This collection is available at The State Historical Society of Missouri, Research Center-Columbia. If you would like more information, please contact us at research@shsmo.org.

**Dates:** 1980s-2012  
**Creator:** Farmer, Val Gene, 1940-  
**Collection Size:** 1.1 cubic feet, 12 audio cassettes, 1 CD, 6 video cassettes, 1.13 GB of digital files

**Introduction**  
Addition to the papers of a clinical psychologist and syndicated columnist who specialized in rural mental health include correspondence, publications, material on speaking engagements, audiovisual material, and other miscellaneous professional material.

**Donor Information**  
The papers were donated to the State Historical Society of Missouri by Val Farmer in February 2022.

**Note:** See also the Val Farmer Papers (C4417). Some materials in box 1 have been digitized by the donor and are available on the NAS.

**Box List**

**Box 1**  
Recognition and professional engagement  
Retreats  
Speaking engagements and responses (4 folders)  
Marketing column and early career struggles  
Magazine articles  
Letters from listeners and readers, 1980s-1990s (8 folders)  
Brochures/booklets  
*Farm Wife News* articles  
Clippings  
Miscellaneous publications (2 folders)  
“Families and Rural Communities in an Era of Change,” Val Farmer, 1989  
*Honey, I Shrunk the Farm: A Rural Stress Survival Guide*, Dr. Val Farmer, 2000  
*To Have and to Hold: Thoughts on Successful Marriage*, Val Farmer, 2006

**Box 2 (half gray—partially full)**  
Heffernan/Breimyer material  
Letters from listeners and readers, 1990s

**Audiovisual Material**  
Audio cassettes  
a.c. 1 Val Farmer on Radio, Aug. 1, 1982
ACCESSION CA6642
VAL FARMER PAPERS

a.c. 2 Farm Bureau Program, Nov. 28, 1983
a.c. 3 “Couple Communication,” Val Farmer, Pierre, SD, April 1, 1987
a.c. 4 President Farmer, February 2, 1992
a.c. 5-8 AgriTalk, 1994, 1996
a.c. 9 Farm Women News Program, n.d.
a.c. 12 Unidentified talk, n.d.

CD 1 “Hear It Now,” Prairie Public Radio, Fargo, ND, Feb. 16, 2012 [Backed up on NAS—see Born Digital Files (Audio folder)]

Video cassettes
v.c. 1 “Coping with Rural Stress,” Dr. Val Farmer, March 17, 1986
v.c. 2 Health Talk, Stress on the Farm segment, 1997 (responding to callers)
v.c. 3 Farm Crisis Interviews, Dr. Val Farmer, October 27, 1999
v.c. 4 “Home is Where the Heart is: Better Relations in Marriages and Families with Dr. Val Farmer,” n.d.
v.c. 5 Val Farmer, Current Options/Wrap up, n.d.
v.c. 6 Leaders Seminar & Legal Aspects, n.d.

Born Digital Files (Location: NAS)
Recovered from Computer Discs
Articles
DOCUMENTS
E-Mail
Recovered from Floppy Disks
1992-1993 Articles
1994 Columns
1995 Columns
1996 Columns
1997 Columns
Affairs Booklet
Farmer Survey
Misc. files

Video
Interview for Local Fox New TV station, Feb. 2012

Digital Files (Location: NAS) [Donor provided scans of select material in box 1]
Marketing and promotion
Retreats
Scanned VF career documents
VF – Speaking engagements