



Center City Counseling Clinic

About Center City Counseling Clinic

Center City Counseling Clinic has been a part of Missouri State University's Counseling program since 1969.

While the majority of clients are residents of Springfield, persons from Greene, Christian, Webster, Polk and Taney county also utilize the clinic's services.

Counselors at Center City are students finishing up

their masters degree in Counseling, and are supervised by fully licensed counselors or psychologists who are also professors with the MSU Counseling program.

The clinic works with both adults and children, in individuals in couples and family counseling sessions.

Student counselors are trained to respect and value the client as well as where they are at in their life with whatever they are struggling to resolve.



"I've been coming here for some time," says one client. "It's helpful to be able to talk about my

problems."

Clients can pay as low as 5 -dollars a session if their income level is below \$20,000 or as much as \$20 per session if their income is above \$50,000.

"We don't turn anyone away however," says Clinic director Robin Farris. Fees can be reduced or waived altogether if the amount presents a difficulty."

Sessions can be scheduled by calling the clinic at (417) 836-3215. Staff will conduct a brief intake over the phone and then work to find an opening that meets with the client's schedule.



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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Clinic Committee gathers info on community/school needs

Springfield area school counselors and mental health professionals met recently with University counseling faculty and staff to continue a discussion begun last year .

The second annual Clinic Advisory Committee meeting is held each fall to solicit information from persons out in the field on what they see as current community and school mental health issues and needs.

A presentation of Center City Counseling Clinic services was made, after which attendees discussed a need for further education and training in the areas of Domestic Violence, Substance Abuse, Psychopharmacology, Autism spectrum, community resources, crisis response, counselor self-care and case note docu-

mentation.

The expansion of the MSU Counseling program from 48 to 60 hours was seen as one solution that will allow future counselors to receive training in some of those areas, with post-graduate courses and clinic sponsored workshops helping to fill the gap in others.

Attendees cited several stressors that affect the mental health of residents, particularly children, among them the trauma of poverty, bullying and substance abuse.

The clinic's low fee structure was applauded and suggestions were made of the possible future expansion of clinic hours to include Saturdays.

Pictured left to right: Alison Gragson, LPC at Counseling Solutions; Tori Zettl, school counselor at Field Elementary, Doug Gragson, LPC at Counseling Solutions and Dr. Jef Cornelius-White, MSU Counseling professor.



Student Organization COPE grows into Chi Sigma Iota

As of March 2014, students enrolled in the Counseling program at MSU will have the opportunity of joining the Counseling International Honor Society Chi Sigma Iota.

"I am very excited about it," states president-elect Sandy Parisi. "It opens up opportunities to us as counseling students; Conference invitations, continuing education and a broader professional network,

to name a few," she continues.

Parisi indicates that the organization would not be possible if the MSU counseling program hadn't been pursuing the CACREP accreditation.

Students will have to have completed a minimum of 9 graduate hours in the counseling program with a GPA of 3.5. Chi Sigma Iota's first induction is

planned for this spring with 10 starter members expected.



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: **Lauren Peters** (Port Orchard, Washington), **Yasuko Kanamori**

(Kobe, Japan), **Sandy Parisi** (Spfld) and **Julie Flippo** (Spfld). When not studying, Lauren enjoys spending time with her family; Yasuko can be found reading or cycling; Sandy enjoys jazzercise and playing with her two "adorable" daughters. Julie tells us she likes to work-out when she's not watching Netflix. Sandy expects to graduate this fall with her masters degree in Mental Health Counseling. The others plan to graduate in 2015.

Book Review: Chronic Pain

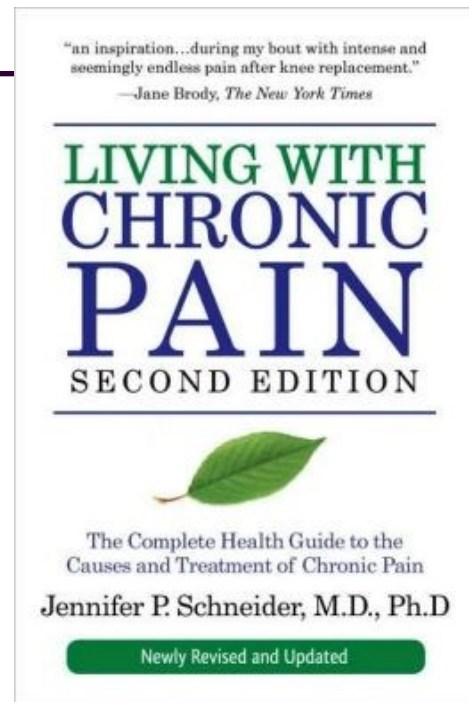
There are persons who can sleep on just about anything, and there are some, like a particular friend of mine who is so sensitive to variations in the weave of cloth, that she finds sleeping on woven striped sheets uncomfortable at best.

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.



Spring Workshops: Chronic Pain and Eating Disorders

On Friday, April 4, 2014 the Clinic will again sponsor continuing education workshops for area mental health professionals, school counselors, social workers and others interested.

“Chronic Pain—Understanding the Brain/Body Connection” with Dr. Deborah Kukal of Mercy Hospital’s psychology team, will be presented from 8:30 to 11:30am. Following a 90-minute lunch

break, “Eating Disorders” with MSU psychology professor Dr. Brooke Whisenhunt will take place from 1:00 to 4:00pm.

Both workshops will be held at the Park Central Office Building, located on the corner of South



Avenue and McDaniel in downtown Springfield.

The cost of each workshop is \$20 and must be paid in advance.

For further information or a registration form, interested persons may contact the clinic at 836-3215.

Individual Play Therapy sessions available to kids, ages 2-12



Center City Counseling Clinic, a referral base for many parents seeking assistance with their children will be scheduling sessions on both Tuesday and Wednesday afternoon/evenings during the spring semester..

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

Play Therapy is a research-based modali-

ty 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 from \$5 to \$20 per session based on parent/guardian income.

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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