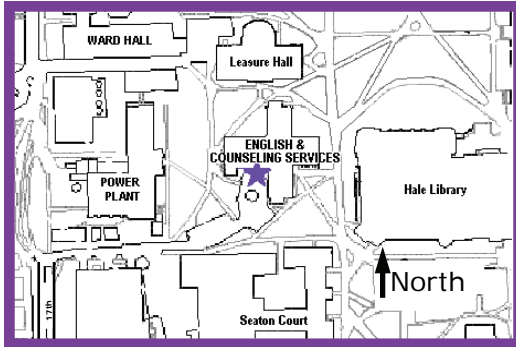


Here We Are



General Information



www.ksu.edu/counseling

Counseling Services is staffed by licensed psychologists, professional counselors, and advanced trainees. Consistent with the University's teaching mission, Counseling Services is committed to the advanced clinical training of mental health professionals.

Professional Staff

Sarah Martin, M.A.
Pre-Doctoral Psychology Intern
Bowling Green State University

Georgette Miller, L.M.S.W.
Project ABC Coordinator
University of Wisconsin - Milwaukee

Fred Newton, Ph.D., LP
Director
University of Missouri - Columbia

Barbara Pearson, Psy.D., LP
Assistant Director
Antioch New England Graduate School

Art Rathbun, M.Div., M.S.
Biofeedback Specialist
Kansas State University

phone: (785) 532-6927
email: counsel@ksu.edu

Check us out online:
www.ksu.edu/counseling



Counseling Services
232 English/ Counseling
Services Building
Kansas State University
Manhattan, KS 66506-6503
(785) 532-6927
counsel@ksu.edu



Professional Staff

William Arck, Jr., M.S.
Director-AODES
Kansas State University

Andrew Imbrie B., Ph.D., LCMFT, CFLE
Kansas State University

Kristin A. Kahler, Psy.D., LP
Pacific University

Dorinda Lambert, Ph.D., LP
Assoc. Dir.-Clinical
University of Nebraska - Lincoln

Quinten Lynn, Ph.D.
Postdoctoral Fellow
Bowling Green State University

Kelly Machan, M.A.
Pre-Doctoral Psychology Intern
Seattle Pacific University

Karin Ryan, M.A.
Pre-Doctoral Psychology Intern
University of St. Thomas

Heather Trangsrud, M.A.
Pre-Doc Psychology Intern
University of Missouri - Kansas City

Sarah Wesch, Ph.D., LP
American University

Laurie Wesely, Ph.D., LP
University of Nebraska - Lincoln

Dan Wilcox, Ph.D., LP
Asst. Director-Training
Michigan State University

Joyce Woodford, Ph.D., TLP
Fielding Graduate University

Individual, Couple and Group Counseling

We see more than 250 students per week who wish to discuss educational, career or personal concerns with a counselor. Fifty-minute sessions are typically scheduled for this purpose. We also have groups to assist students with similar and specific concerns. The following services are offered:

- * Individual, couple, and group counseling
 - * Career testing and counseling
-
- * Biofeedback training for stress management and performance enhancement
 - * Walk-in career assessment services
 - * Inter-cultural training workshops
 - * Self-help materials and lending library
 - * Educational and skill building workshops
 - * Applied sports psychology programs

More detailed information about many of these programs are described in separate brochures.

Our Services

Our purpose is to provide professional counseling assistance to K-State students. We see students with a wide range of concerns from stress, homesickness, career decision-making and relationship problems, to more serious concerns such as eating disorders, trauma, or depression and anxiety disorders. We have found that most people are helped in 3 to 8 sessions. When student require additional assistance we will help with referral options.

Standards

Counseling Services, internship training program in psychology, and the professional staff adhere to the ethical code of the American Psychological Association.

Confidentiality

Counseling is a confidential service. Anything you say to a counselor, the fact that you used this service or test results, will not be disclosed to other persons or agencies within or outside the university, within ethical limitations. No information about counseling goes on your academic record.

Fees

Counseling Services is in part, funded by the student health fee. Students receive up to four individual sessions, without charge, per year. A nominal fee is charged for additional services such as groups, workshops, tests, and biofeedback. A fee schedule is available from the receptionist. Lafene Health Services eligibility fees for spouses and non-enrolled summer students do not apply to Counseling Services.

Examples of Presenting Concerns

- * Anxiety and fears
- * Depression and "the blues"
- * Couples issues
- * Interpersonal conflicts
- * Stress management
- * Food and body image concerns
- * Sexual assault & sexual harassment
- * Understanding sexuality
- * Grief and loss
- * Indecision about major and career

CONSULTATION, WORKSHOPS, AND PRESENTATIONS

Counseling Services staff members are available to consult with you regarding a broad array of personal and management issues. We can also make special presentations to your organization, living group or club. We ask that presentation requests be made at least two weeks prior to the presentation date. Call (785) 532-6927 for further information.