



Center City Counseling Clinic

Clinic At New Site One Year

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

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.

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, and is one of only a few such in the nation.

While serving as a training facility for students finish-

ing up their Master's degree in Counseling, the clinic is also able to provide sessions to members of the community who might not otherwise be able to access therapy.

In 2012, Center City Counseling Clinic provided over two thousand counseling sessions to children and adults .

"Part of the University Mission is in service," says Clinic director Robin Farris. "This is one way we can give back to the community. Counseling sessions can cost between \$50 to \$120 in the professional setting and there are people for whom that is just not affordable."

At Center City, therapy sessions are available to

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

Fees are between \$5 and \$20 per session, based on level of income. "We also recognize that for some, just getting here is going to be a struggle," says Farris. "A fee can be reduced or waived altogether if it presents a difficulty. We don't want people not coming because of ability to pay."

Student counselors adhere to American Counseling Association guidelines and state law regarding privacy and confidentiality.

Anyone interested in counseling services may contact Center City Counseling Clinic at (417) 836-3215.

Clinic Sponsors Workshops Friday, May 31



Two workshops: "Synthetic Drugs-K2 etc" with Springfield counselor, Carl Dawson and "Understanding Autism" with MSU Project Access director, Joan Armstrong will be hosted at the clinic, Friday May 31: 9am-Noon

and 1pm-4pm respectively.

The workshops provide 3CE each and are aimed at counselors, social workers and similar professions.

Anyone wanting additional info or a registration form may call 836-3215.

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Association for Play Therapy approves MSU for Institute status

The Institute for Play Therapy at Missouri State University has earned designation as an approved center of play therapy education by the Association for Play Therapy (APT).

With this designation, the University will offer play therapy graduate and supervisor training courses, in addition to generating publications and presentations to benefit students, faculty and practitioners. These programs may be applied to satisfy state licensing requirements and to earn the registered play therapist (RPT) and supervisor (RPT-S) credentials conferred by APT.

“Faculty and staff in the counseling program are very proud to have acquired the designation as an approved center of play therapy education,” said Dr. Tamara Ar-

thaud, head of the department of counseling, leadership and special education. “It will enhance our ability to implement the public affairs mission of Missouri State University and we are confident it will result in improved mental health services for children within the southwest Missouri region and beyond.”

The center was launched by its director, Dr. Kristi Perryman, associate pro-

fessor and internship coordinator in the department of counseling, leadership and special education. Perryman is a licensed professional counselor and registered play therapist-supervisor.

Pictured left to right in front of the University’s administration building: Dr. Tamara Arthaud; Clif Smart, Missouri State University president; Dr. Kristi Perryman; and Dr. David Hough, interim Dean of the College of Education.



Child-Parent-Relationship-Training

Each 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 regain 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 per class is based on the same income guidelines the clinic uses in scheduling client sessions:

\$5 for anyone making less than \$20,000 a year—up to \$20 per session for anyone whose income is above \$60,000. Special consideration continues for persons for whom this presents a difficulty.

To sign up for the next available class, persons may call the clinic at (417) 836-3215.



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., and Interns who see clients in an advanced capacity.

Pictured left to right: **Hannah White**, (Springfield) who graduated from the counseling program in Dec 2012 and is now pursuing her Counseling and Assess-

ment degree; **Christy Hoover** (West Plains) graduates May 2013 and plans to work toward LPC licensure; Born in South Africa and now a native of Greece, **Dimitra Drakapoulou** plans to graduate in May 2014 with a masters degree in mental health; **Sandy Parisi** (Springfield) is working on a double masters in mental health and in secondary education. She hopes to graduate Dec 2014. Not shown is **Randy Depew**.

Book Review: Between Social Drinking & Alcoholism

Authored by psychiatrist Dr. Robert Doyle (Harvard University) and clinical psychologist Dr. Joseph Nowinski (University of Connecticut), the book presents alcohol use and abuse on a spectrum that includes social drinkers at one end, alcoholics at the other and those “almost alcoholic” who exist in a gray area in-between.

