



Counseling Center Staff



Sam Houston State University

MEMBER THE TEXAS STATE UNIVERSITY SYSTEM™



Drew Miller, Ph.D.
Executive Director

Shantha Stokes, Psy.D.
Associate Director

Diane Stoebner-May, Ph.D.
Training Director

Clinical Services

Individual Counseling
Group Counseling
Couples Counseling
Crisis Intervention
Case Management

Clinical Staff

Jeff Anderson, Psy.D.
Michelle Castanon, Psy.D.
Michelle Haynes, M.Ed.

Counseling Center Services

Counseling is a process of self-discovery and growth. It is an opportunity where we can learn more about ourselves, our values and our relationships with others. Issues commonly brought to the Counseling Center include, feelings of depression, concerns about relationships, drug and alcohol use, stress, anger and anxiety. Students also seek counseling for sexual assault, sexual abuse, and identity issues. Sometimes students seek support in dealing with difficult changes and challenges that arise from everyday life.

Charlotte, Jackson, M.A.

Nesi Lillard, M.A.

Annie Mathew, Psy.D.

Debbie O'Donnell, LCSW

Danille Sirles, Ph.D.

Michelle Stone, Psy.D.

936.294.1720

For more information:
www.shsu.edu/dept/counseling

1608 Avenue J
Huntsville, TX 77340



Confidential

Counseling services are confidential. Your records from counseling are not a part of your student records.

C.O.P.E. Workshops

The C.O.P.E workshop series was designed to help you find new ways to become more **C**entered, **O**ptimistic, **P**roductive, and **E**mpowered. These hourlong workshops are offered multiple times throughout the semester and are perfect for students who might need to learn some new coping skills, but don't need ongoing counseling.

Individual Counseling

Individual counseling is a one on one meeting with a counselor that lasts for approximately 50 minutes. During this time you will be expected to do most of the talking while your counselor asks questions and makes comments that are designed to further your understanding and promote a positive resolution to the issues that you are working on.

Group Counseling

Group Counseling can be a very helpful and powerful tool. A group can offer an environment where students can increase self-understanding, enhance personal relationships and try out new behaviors while receiving feedback and support from peers experiencing similar concerns. Groups generally meet on a weekly basis. An appointment with the group facilitator may be necessary before becoming a member of a counseling group.

Eligibility

All services of the SHSU Counseling Center are available to students who are currently enrolled on the SHSU main campus. Counseling services are not provided via electronic media or over the phone.

Location

The Counseling Center is located next to Old Main Market and across the street from Lone Star Hall.

Services We Can't Provide

- Long term therapy/treatment
- Disability assessment
- Eating disorder/Chemical dependency treatment
- Court mandated therapy

Initial Screening - Your First Visit

To start receiving Counseling Center services, you need to attend an initial screening. Initial screenings do not require an appointment and are conducted on a first come, first served basis between the hours of 9am and 3pm. Just drop by at a time that works for you and let one of our friendly receptionists know you're here for an initial screening. You will be asked to fill out some brief paperwork and then you'll visit with a counselor for about 20 minutes. During this time, the counselor will ask you a series of questions designed to help understand the specific nature of your concerns. Based on the outcome of this conversation the counselor will refer you to one or more of our services that will best meet your needs. Most students feel a little anxious the first time they see a counselor, but once you come to your initial screening, it becomes a lot easier!!!

Couples Counseling

When concerns arise in a relationship, it is sometimes best for two people to receive counseling together. This opportunity can encourage better understanding and more effective communication that promotes a stronger and more resilient relationship. The Counseling Center does not discriminate on the basis of sexual orientation.

Scheduling

Counseling services are available during normal business hours throughout the year except on University designated holidays. Some services are available until 7 p.m. on Tuesday and Wednesday during the Fall and Spring semesters. During normal business hours, there is always a counselor on duty for crises. For situations that involve a crisis after hours, a counselor may be contacted by calling the University Police Department (936-294-1794).