone with suggestions and comments to email me here at:

REFarris@missouristate.edu

Thanks so much for your referrals, encouragement and continued support.

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