Call for more information or to schedule an appointment:

(270) 809-3822

Kristin Douglas, Ph.D. LPCC, NCC, BCB
Counseling Clinic Coordinator
Assistant Professor, Counselor Education
Department of Educational Studies, Leadership and Counseling
Murray State University College of Education and Human Services

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

Life Can be Challenging…
Let Us Help.

Counseling and Assessment Center
In counseling you will talk about personal challenges or concerns with an objective person who has received particular training in counseling skills. Your counselor helps you talk about, makes sense of, and work through your challenges.

Your counselor helps you identify and clarify your thoughts, feelings, and emotions and helps you learn new skills to cope with the challenges you face. In counseling you also can find new ways to view your challenges, reframe difficult situations, improve self-confidence and improve your ability to find healthy solutions or solve problems on your own.

What is Counseling All About?

What Kind of Challenges Can Counseling Help?

- Stress Management
- Relaxation Training
- Anxiety
- Panic Attacks
- Excessive Worry
- Time Management
- Low Self-Esteem
- Test Anxiety
- Homesickness
- Loneliness
- Identity Issues
- Roommate Conflicts
- Difficulty Making Decisions
- Performance Anxiety
- Sadness and Depression
- Adjustment/Transition Difficulties
- Relationship Challenges
- Academic Frustrations
- Personal Growth
- Grief and Loss

Who Will Be My Counselor?

Our counselors are graduate student counselors—in—training through MSU’s Counseling Graduate Program. Our team counseling approach consists of fellow counselors—in—training who are closely supervised by a Licensed Professional Clinical counselor and MSU Counselor Education faculty.

Fees and Hours

$10.00/Session. Fees are waived for all MSU students, faculty, and staff. Our counseling clinic hours vary from semester to semester. For fall 2014 semester appointments are scheduled on Mondays and Thursdays between 11 am—4 pm. Spring 2015 hours will be determined soon. Please call for dates and times.

Length of Treatment

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. Those needing intensive treatment or crisis services will be appropriately referred.

To Make an Appointment

Call and leave a message, and we will get back with you to schedule your appointment.

To schedule an appointment, please call us at:

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