2008

University Counseling Center

Charlotte Minier

University of North Dakota

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UNIVERSITY OF NORTH DAKOTA
1883-2008
CELEBRATING 125 YEARS

UNIVERSITY COUNSELING CENTER

Researched at the University of North Dakota Chester Fritz Library Special Collections by the administrative staff of the University Counseling Center. Document was compiled by Charlotte Minier, administrative assistant.
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<th>Period</th>
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<td>Dr. Roger Myers</td>
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<td>1963 - 1964</td>
<td>Dr. Leo Sprinkle</td>
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<td>1964 – 1979</td>
<td>Dr. Beulah Hedahl</td>
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<td>1986 – 1989</td>
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<td>1989 – 2000 (June)</td>
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<td>2000 (July) – 2001 (March)</td>
<td>Chris Lennon, Interim Co-Director</td>
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<td>Dr. Marsha McFarland, Co-Director</td>
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<td>Dr. John Reid, Interim Director</td>
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<td>2003 (August) – 2005 (May)</td>
<td>Dr. Erik Mansager</td>
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In fall 1957 a counseling and guidance committee was established as one of 13 committees organized to make recommendations for long-range development of the University. The seven members (representing three colleges and seven departments) of this committee met frequently during the next six months and several studies and surveys were undertaken during this time.

Surveys were sent to 300 randomly selected students to determine the need for counseling services. A separate questionnaire was also sent to various University agencies and non-campus agencies to determine their concerns about counseling, advising, and guidance. Two hundred and twenty-seven students responded to the original survey and the committee came to several conclusions and made several recommendations. Foremost among these was the determination that more counseling and guidance services were needed at the University of North Dakota.

In 1959-1960 the Counseling Center opened its doors in September under the directorship of Dr. Roger A. Myers. Along with the director, the staff included two half-time counseling students (a half time intern appointed as a graduate assistant and a second counseling intern who volunteered half-time) and a one half-time secretary. Duties of the director included testing, supervision of interns, teaching, research, outreach visits, and standing committee appointments. In 1959 the Counseling Center was housed in what was then the University Library, Montgomery Hall, Room 6.

In 1960-1961 The American College Testing (ACT) program for college entrance exams became the sole responsibility of the center and continues to be today. This program was to develop and improve basic learning skills and became part of the center in the fall of 1961. It was christened the Reading and Study Skills Laboratory.

In 1961-1962 Staff included a director, a half-time senior counselor provided by the Psychology Department, one paid intern, and three unpaid interns. A contract was made with Veterans Administration to provide counseling services to veterans or orphans of veterans. The functioning of the Counseling Center was improved measurably by the move to quarters in the Old Library Building.

In 1962-1963 The Counseling Center moved into new quarters on the fourth floor of Twamley Hall, the new administration building.

In 1963-1964 Dr. Myers resigned to go to Teachers College, Columbia and Dr. R. Leo Sprinkle served as director. Counseling Center staff included the director, a half-time senior counselor provided by the psychology department, one paid intern, and three unpaid interns. The Counseling Center received a grant to begin the training of dormitory staff. The training continues to this day and the residence hall directors and the resident hall assistants serve as an important liaison between students and the Counseling Center today.

In 1964-1965 Dr. Sprinkle resigned on August 31, 1964; Dr. Beulah Hedahl became the center director and became the longest serving director, a tenure of 15 years. During
Dr. Hedahl's term of leadership, the center's offices moved twice. The first move was to Budge Hall, Room 113, in October of 1967. The second move sent the Counseling Center and its staff to McCannel Hall, Room 127, in August of 1975.

In 1965-1966 Dr. Richard Grosz, a recent graduate who had been an unpaid intern and had directed the Reading & Study Skills Laboratory, became the first assistant director and second full-time paid counselor when he was appointed in July 1965. A counselor was loaned half time from the Counseling and Guidance Department. The Reading & Study Skills Laboratory was housed in Budge Hall; the Counseling Center was located in Twamley Hall, Room 411.

