



Center City Counseling Clinic

We're moving!

Same quality services. Same low price.

Center City Counseling Clinic is relocating two blocks north of its current location, to the Park Central Office Bldg at the corner of South Ave and McDaniel Street.

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

"I see it as a good opportunity to expand and have greater exposure to the community," says Counseling student and Graduate Assistant, Mike Bobbitt.

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.

Our doors are open to serve clients 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.

Our fee is between \$5 and \$20 per session, based on level of income.



By The Numbers

In today's economy, Center City Counseling Clinic is seeing an increase in people struggling with financially related stress issues. For some, the recession is a depression both economically and psychologically. Whether un-employed or

under-employed, counseling services for many are a luxury that does not fit easily into the family budget.

In 2011, the clinic provided 1704 therapy sessions (1408 adults and 296 children).

At the area market rate of \$45-\$95 per session, this translated into \$76,680 to \$161,880 in services provided the community by Missouri State University, the counseling program, staff and students.

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Center City Counseling Clinic

Missouri State University

Located in the Park Central Office Bldg

At the corner of South and McDaniel

Springfield, MO 65806

417-836-3215

Foundation Team

While Counseling Clinic has been an integral part of the Counseling program since 1969, it was in 2001 that Drs. Paul Blisard, Kristi Perryman and Leslie Anderson took the clinic to a higher level of community involvement that has resulted in most of what you see here today.

Donating time, money, effort and enthusiasm for their craft, these three dedicated counselors brought to the clinic a new sense of purpose and direction.

Integrating developing student counseling skills with community referral sources, Blisard, Perryman and Anderson established and stabilized Center City Counseling Clinic as a low or



no-pay practicing mental health clinic that is open and accepting of all persons

regardless of income, age, ethnicity, spiritual practice or sexual orientation.

The inspiration of our Foundation Team is primarily why our clinic has grown from 433 provided sessions in 2002-2003 to 2,394 sessions in 2009.

Additionally, over 100 community agencies, hospitals, physicians, school counselors, attorneys and clergy refer clients to Center City on a regular basis.

We wish to thank these three for their passion to counseling and their commitment to both the greater Springfield community and students here at the University.

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.

*"Raising kids is part joy...
and part guerilla warfare."*

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

Healthy Relationships

The Twelve Ingredients to a healthy relationship are often thought of as:

Acceptance—The unconditional positive regard that says: "I accept you just the way you are."

Affirmation— We all need positive strokes.

Trust—Essential to a healthy relationship.

Love—That quality of honoring ourselves and others.

Honesty—Sometimes risky. Always necessary.

Commitment—Day to day.

Mutuality—It takes two.



Freedom of Expression— Presented and accepted with respect.

Confrontation—Something that is done with kindness.

Regular Contact—Staying in touch.

Testing—Going through the tough times together

Meet Our Staff

Both graduate assistants and interns, are a vital part of our Clinic. In addition to clinic and records work, our student staff conduct intakes, assist with classes and work with professors in a number of related tasks including research. Pictured left to right: Keith Wilson, Hannah White, Ashley Westhoff and Mike Bobbitt.

Keith hails from California, Missouri. He received his BA in English Literature/Creative Writing with a minor in Antiquities from MSU. Keith graduated from the Counseling Masters program in Dec 2011 and is now studying Autism in a specialized masters program here.

Hannah, a Springfield native got her BS in Psychology and a minor in Business at Baker University, Baldwin City, Kansas. Upon graduating with her Counseling Masters in Dec 2012, Hannah hopes to continue at MSU, gaining a specialist degree in Counseling Assessment.

Ashley is a native of Washington, Missouri, also getting her BS in Psychology with a minor in Sociology here at MSU. Ashley plans on graduating from the masters Counseling program August of 2012

Mike comes from St Louis, getting a BS here at MSU in Psychology with a minor in Religious Studies. Upon graduation from the Masters Counseling program, Mike would like to work with individuals who suffer from trauma-related experiences.



What to Do With Stress

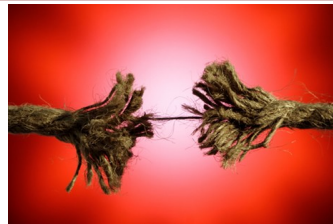
Life comes with stress. The key is what to do with the emotional energy that it brings with it. Some ideas:

Divide and Conquer: Don't expect to do an entire activity all at once. Break it down into smaller pieces so you have some sense of accomplishment. Pace yourself so you don't feel overwhelmed.

Deal with Anger: Vent appropriately.

Restrained anger often has a way of leaking out in destructive ways.

Give Yourself Permission to say "No:" Most of us have limits. It's important to know what they are and to respect them. Restrain yourself from over-functioning.



Talk it Out: When concerns and worries build up, seek out a trusted and healthy person to process with.

Self-Care: It is almost impossible to deal with stress if we are hungry, tired or sick.

Exercise is also important to self-care and relieving stress, even something as simple as walking around the block.

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 play therapy sessions to children in the greater-Springfield area ages 3-12 at a cost of \$5-\$20 per session.

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



CENTER CITY

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MISSOURI STATE UNIVERSITY

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Center City Counseling Clinic
Park Central Office Building
117 Park Central Square
Springfield, MO 65806

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

CALENDER—2012

March 26 (Monday) - Clinic moves to New Site

Sept 7 (Friday) - OPEN HOUSE

As part of First Friday Artwalk in downtown Springfield, Center City Counseling Clinic will itself host an art exhibit.

Stay tune for more details

[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:

As part of the ongoing professional development within Missouri State University's Counseling Program, a clinic direc-

tor position was created in 2007, and I was hired to fill it.

A 2005 graduate of the University Masters Counseling program myself, I also hold a BS degree in Psychology from MSU and a BA degree in History/Political Science from the College of the Ozarks. Prior to returning to the University as its clinic director, I worked in private practice with adults and continue to have and enjoy clients on a limited basis.

A little bit about the happenings here at the clinic: After almost 7 years in the Great Southern Bank building, Center City Counseling Clinic is now looking at expanding into the Park Central Office Building, two blocks north of our current location. The March 26th move will give us more square-footage, an additional counseling room and first-floor access.

The Counseling program has also worked hard during the last 2

years with the coordination of Dr. Jef Cornelius-White to complete a CACREP accreditation self-study. Currently under internal review, it will be sent to an external consultant during March 2012 with the anticipation of applying for accreditation before the end of the semester. CACREP accreditation shows compliance with the standards set forth by the counseling professions.

Additionally, Dr. Joe Hulgus along with Dr. Cornelius-White have worked successfully to develop a new Ed Specialist degree in Counseling and Assessment. This will allow students to train in becoming school counselor psychological examiners and gain supervision experience here in our Clinic.

Finally, my thanks to all of you in your own professions and practices. It takes all of us.

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