

Mission

The mission of Counseling and Psychological Services is to lead the University in promoting psychological wellness of students and the campus community through a variety of approaches. CPS provides a range of clinical services, early identification and intervention, and prevention to the student body. CPS consults to the University in regards to psychological concerns and implementing psychological knowledge in policy and practice, especially concerning student development and behavioral needs.

Accreditation

One of our goals at CPS was to earn accreditation from the International Association of Counseling Services (IACS), an organization of United States, Canadian and Australian counseling agencies. IACS evaluates counseling centers against high standards of practice in order to determine if high quality and reliable professional services are being provided. Approval by IACS is also dependent upon evidence of continuing professional development as well as demonstrations of excellence of counseling performance. CPS had its first IACS site visit on October 11 & 12, 2005. The results of the application and site visit were that CPS earned full accreditation. The next IACS field visit will occur in 2010.

COUNSELING AND PSYCHOLOGICAL SERVICES

Karen S. Coleman, OFFICE PROFESSIONAL II

Rachel Uffelman, Ph.D., PSYCHOLOGIST

Tracy Ochester, Psy.D., PSYCHOLOGIST

Jeanne Woon, Ph.D., PSYCHOLOGIST

Charles Dahlstrom, Ph.D., PSYCHOLOGIST

Paul D. Polychronis, Ph.D., ABPP, PSYCHOLOGIST,
ASSISTANT DIRECTOR OF UNIVERSITY HEALTH SERVICES
FOR COUNSELING AND PSYCHOLOGICAL SERVICES

Humphreys 131
Central Missouri State University
Warrensburg, MO 64093
660-543-4060
FAX 660-543-8277

Counseling and Psychological Services

Campus Update 2005-2006



**CENTRAL
MISSOURI**
STATE UNIVERSITY

Humphreys 131
Warrensburg, MO 64093

660-543-4060

www.cmsu.edu/cps

Counseling & Psychological Services Campus Update 2005-2006

Counseling Services

CPS provides individual, couples, and group counseling to students. Since fiscal year 2003-2004, CPS has experienced a 40.7% increase in students requesting counseling services.

Common concerns of students included depression, anxiety, relationship difficulties, and problems with their social and academic functioning at Central.

Students participated in group counseling in the areas of anxiety, test anxiety, women's issues and relationships.

Of students surveyed after being clients of CPS:

- 95% strongly agreed or agreed that they felt better about themselves.
- 89% strongly agreed or agreed that their counselor helped them develop better ways of coping with their concerns.
- 88% strongly agreed or agreed that the experience with CPS helped them increase their success in college.

To schedule an appointment, students may call CPS at extension 4060 or come by the office. Same day appointments are available for urgent, crisis, or emergency situations.

If you are unsure how to proceed in referring a student to CPS or are uncertain about how to handle a student situation, call CPS and a psychologist will consult with you.

Other Professional Activities

Teaching:

- Valuing Differences
- Student Development Seminar (AE1400)

National and Regional Presentations:

- Association of University and College Counseling Center Directors, *The Advantages and Costs of Mergers: An Examination of the Process from the Experienced*
- Association for the Coordination of Counseling Center Clinical Services, *Managing Suicidal Students: Advantages and Disadvantages of Different Approaches*
- Consulting at an A.K. Rice Institute group relations conference
- Consulting and training on group process to the National Conference for Community and Justice
- 113th Annual Convention of the American Psychological Association, *Moderation of the Relation Between Distress and Help-Seeking: An Application of Hope Theory*
- Missouri College Personnel Association, *Stress Management*

Outreach, Class Presentations and Free Subs

CPS engages in a variety of outreach activities as a way to actively impact campus and promote awareness of CPS, knowledge of psychological wellness, and encourage students to utilize CPS services.

- A wide range of prevention oriented outreach programming was conducted. A total of 110 outreach events or activities were provided reaching 3,525 students.
- CPS is available to speak to classes about CPS services, and how students may utilize us. Presentations can be made to classes about a variety of psychological wellness oriented topics, such as test anxiety or communication skills.
- When you need to miss teaching a class, you could use the CPS Free Subs program. One of the CPS staff can teach topics pertaining to psychological wellness on an occasion in which you have to be gone.