



New Beginnings

Maria Robinson is quoted as saying that “Nobody can go back and start a new beginning, but anyone can start today and make a new ending.”

That statement is on the front of Center City Counseling Clinic’s brochures and speaks to the services the Missouri State University’s Counseling program provides to the public.

While the Affordable Health Care Act seeks to expand the physical and mental health services of American citizens, too many still find it difficult to come up with the funds to finance counseling sessions.

At Center City Counseling Clinic, no one is turned away because of an inability to pay. Our statistics show that half of our clients have an annual income

of \$20,000 and half of that figure fall below a salary of \$10,000.

Fees for anyone whose income is below \$20,000 is \$5 per session, but the clinic will reduce or waive fees altogether if this presents a difficulty. For some, putting gas into the car to get to an appointment is about as much as they can afford.

For persons with access to the City Utilities Bus system, the Clinic will also provide bus passes—a pass to get the client home, and another to get to their next session.

Anyone wanting more information, or to schedule an appointment can call us at 836-3215.

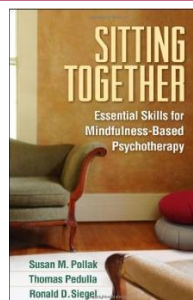


Book Review: Mindfulness in Counseling

Mindfulness practices are utilized in personal as well as professional living.

In their book “Sitting Together: Essential Skills for Mindfulness-Based Psychotherapy,” Susan Pollack, Thomas Pedulla and Ronald Siegel present ten

Chapters on how to employ mindfulness practices “based on your patients unique needs as well as (the counselor’s) therapeutic style and orienta-



tion.” Published in 2014 by Guilford Press, the 240 page book incorporates awareness, attention, and remembering with the therapeutic attitude of acceptance, warmth and compassion.

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Where Are They Now?

Meet Tara Forrester-Ruble, alumnus of Missouri State University's Counseling Masters program.

A 2011 graduate, Tara was working ten years previous at the Greene County Prosecuting Attorney's office. "I worked on cases ranging from bad checks to first degree murder charges," says Ms. Forrester-Ruble.

"Once the verdict was read, my relationship to the victims and witnesses was over, and at some point I realized I wanted to participate in the next step: the healing process."

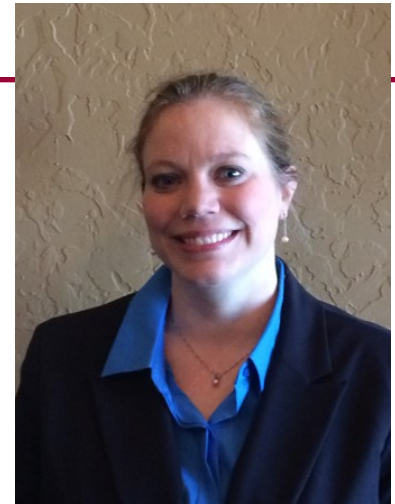
In 2009, Tara says she left the Prosecutor's office and began work in the Domestic and Sexual Violence unit at Legal Services of Southwest Missouri. "Now I was in a position to be a victim advocate," states Tara, "but I wanted to do

more."

"In the Counseling program at MSU, I became more aware of who I was and who I wanted to be," she continues. "I learned what it meant to be truly genuine and authentic."

In addition to her thriving private practice, Ms. Forrester-Ruble often presents on topics of Domestic Violence, Human Trafficking and Trauma. She is to be a presenter at this spring's Center City Counseling Clinic sponsored workshop on Domestic Violence (see inside for additional information.)

The most rewarding aspect of what she does now, continues to be the healing and empowerment of her clients. "The ability of people to survive and thrive (after experiencing trauma) is beautiful—to be a part of their journey is truly humbling."



(Tara Forrester-Ruble is a licensed counselor with Touchstone Counseling in Ozark.)

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: **Amanda Aarns** (St Louis, Missouri), **Chenchen Zhang** (Zheng-Zhou, China), **Charlten Henderson** (Little Rock, Arkansas), **Lin Wang** (Rizhao, China) and **Yasuko Kanamori** (Kobe, Japan).

When not attending classes, working and studying: Amanda likes to sing karaoke; Chenchen watches movies; Charlten enjoys working out and sleeping; Lin likes horses and both she and Yasuko enjoy reading, camping, hiking and being outdoors.



