

## Counseling Staff

**Gina Sanders, Psy.D.**

Psychologist  
Executive Director

**Amanda Anderson, MFST,  
LPC, CCDP-D**

Professional Counselor  
Clinical Director

**Debi Hake, M.Ed.**

Post-Graduate Fellow

In addition to licensed professionals, the Stephens Counseling Center utilizes graduate students from the Master of Education in Counseling program at Stephens to provide counseling services. This partnership allows counseling students to gain necessary experiences in counseling (while under supervision by our licensed professionals), while also allowing the Stephens Counseling Center to provide more counseling services and a greater option of providers to our undergraduate students. Your counselor will identify her credentials/ position to you during your first session.

1200 E. Broadway  
Columbia, MO 65215

(573) 876-7157

[CounselingCenter@stephens.edu](mailto:CounselingCenter@stephens.edu)

dream up.

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# Counseling Center

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## Counseling Center Services

The Stephens College Counseling Center offers a variety of counseling services to full-time students at Stephens College. All services provided by the Counseling Center are FREE OF CHARGE.

### Services include:

- **Individual Counseling** — This involves you and your counselor working on your personal concerns.
- **Couples/Family Counseling** — This involves you and a partner or family member working with a counselor on your personal concerns.
- **Group Therapy** — This involves a counselor providing therapy with a group of students addressing a common concern.
- **Support Groups** — This involves a counselor and a group of students providing support to one another regarding a common concern.
- **Crisis Intervention** — This involves a counselor providing brief intervention with you in response to a crisis situation you may be experiencing.

## How to Make an Appointment

**Counselors are available daily, Monday–Friday, by appointment.**

Appointments must be scheduled in advance. You can make an appointment by calling the Counseling Center at (573) 876-7157.

When scheduling an appointment you will be asked for your name and contact information. You will also be asked a few screening questions that will help us to match you with a counselor who is available at a time that meets your needs as well as is skilled in working with your specific concerns. Screening questions will include asking about your major, classification, specific concern and schedule availability. You will also be asked crisis screening questions to help us ensure that you are receiving prompt services or crisis intervention if needed.

All appointments are held in the Stephens College Counseling Center at 103 Willis Ave. across the street from Macklanburg Playhouse.

Last revised 8/2016

### Crisis Situations

If you are experiencing a crisis situation, or a situation in which you feel that your ability to manage your life, health or stability is compromised and needs immediate attention, please consider the following actions:

- **Grab a phone and dial 911**
- **Contact Campus Security at (573) 876-7299**
- **Ask someone nearby for help**
- **Go to the nearest hospital**
- **Contact a crisis line @ (800) 273-8255**
- **Text the crisis line at START to 741-741**

## Confidentiality Statement

Confidentiality is an extremely important aspect of the counseling relationship. Each of us wants to feel that when we talk about our intimate feelings and life experiences with a counselor, no one else will have access to that information without our permission. In MOST cases, your written and signed authorization is required before information concerning your care can be disclosed to individuals outside of the Stephens Counseling Center, including parents, roommates, friends and partners.

Cases in which your signed authorization is not needed, in accordance with Missouri law are:

When you express a clear risk of imminent harm to yourself or someone else, when you report current abuse or neglect to children or vulnerable adults, if we receive a court order that orders the release of your information, or for national security and intelligence activities as required by law.

There are times when your counselor may talk with you about signing a release form to discuss your care with someone outside of our office. Please note that students younger than 18 years of age will need written permission from their parents/guardians to receive treatment.

**Please watch for group therapy and support group schedules to be announced at the beginning of each semester!**

## Helpful Resources

### Missouri Psychiatric Center

Three Hospital Drive  
Columbia, MO 65212  
(573) 884-1300

### Burrell Behavioral Health

3401 Berrywood Drive  
Suite 300  
Columbia, MO 65201  
(573) 777-8300

### Family Health Center

1001 W. Worley St.  
Columbia, MO 65203  
(573) 214-2314

### National Institute of Mental Health

[nimh.nih.gov](http://nimh.nih.gov)

### National Alliance on Mental Illness

[nami.org](http://nami.org)

### Columbia/Boone County Resource and Referral Guide

[gocolumbiamo.com/Health/HumanServices/Programs/Social\\_Service/documents/ResourceReferralGuide11-2010.pdf](http://gocolumbiamo.com/Health/HumanServices/Programs/Social_Service/documents/ResourceReferralGuide11-2010.pdf)