In 1966-1967 The limited number of offices at the Twamley location restricted the number of hours interns could provide counseling sessions. Students preferred coming to the first floor of Budge as compared to the fourth floor of Twamley Hall. The former dormitory rooms in Budge Hall made roomy and comfortable offices. Budge Hall was not without problems – desktops were often sprinkled with dried paint from the ceiling and counselors had to arrange alternate locations in order to meet students with disabilities. Files containing occupational information were kept in the waiting room. Noise and odors in Budge Hall discouraged some students from continuing. Students and staff alike complained of the hazards of entering or leaving the building when the pigeon population on the roof was “active.” Sympathetic personnel from Facilities (formerly called Plant Services) tried many solutions, including a spiny metal fringe along with eaves, which were supposed to keep the birds from nesting or perching there, but none were very successful.

In 1967-1968 The Counseling Center made a move to Budge Hall, Room 113, in October of 1967, under the leadership of Dr. Beulah Hedahl.

In 1968-1969 Dr. Duane Lussenheide joined the staff as the second assistant director and staffing further increased when Dr. Cal Becker, a former intern, became the third full-time counselor. The center had four unpaid interns.

In 1969-1970 A grant was awarded to the center for the planning of special services to Native American and physically disabled students. Native American Programs and Disability Support Services are active and important programs at the University with Disability Support Services being the newest member of the Counseling Center family.

In 1971-1972 The opportunity for College Level Examination Program (CLEP) testing became available to University students in May of 1972. Administered by the Testing Services area of the center, it remains as an option for all University students.

In 1975-1976 The Counseling Center moved late summer of 1975 to McCannel Hall. A feature of the new facility was a room entered from either the Counseling Center or Career Planning and Placement, which was developed into a resource center on career information -- the Career Development Center. It was variously staffed by students or work-study and by interns as part of their experience.
In 1976-1977 A new aspect to the University education was made available to students when the Career Development Center became operational in August 1976. Founded “to help students to understand the nature and options of career decision making,” the Career Walk-In Center served hundreds of students each year with educational and occupational information and testing.

In 1977-1978 Gail Pearson was hired half time to assist the Counseling Center and the Career Planning and Placement Center jointly with programs in Career Development – including instruction in the Life Career Development course. Although she filled the position only one year, Pearson continued to teach on occasion as a lecturer. In order to respond to the special needs for career counseling for disabled students, Judy Sannes was hired as the next person responsible for the Career Development Center and the position became a full-time one.

A Reading and Study Skills Program was undertaken shortly after the founding of the Counseling Center. For several years it was the responsibility of one of the paid interns who gave eight to ten hours a week to the program, which centered on directed self-improvement – particularly in reading and spelling. Funding for two paid internships in counseling and reading and study skills was combined to hire a full-time psychometrist who was responsible for the Study Skills Program until the move to McCannel Hall.

The Student Opportunity Program/Learning Resource Center had a mandate to provide assistance with study skills to students in the program and had employed a part-time instructor. It had been part of long range planning to secure someone specially trained in the area to serve both the special population through Student Opportunity Programs and the general needs, which the Counseling Center had been trying to meet with people whose training was primarily in counseling. The move to McCannel seemed to offer that opportunity.

Between the special programs for the populations served by the federally-funded Student Opportunity Program, the advent of state-funded programs for Native Americans and disabled students, and the allocation of funds for reading services or tutoring from University fee money, the Reading and Study Skill Program grew into Learning Services. Learning Services programming tripled its space allocation in the Counseling Center and expanded into two rooms on the third floor of McCannel.

In 1977-1978 Individual counseling was the major focus of the work of the Counseling Center. Six graduate students served internships and two clinical psychology students served field placements.

In 1979-1980 Dr. Hedahl resigned the directorship for a position as senior staff counselor, Dr. Lussenheide was named director and Dr. Becker became assistant director. Through the reassignment of staff, four programs areas were named: Career Development Services, Personal/Social Adjustment Services, Learning Services, and Testing Services.
In 1982-1983 Virtually all areas of the center’s services had increased significantly over the past year. However, waiting lists for appointments were brief and infrequent. Due to this increase, the offering of services to faculty and staff had to be curtailed in order to meet the demands of serving enrolled students.