What to do with Anger



Contrary to what many of us think, other people are not responsible for our anger; We are.

There is also no such thing as a "bad" emotion, but what we do with it might be a problem.

The following are some questions to ask yourself that may be helpful: *What sensitive spot within myself just got touched? What can I do to meet my own needs or reduce my own stress? What limits do I*

want to set but feel afraid to acknowledge or insist on? Do I say "yes" when I want to say "no?"

Sometimes what's underneath anger is as simple as being tired or not feeling well.

If all else fails, can you let go of the expectations you have for the situation or the person with whom you are struggling? Seeking out a counselor to talk to can also help.

Working in Clinic seen as “Awesome Opportunity”



In 1987, Amy Chenoweth graduated from Missouri State University (then SMSU) and its Counseling program. Now, years later, Ms Chenoweth finds herself an instructor to those who are following their passion in the counseling fields.

“It’s one of the best parts of teaching here,” says Chenoweth. “That, and it’s where I’ve been referring clients to for years, so it’s nice seeing how it works behind-the-scenes.”

Ms. Chenoweth was hired in the Fall of 2014 and since then has been busy in both the classroom and the Clinic—teaching and assisting students who are learning and developing skills in the Person-Centered approach to Counseling.

“It’s amazing how much a student will blossom over the course of a semester,” states Chenoweth. “I get to participate and see them develop a more realistic idea of what being a counselor is going to entail.” She adds, “They come in with an idea of what it’s like to listen and leave with what it means to be really, fully present to another person.”

Ms. Chenoweth, who is certified both as a counselor and a social worker is no stranger to teaching. She has taught as a per course instructor at both OTC and Drury, as well as being engaged in private practice (Springfield).

“I love this job,” states Chenoweth. “This (the clinic) is an incredibly important piece of the (counseling) program and an awesome opportunity.”



Workshop Focus On Domestic Violence And Diversity

On Friday, April 10, 2015 the Clinic again sponsored continuing education workshops for area mental health professionals, school counselors, social workers and psychologists.

“Working With Survivors of Domestic Violence” presented in a morning session by licensed counselor and court witness, Tara Forrester and attracted 42 enrollees.

Following a 90-minute lunch break, the

afternoon program “The Diversity Within You” was hosted by counselor and Cherokee Nation citizen, Dr J. Wade Hannon, and garnered 35 sign-ups.

Continuing Education workshops are a regular part of the Clinic’s community engagement, and



are held each spring and fall at the Park Central Office Building in downtown Springfield.

The fall presentations are expected to be on Psychopharmacology and on Dealing With Difficult People.

For further information, call 836-3215.

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



Center City Counseling Clinic is a referral base for many parents seeking assistance with their children—whether they are in-crisis, or just struggling with adjustment issues.

Rebecca Smotherman, LPC, RPT and Play Therapy Institute director, oversees student work with children. Counselors are students finishing up a masters degree in mental health and/or school counseling. 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.

Sessions for children are held in the spring and fall semesters. For further information, call 836-3215.

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:

A task force looking into issues related to Domestic Violence in Springfield has been the focus recently of a number of features both in print and press.

It was also one of two presentations recently hosted by Center City Counseling Clinic at our spring continuing education workshops for counselors, social workers and educators.

Experts recognize that unhealthy relationships often have their roots in families of origin—where disrespect, devaluing, name calling and violence become what is “normal” for many children who then duplicate the behaviors or end up with a partner who does.

There are twelve ingredients to healthy relationships which include Acceptance (unconditional positive regard), Affirmation, Trust and Love.

Love is more than a feeling; it is that quality of honoring both ourselves and others for who we are inside.

Other ‘ingredients’ include Honesty—sometimes risky, always necessary; Commitment, Mutuality (It takes two.); Freedom of Expression (presented and accepted with respect); Confrontation,

when necessary—neither aggravated nor avoided; Regular contact; Testing—or, going through the tough times together, and Humor—the ability to laugh with ourselves and each other.

For persons struggling in relationship, Center City Counseling Clinic offers couples counseling; whether that is partner-to-partner, parent-to-child or sibling-to-sibling. Student counselors, under the oversight of a licensed counselor or psychologist will assist clients in strengthening communication skills and enhancing the ability to problem-solve together.

Anyone interested in this service is invited to call the Clinic at 836-3215 for further information, or to set up an appointment.

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