

# Center trains students for work in clinical psych.

The UNL Psychological Consultation Center offers immediate and prompt attention to anyone with a problem in living, Herbert Howe, assoc. psychology professor and center director, said Tuesday.

The center, part of the clinical training program with the Psychology Dept. accomplishes two major goals in the process, he said.

Its basic purpose, according to Howe, is to train students in clinical psychology. To do so, it is essential that the center provide a mental health facility that closely approximates the type students will encounter when they complete their education.

"The better the clinic and services we provide in the clinic," Howe said, "the better our students will be."

## Center staff

Doctoral students in clinical psychology and faculty members in the department staff the nine-room center which is located in Burnett 111. The center is open from 8 a.m. to 5 p.m. Monday through Friday, and from 7 to 9 p.m. on Tuesday and Thursday.

"We have a consultant on duty from 8 a.m. to 5 p.m. daily," Howe said. "Once we have been contacted by a prospective client, the consultant on duty will call back within two hours. The client will meet with a staff member to work out a preliminary treatment plan within one day, and within one week the first therapy session will have been scheduled."

The case load varies during the year. By early November, Howe said, the case load is built up to a good point of efficiency within the clinic, but during early to mid-December with semester exams approaching, pressure on staff members as well as clients increases.

One-third to one-half of the graduate students are still taking courses with exams, Howe said. The increased case load means

that some of the calls will have to be put on a waiting list, and will be called at the earliest possible time.

## Two-hundred clients

"We presently serve about 200 clients annually in the Psychological Consultation Center," Howe said. "About one-third of the case load is from the UNL student body, while the other two-thirds consists of people from Lincoln and the surrounding area."

"Clients come to the center in several ways," Howe said. The center receives many referrals from the courts and various public and private agencies in Lancaster County, he said. Some of the clients simply call after looking in the white pages of their telephone books, where the center is listed separately from the rest of the University under Psychological Consultation Center.

"Many people also come to us through 'word-of-mouth,'" he said. "These are people who have heard about us from other people, including former clients who have profited from therapy some time in the past."

Howe said, the center receives no financial support from the student activities fund and is supported by center fees and a training grant awarded to the department by the National Institute of Mental Health. The fee structure is applied to anyone and is directly related to their income, he said.

## Counseling and psychotherapy

The center provides counseling and psychotherapy to solve a variety of personal problems. Incompatibility and communication breakdown in marriage is one type of situation for which counseling is provided, he said.

Members of the staff also deal with child-parent disputes, alcoholism, persons suffering from anxiety and depression, as well as personal problems arising from job

dissatisfaction or vocational displacement. Howe said, though, that the center tends not to get involved in academic counseling.

Howe said the meetings between the client and staff member are "almost absolutely confidential." Since the center is a training setting, the work is supervised by faculty members, he said.

According to Howe, each of the sessions is taped, listened to by the supervisor and graduate student together and destroyed.

## Staff licensed

All faculty staff members are licensed by law, so they and their assistant's confidentiality with a client is protected.

Howe regards the number of referrals from former patients as one major indication of the success enjoyed by the center's efforts. Another measure of success is the low "drop out rate" at the clinic. While the number of times a given client is seen in the center varies greatly, the average is about ten sessions, he said.

"If the graduate students are receiving good clinical psychology training, half of the goal has been achieved," Howe said. He said the graduate student receive "outstanding internships" at some of the best clinics in the country, and on graduation do incredibly well.

Howe said the graduate students never have difficulty getting good jobs, and usually, except for those graduates with military commitments, two to three good jobs offer are waiting for the student on completion of school.

"We feel that the Psychological Consultation Center is helping many people solve personal problems to their satisfaction," Howe said. "In so doing, we are providing one more demonstration of the many ways in which the University can be of service to the community in which it resides."

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Male roommate wanted \$50/mo. new apt.; call 435-4150 after 5 p.m.

### LOST & FOUND

LOST: Wire-rimmed glasses in vicinity of Burnett Hall. Call 475-7794.

LOST: male afghan puppy, 2532 Vine. Good size reward. 475-5322 after 4:30 p.m.

### ANNOUNCEMENTS

**ARCHITECTS**  
Peace Corps/VISTA is seeking city planners, regional planners, and construction science grads for assignments in VISTA and Peace Corps. Recruiter in Placement Center Nov. 11-14.

**LAWYERS**  
needed to work in welfare rights, counseling, consumer protection, cooperatives, research studies, credit problems, housing rights and other areas with VISTA. Call 472-2161 to make an appointment to see a VISTA representative Nov. 12. Sign up for interview and pick up a VISTA law packet from JoAnn Pile in Rm. 208, Law College.

College P.E.O. Group Meeting, Sunday, Nov. 10, 2 p.m. Meet at Union fountain before leaving for Beatrice. Call reservations no later than Thursday. 432-6075.

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