In 1983-1984 The client load increased and was marked by the intensity of personal counseling issues. Dr. Hedahl retired and recruiting a training coordinator was not successful, leaving a critical loss.

In addition to the one-to-one counseling of the full-time professional counselors and interns, Counseling Center staff also offered group experiences, ranging from career counseling to assertiveness, personal growth, and stress management training, as well as help overcoming shyness, and eating disorders. Expertise from the Counseling Center has been sought by academic departments engaged in training students for group leadership before the departments were able to do so themselves.

Professional staff have regularly taught in the Departments of Psychology and of Counseling and Guidance as well as offering classes in Career Development and in Reading and Study Skills. Professional staff also served on graduate committees for Master’s and Doctoral students, gave occasional lectures in various departments, offered workshops on the use of the ACT, and consulted on departmental selection procedures – especially with the Medical School. Staff was consulted by faculty and graduate students on the selection of tests or inventories for use in research.

In 1984-1985 Dr. Lussenheide resigned the directorship for the senior staff counselor position on June 30, 1985, and a nationwide search was launched for his successor. Learning Services moved into their new quarters on the second floor of the Memorial Union addition in mid-semester fall 1984. Heather Huseby was the half-time reading and study skills specialist when the office was moved to McCannel.

In 1985-1986 Dr. Tim Harris became the new director on February 1, 1986, and served as its administrator until his resignation in January 1989. Dr. Harris replaced Dr. Cal Becker who had served as interim director since July 1, 1985.

In 1986-1987 The Office of Substance Abuse Prevention was moved from the Dean of Students Office to its current home in the Counseling Center. Lizanne Corbit was Coordinator for Addiction Prevention. With the help of peer educators, this office provides information and education about drugs and alcohol and their related concerns to the student population.

In 1987-1988 Reaccreditation was granted by the International Association of Counseling Services, Inc. (IACS) after a team visit in early June 1988.

In 1988-1989 In August 1988 Lizanne Corbit resigned her position as Coordinator for Addiction Prevention. Christine Lennon filled this vacant position in January 1989. The new coordinator of the Addiction Prevention Program was active in establishing the
consortium of North Dakota Higher Education Professionals for the Prevention of Chemical Abuse. A grant was written and submitted by the coordinator and by the associate director of housing to establish the consortium.

**In 1989-1990** On-campus addiction assessments began through contract employment. Group counseling was expanded to serve more students. A student alcohol usage survey was completed. There was a substantial increase in the number of students utilizing the Career Walk-In Center and a substantial increase in the number of national and individual test administrations.

**In 1990-1991** Dr. Richard Grosz, who returned to the University in the fall of 1989, was appointed director on July 1, 1991. There continued to be a high demand for counseling services. Two half-time permanent female Ph.D. staff members were added to the staff. greatly diminishing the client waiting list.

**In 1991-1992** Under the direction of Christine Lennon, Coordinator of Substance Abuse Prevention, the ADAPT program received the Region IV-West Innovative Program Award. The Counseling Center provided training for eight graduate students as they completed the clinical portion of their degree. There was continued success in making students, faculty, and staff aware of Counseling Center services.

**In 1992-1993** The ADAPT team and OctSOBERfest were awarded the outstanding School Prevention Program by North Dakota Division of Alcohol and Drug Abuse. The Counseling Center provided training for seven graduate students as they completed the clinical portion of their degree program.

**In 1993-1994** A more efficient student health referral system between Student Health and the Counseling Center was developed. A quantitative and qualitative statewide study of alcohol and other drug use in higher education was conducted; 4,800 students from 13 campuses were surveyed. Staff members and peer assistants conducted more than 150 workshops or presentations for the University community.

**In 1994-1995** The Counseling Center participated in Depression Screening Day for the first time. The client scheduling system was computerized in preparation for networking all center offices. The budgeting system for the Counseling Center was also computerized for better control of the budgets.

