



## Play Therapy Institute Plays On



The Missouri State Institute for Play Therapy (MSIPT) recently completed the renewal process to continue as an Approved Provider of Play Therapy Continuing Education and an Approved Center of Play Therapy Education.

The play therapy program at Missouri State University has been in place for over 40 years, after being established by Dr. Shirley Hendricks.

Currently under the direction of Rebecca Smother-

man, MS, LPC, and Registered Play Therapist Supervisor the MSIPT continues to work with children and families who are struggling with trauma, grief, anxiety, behavioral challenges and other related issues.

MSIPT also offers workshops and trainings related to play therapy services and supervision, provides graduate credit coursework in play therapy techniques, as well as supervised play therapy experience.

On April 2, MSIPT hosted "CPRT/CTRT: The Skills and the Relationship," a one day workshop for professionals working with children ages 2-12 in day-cares, schools and community agencies. Presentations provide continuing education credits for individuals seeking or maintaining Play Therapy cre-

dentials. Further information can be obtained through the MSIPT website: <http://education.missouristate.edu/playtherapy/> or by contacting MSIPT Director Rebecca Smotherman.



*(Located at Center City Counseling Clinic, especially equipped play rooms utilize art and toys grouped according to theme to assist children ages 2-12.)*

## Is there really such a thing as Spring Fever?

Spring fever is defined as a popular term for the brightened mood and positive attitudes that accompany the longer, sunnier days of spring.

For some, it includes an increase in energy, restlessness and perhaps some day-dreaming at school or

work—but is it for real?

Yes, and there are biological reasons for that expanded mood and surge in energy.

According to health experts the increased sunshine signals the body to produce less melatonin (sleep pro-

ducing) and more serotonin (the neurotransmitter in the brain that contributes to happiness).



### Inside this issue:

|                                     |   |
|-------------------------------------|---|
| Where Are They Now?                 | 2 |
| Meet Our Staff                      | 2 |
| What to Do With Anger               | 2 |
| New Staff Members Complete Semester | 3 |
| Workshop Successes Continue         | 3 |
| Play Therapy                        | 3 |
| From the Director's Desk            | 4 |



Downtown Springfield—South and McDaniel Ave  
Park Central Office Bldg—Ste 107

417-836-3215



## Where Are They Now?

Rhonda Mammen oversees 85 school counselors and 5 school-based clinicians in the Springfield R-12 School system.

Currently the Director of School Counseling Services with the Springfield School District, Rhonda Mammen received her Guidance and Counseling masters degree in 1978.

“It wasn’t Missouri State University then,” says Mammen. “In fact we were the first class to graduate after it changed from SMS to SMSU (Southwest Missouri State University).”

The Springfield native credits Parkview High School counselor, Pat Sims for the inspiration behind her career choice. “I liked her interactions with students,” states Mammen. “Students were drawn to her. She was encouraging, especially to girls about going on to college.” She continues, “That wasn’t the normal thing back in those days.”

Starting at Crane-Galena schools as a K-12 counselor, Mammen went on to gain experience as a high school counselor, alternative program director, and assistant principal in Salina, Kansas for 25 years. She also worked briefly in private practice with teens in drug-alcohol treatment. “I fully expected to retire there (Salina),” laughs Mammen.

In 2005, Mammen was visiting her daughter in Springfield, when she saw the

position for School Counseling director posted online. “It wasn’t even on my radar,” she says, “but I let them know I was interested, and I was hired.”

We asked Mammen what differences and challenges she sees in Springfield now: “There’s been a significant increase in the number of people living in poverty,” she says. “Parents aren’t involved as much in their child’s education, not because they’re not interested; they’re just working so hard to survive.”

“The social-emotional development of children is key to their academic and overall success,” says Mammen. “It’s part of what drives our work here (Springfield public schools). Employers tells us—we can teach them how to do the job; we can’t teach them relationship skills.”



## Meet Our Staff

Graduate Assistants and Interns are an integral part of our Clinic, assisting in welcoming clients, scheduling sessions, and classroom facilitation.

Tiffany Costello (Fresno, California) will graduate Spring 2018 and is planning to become a high school counselor. When not working and going to classes, Tiffany enjoys running, traveling and being outside.

Lauren McGauley (Nixa) graduates July 2016 and will be moving to Las Vegas where she hopes to incorporate her counseling skills in an agency setting. Lauren enjoys walking her dog and Netflix binge watching.

Left to right: Charlten Henderson, Tiffany Costello, Zach Rogers, Lauren McGauley and Jason Kearbey.

