

Psychological clinic offers counseling

By JEAN LAPENNA
Collegian Staff Writer

One of the many health services available to Penn State students is the Psychological Clinic located in 314 Moore Building.

The clinic provides psychological counseling to everyone within the University and surrounding community. It serves as both a diagnostic and treatment center, providing a training ground for graduate students seeking a degree in clinical psychology.

According to John Morgan, Intake Supervisor, "Every graduate student working toward a Ph.D. in clinical psychology is required to work in the clinic." A faculty member supervises the work of each student.

All psychological services are free to students and employees of the University. There is a small fee for townspeople, depending on the type of service offered. Fees may be waived in cases of financial stress or if the total income of the family or individual is less than \$4,000.

"The clinic handles just about any type of case," Morgan said. While most cases involve University students, the clinic helps a significant number of children, according to a report issued by the clinic. Often recommendations from school officials bring children with emotional problems to the clinic, Morgan said. He added that after

being evaluated, the children frequently are directed to other agencies.

Morgan said referrals are a large part of the clinic's services. The staffs of the various University health services are completely separate, but many referrals are made among these organizations.

According to Morgan, many students are directed to the Mental Health Center, located in Grange. Services here are primarily aimed at solving problems stemming from academic worries.

Morgan said that occasionally the clinic will refer students to the Psychiatric clinic in Ritenour, particularly if medication is needed.

The clinic was founded in 1930 as a training center for graduate students in clinical psychology. The present staff consists of the clinic director, Edward Craighead, the clinic coordinator, two psychiatrists, the clinic faculty and about 40 graduate students.

When a student decides to seek help, the first step is an interview with one of the intake supervisors, Morgan said. During this interview, the nature of the student's difficulty is determined.

He explained if it is decided the Clinic's services are not appropriate for the individual, direct contact is made with organizations both on and off campus to find suitable help.

However, if the clinic's services will

provide the best help for the student, he is given an application form. His name is then placed on a waiting list. "Within a month the student will be contacted by a clinician to start therapy," Morgan said.

The therapist, together with his supervisor, determine the appropriate therapy to be used.

Sessions are usually held once a week, and

continue for as long as the therapist and patient feel they are necessary.

The records of all sessions are strictly confidential. "The clinic is a professional clinic," Morgan stated, "and no information is given out unless the client signs a written release form."

Funding for the clinic is provided by two government grants and some state money.