**In 1995-1996** After a temporary stay in O'Kelly Hall from April 1995 until December 1996, the Counseling Center moved to its newly renovated offices in McCannel Hall. Addiction Prevention developed a Peer Newsletter (D.R.U.N.K) for distribution to students, staff, and faculty. Christine Lennon became the Coordinator of Career Counseling in spring 1996. The vacated Coordinator of Substance Abuse Prevention position was filled by Karin Walton.

**In 1996-1997** The Counseling Center, in conjunction with the Housing Office, opened a satellite office in the newly completed Community Center (Fall Semester 1996), which
was very successful. The satellite office remained open during the summer months. The Counseling Center offered and conducted debriefing sessions for faculty and staff following the flood of 1997. UCC conducted the first annual National Anxiety Screening Day for College Students and 15 students participated.

In 1997-1998 The Counseling Center provided training for six graduate student interns. Two UCC members were appointed to serve on the State of North Dakota Licensing Boards (Addiction Counselors & Psychologists): Dr. Judith Haynes (psychology) and Ms. Karin Walton (addiction counselors). A Counseling Center staff member published a guide, which is used in schools and daycare centers to help children cope following a natural disaster.

In 1998-1999 The Counseling Center participated in two national screening days – depression and alcohol use – serving 57 students. The Testing Office within the Counseling Center administered 3092 tests to students, prospective students, for academic departments and for various national testing programs during the year.

In 1999-2000 Dr. Dick Grosz resigned the directorship of the Counseling Center on June 30, 2000. The collaborative partnership which was developed in 1998-1999 between the Counseling Center and the Center for Psychiatric Care (CPC) to provide training and supervision of graduate assistants from the psychology and counseling psychology programs became operational in September 1999. The Counseling Center and the Center for Psychiatric Care jointly offered training experiences for four graduate students at the Counseling Center. In addition, the CPC funded one graduate service assistant (GSA). Through increased funding from the Associate Vice President/Vice President’s office, the funding level for professional development for the Counseling Center was increased by $5,000; which allowed each psychologist/counselor a total of $725 for professional development funding (an increase of $475), and each senior administrative secretary $250 for professional development.

In 2000-2001 Through increased funding from the AVP/VP office last year, $12,000 was added to the current budget to pay for on-site consultation/evaluation psychiatric services. Beginning in September, one psychiatrist began providing consultation services eight hours per month. Consultation services were doubled for spring semester. The University Learning Center was moved administratively as a stand alone department on July 1, 2000, to the Division of Strategic Enrollment Management. As a result of the movement to computer-based College Level Examination Program (CLEP) testing, the University of North Dakota CLEP Committee was very active in determining policy and procedure changes. Each subject test was reviewed and the appropriate class and credits were assigned.

In 2001-2002 The Counseling Center provided psychological support for the campus following 9/11. There was collaboration with the Counseling Department in the HOPE (Honoring Occupational and Personal Empowerment) Project. The HOPE Project was a welfare to career transition project targeted for low-income and poverty level individuals receiving assistance from such services as JOBS, Temporary Assistance for Need
Families (TANF), and individuals who are in transition from welfare to work. Calculating Risks was established as primary level sanction for student alcohol violations. Alcohol 101 was integrated into Greek and housing communities.

In 2002-2003 Student Government awarded ADAPT $15,000 to be used for alcohol prevention initiatives. A proposal to relocate ADAPT was written for consideration of a natural fit with the Wellness Concept and Health UND. The International Association of Counseling Services completed a paper review and awarded continuous accreditation status to the counseling center through 2007. Psychiatric services were increased from four to eight hours a week. Funding was obtained for a 10-month full time permanent Substance Abuse Prevention Specialist.

