

COUNSELING SERVICES

The primary goal of the Counseling Center is to promote students' personal development and psychological well-being. Counseling services are provided for students with a variety of personal, social and life-planning concerns.

Our experienced professional counselors, psychologists, social workers and graduate students assist students in addressing issues which may interfere with their progress at the University.

The counseling process requires participation from both the student and counselor, however, it is ultimately the student who chooses to take steps toward healthy changes.

The Center offers counseling to currently enrolled Missouri State University students. Consultation and referral services are available to others. There are no fees or charges for counseling-related services.

GETTING STARTED

Getting started in counseling at MSU is easy! The first counseling session - called an *intake* - consists of exploring the reasons why a student is seeking counseling, relevant personal history, and development of the student's goals for counseling.

To schedule an intake, students may call the Counseling Center at 417-836-5116.

OUR MISSION

MSU Counseling Center
"Every student matters!"

Under our mission, we promote the following ideals and values: Self-acceptance, development and positive connections through ethical and collaborative processes for change; Cultural Consciousness and Identity Development, Compassion, Acceptance and Respect, Resiliency and Prevention, Goal Development and Creative Problem Solving, Competency and Integrity, Support and Being a Catalyst for Change, Altruism and Service.

CONFIDENTIALITY

The Counseling Center adheres to the ACA, APA, and NASW Professional Code of Ethics in providing services.

All personal information discussed by students in counseling sessions is confidential, within certain legal exceptions, such as danger to self or others. Counseling files are not a part of University records, and cannot be accessed without the student's written permission. Strict confidentiality provides an environment where students can trust, and feel safe to deal with their personal problems and concerns.

EMERGENCIES

Counselors are available for crisis intervention in emergencies. Students in crisis may call the Counseling Center during business hours, or show up at Carrington Hall, Room 311, to request a crisis appointment.

For after-hours mental health emergency assistance, call 417-836-5116 and press zero to speak with a crisis counselor, or contact MSU Public Safety at 417-836-5509.

WEBSITE

The Counseling Center website provides information about our services, as well as links to numerous self-help resources and extensive information about common student concerns. Anonymous online screenings are available for the following concerns:

- Alcohol
- Generalized Anxiety Disorder
- Depression
- Post-Traumatic Stress Disorder
- Eating Disorders
- Bipolar Disorder



Join us on Facebook for upcoming programs and events

www.counselingcenter.missouristate.edu

REASONS STUDENTS SEEK COUNSELING:

During college, many students have difficulties that may cause emotional distress or interfere with their academic performance. Some common problems for which students seek assistance include:

- Transitioning to college life
- Academic difficulties
- Lack of motivation
- Difficulty concentrating
- Procrastination
- Feeling anxious or stressed
- Depression or thoughts of suicide
- Relationship problems
- Questions about sexuality
- Past abuse or trauma
- Alcohol or drug use
- Eating/weight/body image concerns
- Sleep disturbance
- Feeling lonely or isolated
- Coping with grief
- Managing anger
- Lack of confidence or self-esteem
- Perfectionism
- Family problems
- Adjusting to life in the U.S.
- Career and life choices

SERVICES OFFERED

- Individual Counseling
- Group Counseling
- Couples Counseling
- Crisis Intervention
- Consultations
- Referrals
- On-campus workshops
- Substance Abuse Assessment



Missouri State
UNIVERSITY

Counseling Center Staff 2017

Rhonda Lesley, MA, LPC

Director, Licensed Professional Counselor

Ann Orzek, PhD

Licensed Psychologist

Tammy Dixon, MS, LPC

Licensed Professional Counselor

Justin Johns, MSW, CRADC

Substance Abuse Assessment Specialist

Doug Greiner, PhD

Licensed Psychologist

Shaun Fossett, MS, PLPC

Provisionally Licensed Professional Counselor

Joshua Dauner, BA

Graduate Assistant

Chiara Citterio, BS

Graduate Assistant

Anthony Franklin, BA

Graduate Assistant

Natalie Cheah, BA

Graduate Assistant

Susan Blades

Administrative Assistant II

Missouri State University is a community of people with respect for diversity. The University emphasizes the dignity and equality common to all persons and adheres to a strict nondiscrimination policy regarding the treatment of individual faculty, staff, and students. In accordance with federal law and applicable Missouri statutes, the University does not discriminate on the basis of race, color, religion, sex, national origin, ancestry, age, disability, or veteran status in employment or in any program or activity offered or sponsored by the University. Prohibited sex discrimination encompasses sexual harassment, which includes sexual violence. In addition, the University does not discriminate on any basis (including, but not limited to, political affiliation, and sexual orientation) not related to the applicable educational requirements for students or the applicable job requirements for employees. This policy shall not be interpreted in a manner as to violate the legal rights of religious organizations or military organizations associated with the Armed Forces of the United States of America.

The University maintains a grievance procedure incorporating due process available to any person who believes he or she has been discriminated against. Missouri State University is an Equal Opportunity Affirmative Action employer. Inquiries concerning the grievance procedure, Affirmative Action Plan, or compliance with federal and state laws and guidelines should be addressed to Equal Opportunity Officer, Office for Institutional Equity and Compliance, 901 South National Avenue, Springfield, Missouri 65897. equity@missouristate.edu, 417-836-4252, or to the Office for Civil Rights.

Counseling Center

"Every Student Matters!"



Carrington Hall - Room 311

Office Hours

Monday - Friday

8:00 am - 5:00 pm

417-836-5116

**Missouri
State**TM

COUNSELING CENTER