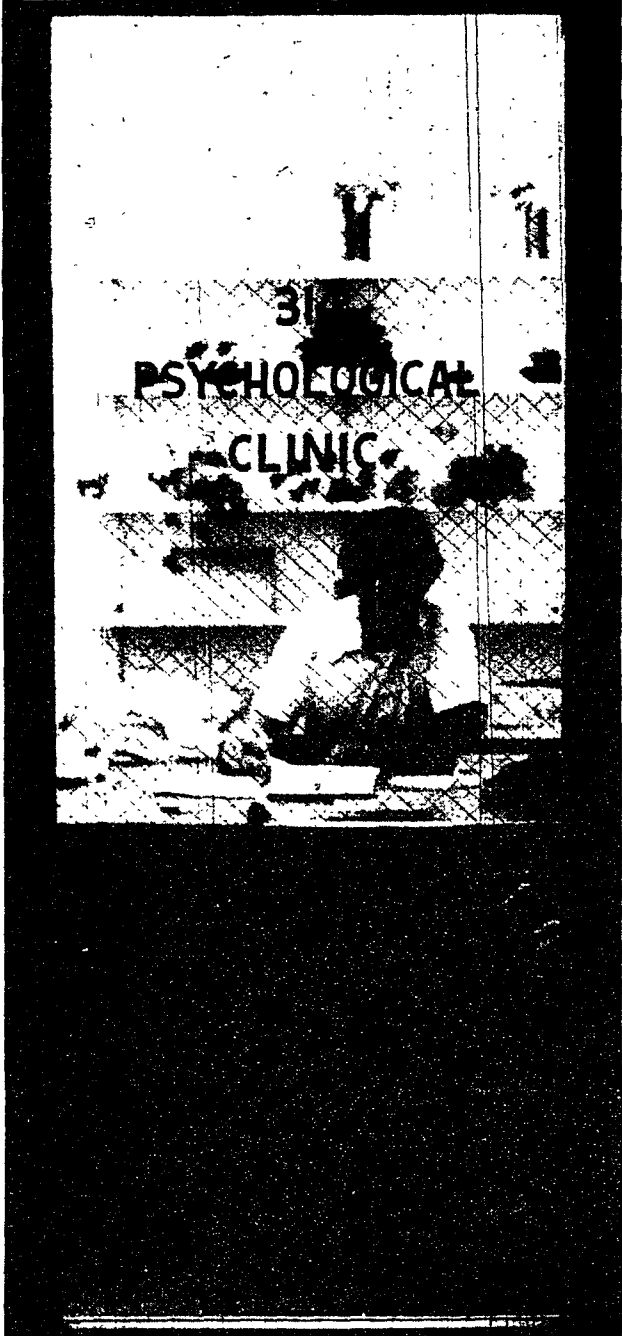


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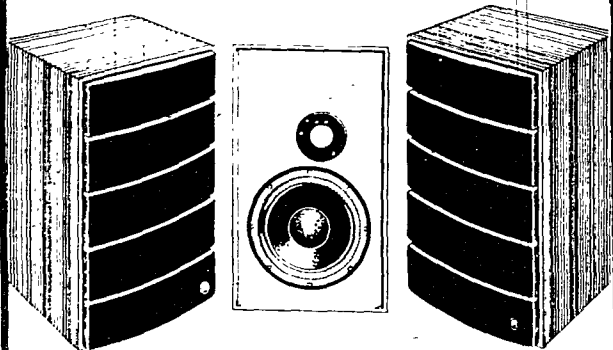
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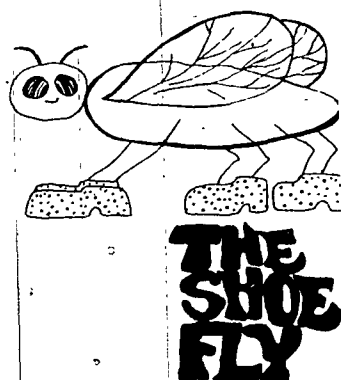
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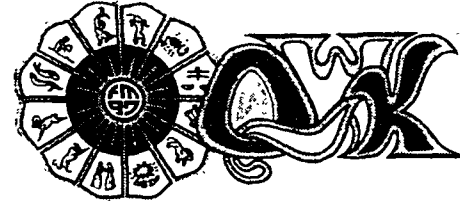


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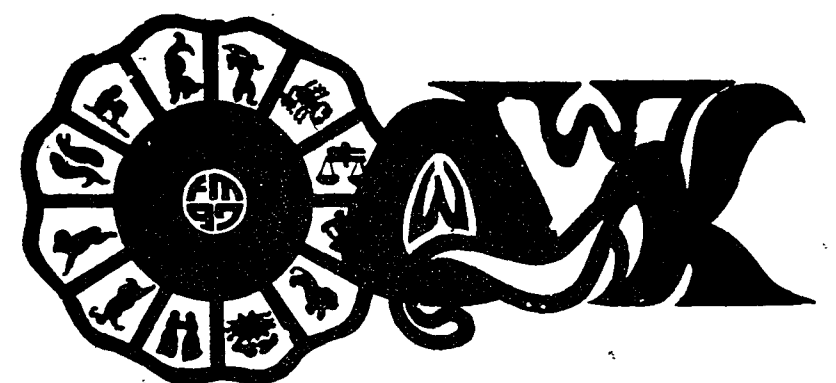
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