For these drinkers, alcohol is already a problem but is often denied, over-looked and under-treated since it doesn’t fit the full diagnosis for alcoholism.

Presented in language easily understood by the layman but also helpful to professionals, “Almost Alcoholic” presents with open-mindedness and acceptance of the individual who is struggling with the negative effects of alcohol.

Many people ‘want’ to change, but aren’t necessarily ‘ready’ to change, state the authors. For those who are, “Almost Alcoholic” offers suggestions for breaking out of the alcohol grip.

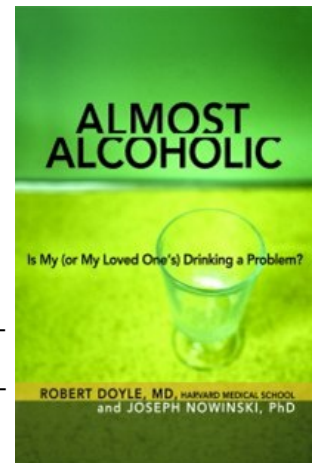
The process starts with three dialectic questions that the reader is asked to reflect on: “Who am I?” vs “Who Have I Thought I Should Be?” “What Do I Want?” vs “Why Am I Here?” and “Where Have I Been?” vs “Where Am I Going?”

One of the primary hurdles addressed by Doyle and Nowinski is the individual’s support system. Identified as the most powerful predictor of long-term success, the issue is addressed in the chapter: “Building a Support System.”

“Changing Routines,” “Developing Refusal Skills,” “Coping with Loneliness and Boredom,” “Coping with Anger, Resentment and Stress,” “Overcoming Shame and Guilt,” and “When Self-Help isn’t Enough” are the chapters that follow.

The 2012 paperback is available online and in bookstores.

“Almost Alcoholic” is a well presented book for the individual struggling with alcohol, family members and/or professionals who are assisting these. A thumbs up.



Clinic Library open to clients

One of the services offered to clients coming to Center City Counseling Clinic is a lending library that allows them to check out books for two weeks on a wide variety of subjects.

From raising children, to anxiety, depression, being gay, bipolar or struggling with anger—there are over 400 volumes that are available.

“There is a lot of psycho educational material we don’t often have time to present in a session,” says counseling intern Randy Depew.

“It sometimes helps add to the self-awareness and process,” he continued.

A client is often alerted to a volume by



their student counselor, who makes a suggestion during session... but clients often seize on a title that speaks to them.

The library is made possible through donations and clinic purchases; one of the ways that nominal fees charged to clients are put back into the clinic’s counseling services.

Play Therapy adds more sessions to Clinic



Center City Counseling Clinic, a referral base for many parents seeking assistance with their children has added sessions to its schedule.

Acting as supervisor, Dr. Kristi Perryman, LPC and RPT-S is overseeing the work of two advanced play therapists in addition to the Tuesday afternoon/early evening slots.

“This has broadened our ability to assist

more of the community who are calling us with young children in need of the therapeutic process,” says Clinic Director Robin E. Farris.

Play Therapy is a research-based modality of working with children who have not yet developed the verbal skills to put into words the feelings and experiences they are struggling with.

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:

As we get older, we're often heard to say: Where did the time go? Apt question indeed. One year ago, Center City

Counseling Clinic took up residence in its new location in downtown Springfield.

Since then we've grown into new programs, added workshops, become certified as a Play Therapy Institute and continued to expand and fine tune both our client care and student experience.

As the Counseling program works toward CACREP accreditation, more classes and training are being asked of our students, bringing additional knowledge and understanding of mental health issues to our community and schools as well.

All this happens in partnership with the very people we seek to serve. As with raising a child, it takes a village.

I'd like to take this opportunity to thank the many physicians, school counselors, social service agencies, law en-

forcement and advocacy groups for their referrals and their partnership in the work we do here.

With or without a recession, the cost of mental health care is so often outside the reach of many. As a part of the University mission and our dedication to community outreach and service where possible, Center City Counseling Clinic continues to offer low to no-cost counseling sessions to the larger Springfield-area.

Thanks for spreading the word.

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