Life Can be Challenging…

Let Us Help.

To Make an Appointment Call:
(270) 809-3822

Please leave a message. We will call to schedule your appointment as soon as possible.

Our Location...

3rd Floor, Alexander Hall
Murray, Kentucky
(On 16th Street Just South of Chestnut)
Please call for exact address.

Please note that because we are a training facility we do not provide services that require court testimony or involve legal proceedings. Please also note that we are closed during university closures and during the summer months.
What is Counseling About?

All of us at some point in our lives experience difficult challenges, disappointments, tough adjustments, or emotionally painful experiences. In counseling you talk about, make sense of, reframe, or work through difficult challenges with an objective person who has training in counseling skills. Depending on the reasons for seeking help, your counselor might help you:

- Clarify and better understand complex thoughts, feelings, and emotions;
- Explore factors or patterns that contribute to anxiety, unhappiness, negative thoughts, or coping difficulties; and/or
- Explore ways to make healthy changes in your life, and/or improve coping skills.

Who Will Be My Counselor?

Our counselors are graduate student counselors-in-training through MSU’s Counseling Graduate Program under the direct clinical supervision of Dr. Kristin Douglas, Counseling Clinic Coordinator and Licensed Professional Counselor (KY), and program faculty.

Length of Treatment and Hours

Counseling sessions are typically 50 minutes in length. The number of sessions varies from person to person. Some individuals come for 3-4 sessions and some come for 12-15 sessions. Hours vary semester to semester. Please call for times and availability. We provide counseling services that address a variety of concerns, and work with adults, adolescents, and children. Those needing intensive treatment, services beyond our scope, or crisis services, or will be appropriately referred. Please note that we do not provide on-call or 24 hour assistance. If it is a psychological or life threatening emergency, please call 911 or go to the local emergency room.

Fees

Individual counseling sessions are $10.00/session. Fees are waived for MSU students, faculty, and staff. Group counseling fees are $50.00/for an 8-10 week group (approximately $5.00/group session). Payment is expected the day of service except for groups; they are paid in two installments. Please note that we take cash or check only, and cannot accept credit cards or bill insurance.

Why Counseling?

Help is Available.

- Stress Management
- Relaxation Training
- Excessive Worry
- Panic Attacks
- Anxiety
- Test Anxiety
- Performance Anxiety (e.g. Music, Theater, Dance, and Public Speaking)
- Perfectionist Thinking
- Negative Self-Talk
- Sadness and Depression
- Low Self-Esteem
- Loneliness
- Difficulty Making Decisions
- Adjustment/Transition Challenges
- Homesickness
- Academic Frustrations
- Time Management
- Identity Issues
- Relationship Challenges
- Difficulty with Conflict
- Personal Growth
- Grief and Loss