In 2003-2004 Dr. Erik Mansager was hired as director of the UCC effective August 1, 2003, on an 11-month contract. During the summer of 2003 Career Services, which had been a function of the University Counseling Center, was administratively moved to Career Services, McCannel Hall, Room 280. A special response team, including the UCC clinical staff, was put in place after the abduction of UND student, Dru Sjodin. Sue Thompson was appointed on December 31, 2003, as full time Substance Abuse Prevention Specialist when Dr. Karin Walton left her position to become the Interim Director of the North Dakota Higher Education Consortium. Dr. Walton had served eight years as Coordinator for Substance Abuse Prevention and staff counselor. Substance abuse education and prevention efforts were highly visible and active. A Suicide Intervention Team (SIT) was added to address students with potential suicide issues, and 38 students enrolled.

In 2004-2005 Five positions were filled due to vacancies and 1.5 positions were newly hired. An interim director, Dr. Myron Veenstra, was hired on May 15, 2005, to fill the vacancy left when Dr. Eric Mansager resigned. Sandi Geddes was hired as the new Substance Abuse Prevention Specialist in October 2004 to fill this recently vacated position. The UCC made strong efforts in building collaborative/liaison relationships with the university and student community. Outcome measures for assessing effectiveness of programming were implemented. Technological interventions utilizing physiological indicators for teaching stress management, relaxation, and adaptive mental imagery were implemented.

In 2005-2006 Dr. Myron J. Veenstra was appointed permanent director of the UCC effective November 5, 2005. An intern program, the North Dakota Psychology Internship Consortium, was developed by Dr. Rhandi Clow that would bring three predoctoral interns to campus in August 2006. Marketing “Love Your Body Week” had a measurable impact on the number of website self-screenings for eating disordered behavior.

In 2006-2007 UCC had grown to 12.5 staff, 5 graduate practicum placements, and 3 predoctoral interns. The North Dakota Internship Consortium, implemented in August of 2006, was granted membership in the Association of Psychology Postdoctoral and Internship Centers (APPIC). Personal counseling contacts reached 825 cases, group
counseling totaled 64 student contacts, psychiatric services were provided to 158 students while the Testing Office within the Counseling Center administered 2602 tests. Outreach presentations logged 4532 contacts with many presentations on teaching students stress reduction through biofeedback training. "Night Life" was launched under the Substance Abuse Prevention Program, in association with the Student Senate. The number of students attending weekend non-alcoholic events exceeded initial projections. The Adapt peer educators logged more than 10,000 student contacts through presentations, one-on-one assessments, and outreach events.

The services provided in 1959 were not starkly different than those provided today. During 1959-1960, the UCC's major contribution to the university was individual counseling. To maintain the level of counseling in its initial years it was suggested that interns be considered the most essential resource with additions to the full-time professional staff coming over time. In 2008 the UCC is staffed with a full time director, 6 counselors, a testing coordinator, a substance abuse prevention coordinator, 2 staff who provide eight hours of psychiatric services a week, 2.5 administrative staff positions, 3 pre-doctoral interns, 2 part-time temporary staff, 3 practicum students, 3 GSA's, and 13 Adapt (Adapt to a healthy lifestyle) peers.

From the start of the center, it has been the mission of professional staff to supervise graduate students in counseling and guidance and in clinical psychology. This has built close ties with the departments. In all, more than 200 graduate students have been supervised in internships or field placements over the past 48 years.

The campus population has increased significantly since September 1959 when the UCC opened its door. There is an increased international population, more single parents, non-traditional students, ethnic minorities, and students with special needs are attending UND. There has been a large increase in the number of students with severe psychological/emotional problems.

Today the UCC mission aims to facilitate student success in their educational and developmental experiences. Interventions address students' needs for counseling in times of crisis, personal change, or emotional stress. Interventions have included personal counseling (individual, couple, or group sessions), drug and alcohol abuse evaluation, education groups and prevention, outreach programming, career counseling, testing services, practicum and predoctoral internship training programs, and psychiatric services.

The UCC has had a long history of serving UND students. The 21st century has begun with challenges related to sustaining current budgets, increased service demands, and the on-going demand to provide additional services to an ever changing student population.

A history of the Counseling Center would not be complete without recognition of the role the administrative staff has played. Because so many different people are involved in the work of the UCC for varying times each week, the administrative staff carries a major
responsibility in how the UCC is perceived by students, the university and the general public.
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