COUNSELING CENTER  
Central Michigan University  
102 Foust Hall  
Phone: 989-774-3381; Fax: 989-774-1124  
www.counsel.cmich.edu  
Dr. Ross Rapaport, Director  
Michelle Bigard, Associate Director

SERVICES: The Counseling Center provides a variety of free, brief and time-limited services for currently enrolled CMU students. Services include confidential individual counseling, group counseling, or referral for: personal issues such as an urgent situation or crisis, anxiety, depression, homesickness, loneliness, identity concerns, alcohol/drug abuse, eating concerns, college transitions, stress management, relationship concerns, couples concerns, family stress, grief/loss, relapse prevention, sexual orientation, strengthening coping skills, and personal growth and development; improving academic success by reducing stress and focused anxiety (e.g., test, math, speech), and learning study and time management skills; primary and secondary survivors of sexual and domestic violence, stalking, and harassment.

CLIENTELE: Counseling Center services are available to currently enrolled CMU students (full or part-time)

APPOINTMENTS: Appointments may be made by calling (989-774-3381) or by stopping by the Counseling Center in 102 Foust Hall. Please let our receptionist know if you need to be seen immediately.

FEES: None for individual or group counseling

HOURS:
- 8:00 am – 5:00 pm Monday – Friday Fall and Spring Semesters including the week before each semester
- At other times when the university is open hours are 8:00 am to noon and 1:00 pm to 5:00 pm

OTHER SERVICES:
- Referral assistance for students, parents, faculty and staff
- Referral to appropriate off-campus agencies and other CMU services and resources
- Consultation with students, parents, faculty and staff
- Groups and workshops
- Mental health screening
- Outreach programs (may be available upon request)
- After hours emergency on-call during fall & spring semesters (call CMU Police at 989-774-3081 or 911)
- Resource information on Counseling Center’s website (www.counsel.cmich.edu)

Counselors:
Michelle Bigard, MSW, LMSW  
Kristie Birchmeier, M.A., LPC  
Cory Cole, MSW, LMSW  
Arshia Ebrahimi, Ph.D., LP  
Melissa Hutchinson, M.A., LPC, NCC  
Chun-Fang Frank Kuo, Ph.D., LLP  
Brooke Oliver-Hempenstall, M.A., LPC  
Ross Rapaport, Ph.D., LPC, NCC  
Lisa Sheffert, M.A., Ed.S., LPC  
Julie Wellman, M.A., LLPC

Clinical Psychology Advanced Practicum:
Seth Courrège, B.S.  
Cody Dodd, B.S.  
Ryan Egan, B.A.  
David Solomon, M.A.  
Jacob White, B.A.

Clinical Social Work Intern – Grand Valley State University:
Whitney Brooks, B.S., CADC

Support Staff:
Peggy Clerc, Executive Secretary  
Courtney Pappas, A.A.S. Temp. Office Professional  
Erin Cross, Senior, Student Office Asst.

RESIDENCE LIFE:  
Counselors in Residence: East Student Success Center, Becky Wang, M.A., LPC, CPS 989-774-1879  
North Student Success Center, Courtney Roberts, M.A., LPC 989-774-3947  
South Student Success Center, Erica Redmond, M.A., LPC 989-774-3089  
Towers Student Success Center, Andrea Lobert, MSW, LMSW 989-774-6601

CMU, an AA/EO institution, providing equal opportunity to all persons, including minorities, females, veterans and individuals with disabilities. CMU provides individuals with disabilities reasonable accommodations to participate in university activities, programs and services. Individuals with disabilities requiring an accommodation in order to participate in counseling should contact the Counseling Center at 989-774-3381, email to counsel@cmich.edu, or stop by the Counseling Center at 102 Foust Hall.

05/11/2015