## Book Review: The Emotionally Absent Mother

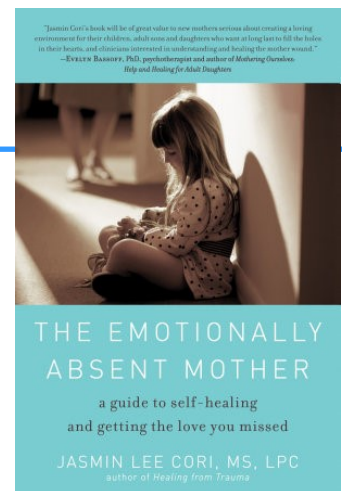
“The Emotionally Absent Mother” authored by Jasmin Lee Cori begins her introduction: “Few experiences in life are as deep as the feelings we carry about our mothers.”

Without placing blame on what is one of the most difficult tasks in life, Cori writes regarding ways of assessing and understanding the connections between how we are mothered and how it may contribute to life struggles. Chapters are also

dedicated to the healing, dealing and growing—changing ways of resolving what is often a multi-generational experience.

Copyrighted in 2010, this book is one of a number on hand at Center City Counseling Clinic. As part of the therapeutic process, the clinic allows clients to check out books that the client thinks might assist them.

Anyone interested in setting up a counseling session, can inquire about available openings by calling 417-836-3215.



## Being Assertive

Being assertive could be said to be in the middle of two extremes: submissive on the one end and aggressive at the other. It is a challenging ideal for many of us.

Some points may help explain some of the qualities of this elusive behavior starting with the fact that every human being has the right to dignity, respect and courtesy. Human adjustment requires standing up for your rights. By not standing up, we often encourage others to continue treating us in a way that devalues and minimizes us. The old adage is often true: We teach people how to treat us.



If we choose not to exercise our rights, we can't be resentful of people who do.

By not expressing ourselves, it allows things to build up inside, resulting in tension and the possibility of responding in an inappropriate and hurtful way later.

It is unavoidable to live a life without unintentionally hurting someone.

Being polite out of fear of being offensive is a sure way of either destroying a relationship or preventing one from really forming.

If you don't tell someone how you feel or what you think, you deny them the opportunity to change.

Every person has the right to express themselves as long as the rights of others are not being violated.

Being assertive is one of those issues that people can talk about in counseling. You can call Center City Counseling Clinic to schedule an appointment, if this sounds like something that might be helpful to you.

**417-836-3215**

## Workshop Successes Continue

Workshops, sponsored by Center City Counseling Clinic continue to be well attended and April's presentations were no exception. Forty-six persons registered for Dr. Darryl Haslam's "Couples Counseling-After the Affair" with 42 persons signing up for Vanessa Iron's "Understanding the Challenges of Bipolar." Both workshop subjects had been requested by previous workshop attendees.

Back by popular demand this fall is Carl Dawson to present on Post Traumatic Stress Disorder. Dr. Paul Maddox will host a morning workshop on Expressive Arts, including sandtray therapy in working with couples.

Both workshops are scheduled for Friday, November 4, 2016.

The cost of each workshop is \$25 and qualifies as continuing education hours



for counselors, social workers and psychologists (category B). All persons are welcome to attend. For further information, call the clinic at 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

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

### *From the Director's Desk:*

In this issue of our Clinic newsletter, I thought I'd take the opportunity to address the frequently-asked questions that come our way.

1. Does the Clinic only see students?  
Ans: About 95% of our clients come from the community, although we also work with students, faculty and staff from MSU and other universities and colleges in our area.
2. Do you see clients in the summer?  
Ans: Yes. After a brief break between the spring and summer semesters, the clinic resumes counseling sessions for clients who wished to continue services, and we take new clients who have not been a client here before.
3. Does the clinic take insurance or Medicaid? Ans: No. The clinic is only able to accept payment by cash or check. We don't have the capacity to take credit or debit cards either.
4. Must I prove what my income level is, in order to qualify for the sliding scale fee? Ans: No. At this time, all a client has to do is let us know where they fall in our fee structure. We also find that, at times clients are unable to pay even a small fee. Fees can be reduced or waived at any time. It's part of the Counseling program's outreach.
5. Does the Clinic provide in-home counseling? Ans: No, but the clinic does provide bus passes for anyone who has transportation difficulties and is able to access the City Utility bus system in Springfield.
6. Can the Clinic provide a letter that shows I'm coming to counseling? Ans: Yes, if the client has filled out and signed a consent-to-release form giving us permission. Otherwise, we can't confirm or deny a person is seen here.
7. What do I need to do to get an appointment? Ans: Call 836-3215.



*Robin E. Farris, MS LPC—Clinic Director*

Robin Farris, MS LPC is a 2005 graduate of the MSU Counseling Program and has been employed as Clinic director at Center City Counseling Clinic since 2007.