



# Clinic hosting spring and fall workshops

The overwhelming number of registrants to Center City Counseling Clinic's spring workshops meant changing locations from the Park Central Office building downtown to the Missouri State University's Student Union.

"It was a move we were happy to make," says clinic director, Robin Farris.

And, the word from those attending? "Would like to see more," wrote in one.

Center City Counseling Clinic has launched a plan to host four workshops each year, two in the spring and two in the fall.

"This is part of our community outreach," states Farris. It is in part our support of counselors, social workers and educators

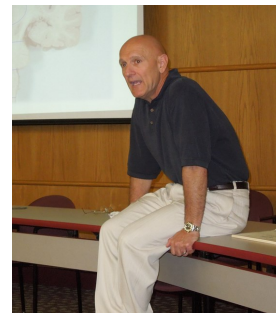
who are out there providing services in a way that supports their own educational growth. At the same," she goes on, "it reminds people that the clinic is here and any referrals of children and/or adults who could use our services is appreciated."

The cost of attending a workshop is currently \$20 which covers administration costs and refreshments.

The Clinic hosted its first workshop in the fall of 2012 with 78 persons registering to attend "Fast, Furious and Focused" by Dr. Joseph Hulgus and "Play Therapy with Families" by Dr. Robert Jason Grant.

Since then, workshops have been presented on

"Designer Drugs and Their Use," "Understanding Autism," "Grief and Loss" and "Psychological First Aid" by various mental health professionals in the area.



*Carl Dawson, MS, LPC, MAC was one of several persons who have presented Center City Counseling Clinic's workshops.*

## Missouri Mental Health Art Exhibit Return



Center City Counseling Clinic again co-sponsored The Missouri Mental Health Foundation Director's Art Exhibit, seen at the Plaster Student Union this past month.

People whose art is displayed are individuals with

mental illness, developmental disabilities or addiction disorders.

The exhibit is part of the overall work of MMHF to de-stigmatize mental illness while providing art as therapy in the talents of those served by the agency.

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240 South Ave—Suite 107

Springfield, MO 65806

417-836-3215

# 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, CLSE (Counseling, Leadership and Special Education) Department Head. “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 Perry-

man, associate professor 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 Carrington Hall, 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

Graduate Assistants are a valuable asset to the Clinic, assisting in day-to-day operations, faculty research projects, class instruction, and as interns, seeing clients in an advanced capacity.

Pictured left to right: **Sandy Parisi** (Springfield) is working on a double masters in mental health and in secondary education. She hopes to graduate Dec 2014; **Hannah White**, (Springfield)

graduated from the counseling program in Dec 2012 and is now pursuing her Counseling and Assessment degree. While at the clinic, Hannah gave birth to her first child, a daughter; Born in South Africa and now a native of Greece, **Dimi-tra Drakapoulou** plans to graduate in May 2014 with a masters degree in mental health. She has assisted at the clinic both as a GA and as an advanced play therapy intern.

## Book Review: Chronic Pain

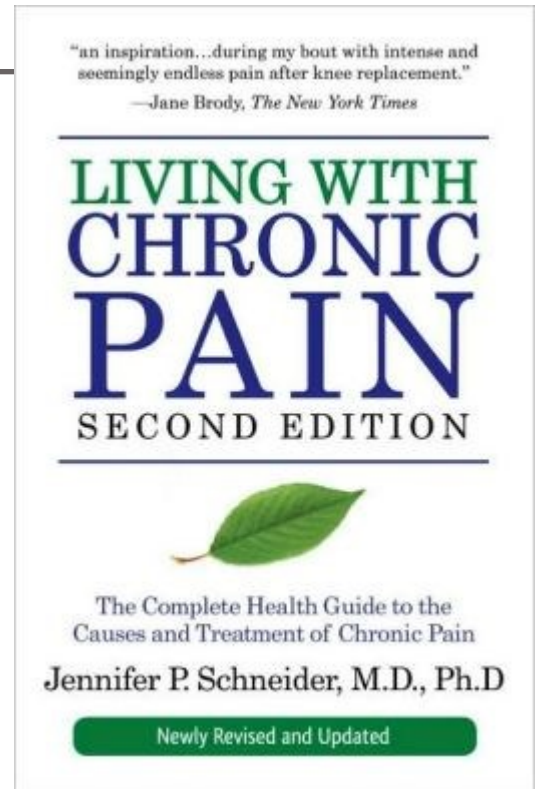
There are persons who can sleep on just about anything, and there are some, like a particular friend of mine who is so sensitive to variations in the weave of cloth, that she finds sleeping on woven striped sheets uncomfortable at best.

In *Living With Chronic Pain: The Complete Health Guide to the Causes and Treatment of Chronic Pain*, author Jennifer P. Schneider, MD, PhD considers this a genetic factor, one of many that affect pain tolerance and intolerance.

In addition to chapters detailing what causes chronic pain, medication usage and side effects as well as a discussion on exercise, physical therapy, complimentary and alternative treatments, Schneider also looks into personality types: their strengths and challenges.

Chronic pain can be challenging for the person experiencing it, as well as their family and friends. Often it is unseen, such as fibromyalgia, and unpredictable. The book offers some suggestions that will aid the sufferer and provide direction and support for the people in her/his life.

“Chronic Pain: Understanding the Brain/Body Connection” as presented by Dr. Deborah Kukal is also the topic of one of the Clinic’s spring workshops, scheduled for Friday-April 4, 2014.



## 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 expanded sessions available during the fall semester, and is looking to do so again in the Spring.

Dr. Kristi Perryman, LPC RPT-S and Play Therapy Institute director, oversees student work with children.

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.

Using theme-selected toys, children are able to symbolically express and process what they aren’t yet able to verbalize.

The clinic charges between \$5 and \$20 per session, although fees can be reduced or waived altogether if payment presents a difficulty.

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

Center City Counseling Clinic  
Park Central Office Building  
240 South Ave  
Springfield, MO 65806

Phone: 417-836-3215  
E-mail: REFarris@missouristate.edu

*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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*robin*