

Making an Appointment

For Assessment Services Call:

Mardis Dunham, Ph.D.
Licensed Psychologist (KY)
Certified School Psychologist (KY)
Assessment Clinic Coordinator
(270) 809-6466

OR
Colleen Anderson
Administrative Assistant
(270) 809-2793

For Counseling Services Call:

Alan Bakes, Ph.D.
Licensed Professional Clinical Counselor (KY)
Counseling Clinic Coordinator
(270) 809-3822

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

Fees

Fees for Assessment Services

College Students	\$50
Adult Education Student	\$25
Non-Student Adults, Children, and Adolescents	Fee is based on a Sliding scale (Minimum \$50 to Maximum \$150)

Fees for Counseling Services

\$10/Session. Fees are waived for all MSU students, faculty, and staff. Group counseling fees are \$50 for an 8-10 week group.

Payment is expected the day of service. Groups are the exception; they are paid in two installments. We take cash or checks only, and cannot accept credit cards or bill insurance.

<http://www.murraystate.edu/cac>

Days and Hours of Operation

Counseling and Assessment Services are typically provided during normal work hours Monday through Thursday. Times and days may vary for group sessions. Please call the Clinic Coordinators for specific availability.

During fall and spring semesters, dates of operation usually range from September 1st to December 1st, and February 1st to May 1st.

Please note: The Counseling and Assessment Center is closed during university closures and during the summer months.

Our Location



Alexander Hall, 3rd Floor
Murray State University Campus
Murray, Kentucky
(On 16th Street, just south of Chestnut Street)
Please call for exact address.

<http://www.murraystate.edu/cac>



MURRAY STATE
UNIVERSITY

College of Education and Human Services



Counseling and Assessment Center

- **Counseling Services**
- **Assessment Services**
- **Consultations**
- **Presentations**
- **Workshops**

<http://www.murraystate.edu/cac>

College of Education and Human Services

Counseling and Assessment Center

Our Center and Services

The Counseling and Assessment Center within the College of Education and Human Services, is housed in Alexander Hall on the Murray State University campus. We provide affordable psychoeducational consultation, evaluation, and counseling services to Murray State University students, faculty, and staff, as well as to members of the Murray community and the surrounding counties. We serve adults, adolescents, and children.

Assessment Services

Our comprehensive evaluations are individually structured to assess the individual's strengths and functional limitations and to generate recommendations and interventions to address those limitations.

We Specialize In:

- * Mood Disorders
- * Learning Problems
- * ADHD
- * Gifted
- * Autism
- * Childhood behavior problems

Our consultation consists of an intake and clinical interview, behavior and personality testing, and individually administered tests that assess reasoning, memory, and academic skill. You should allow a minimum of four hours for the interview, assessments, and other procedures.

After the tests and procedures are completed, we will provide you with a report and invite you back to review the findings.

Counseling Services

In counseling you will talk about personal challenges or concerns with an objective person, who has training in counseling skills. Our counselors can help you:

- * Identify and work through difficult thoughts, feelings, and emotions
- * Make sense of difficult or painful experiences
- * Find new ways to reframe challenges
- * Explore healthy alternatives and solutions
- * Discover ways to improve coping skills

Common Reasons Individuals Seek Counseling:

- | | |
|----------------------|---------------------------|
| * Anxiety | * Relaxation Training |
| * Panic Attacks | * Stress Management |
| * Excessive Worry | * Performance Anxiety |
| * Time Management | * Academic Frustrations |
| * Depression | * Test Anxiety |
| * Identity Issues | * Relationship Challenges |
| * Self-Esteem | * Perfectionist Thinking |
| * Confidence Issues | * Life Disappointments |
| * Negative Self-talk | * Traumatic Experiences |
| * Grief and Loss | * Adjustment Challenges |



Who Will I Work With?

Assessment Staff

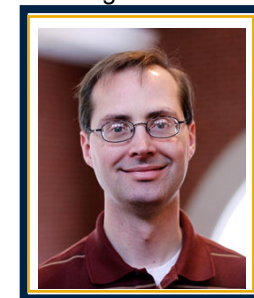
Evaluations are conducted by appropriately trained and experienced graduate student school psychologists-in-training under the direct supervision of Dr. Mardis Dunham, Licensed Psychologist, Certified School Psychologist, and Assessment Clinic Coordinator.



Mardis Dunham, Ph.D.
Assessment Clinic Coordinator

Counseling Staff

All services are provided by graduate student counselors-in-training through MSU's Counseling Program under the direct supervision of Dr. Alan Bakes, Licensed Professional Clinical Counselor (LPCC) and Counseling Clinic Coordinator.



Alan Bakes, Ph.D., LPCC
Counseling Clinic Coordinator