

Serving UND and the Greater Grand Forks Community

The Psychological Services Center is the training clinic for the UND Department of Psychology Clinical Graduate Students. We offer mental health and psychological services to individuals and families, across the lifespan. The PSC is staffed by graduate students who are currently enrolled in the clinical training program. Each student is supervised by a licensed psychologist on the faculty of the University of North Dakota.

Within the context of a training clinic, we are able to offer services on a sliding scale basis. However, due to a Federal Grant, fees are waived at this time, making services even more affordable.

The PSC makes services available without regard to race, national origins, religion, age, gender, sexual orientation, handicaps, or political affiliations.

Current Spring 2005 Hours*

Mondays 9a to 9p
Tuesdays 9a to 6p
Wednesdays 9a to 6p
Thursdays 9a to 9p
Fridays 9a to 4p

We are closed on University Holidays.

** Hours will be increasing during the semester.*



Making A Referral

All referrals are welcome, including self-referrals. It is our intention to provide state-of-the-art services within our training atmosphere. Please contact The PSC at 777-3691 to refer a client or to get more information about our services. Generally, intake appointments for services can be scheduled within a day or two of the first call.

Seeking Services

You will first be scheduled for an Intake Appointment with one of our Clinic Associates. This appointment will serve to provide you with further information about PSC, how services are provided, to find out about your needs, and what we can offer.

Confidentiality

All services are provided in a confidential manner with respect to your personal rights provided by law.

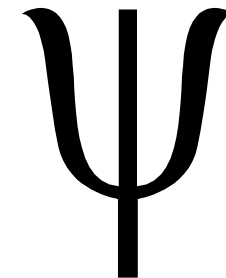


University of North Dakota

210 Montgomery Hall
P.O. Box 7108
Grand Forks, North Dakota
58202-7108

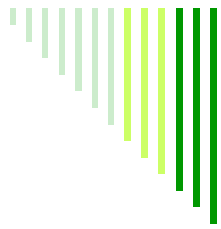
701.777.3691

The Psychological Services Center



Located in Montgomery Hall, Room 210

701.777.3691



About Psychological Services

Psychotherapy is not easily describe in general statements. It varies depending on the nature of the clinician and client or family, and the particular concerns you, your child, or your family are experiencing. Psychotherapy is not like a medical doctor visit. Instead, it calls for a very active effort on your part. In order for therapy to be most successful, you will have to work on things discussed both during sessions and at home.

Psychotherapy can have benefits and risks, often leading to better relationships, solutions to specific problems, and significant reduction in feelings of distress. However, there are no guarantees.

Services at The UND Psychological Services Center

We offer a wide array of services, including assessment, individual and family therapy, as well as some consultation, education, and outreach services. We accept clients across the life span.

Fees for Services

Fees are waived during our granting period (September 1, 2004 through July 1, 2007), and otherwise are based on a sliding fee scale.



The General Clinics

These clinics are teams comprised of Graduate Student Clinicians who are supervised by licensed psychologists. These teams provide services to children and adults, for a variety of issues including depression, anxiety, general distress, relationship or family issues, and specific personal concerns.

The Child and Adolescent Behavior Clinic

This team of Graduate Student Clinicians focuses primarily on providing empirically supported behavioral treatments for children. This team provides individual and outreach services for a variety of behavior concerns including anxiety, depression, ADHD, health problems, OCD, common behavioral issues, and Social Skills/Social Thinking group programs. This team also conducts evaluations for ADHD, LD, DD, and other neuropsychological concerns.

The Cognitive Behavior Therapies Clinic

This team offers a variety of brief, effective treatments for anxiety, depression, post-traumatic stress, child behavior problems, and relationship difficulties. In addition, this team also offers neuropsychological and forensic evaluations.

Adult & Couples Psychotherapy Clinic

This team focuses on providing services to adults and couples with an emphasis on assessment and psychotherapy. Referral concerns generally include depression, anxiety, interpersonal difficulties, and self-harm. Therapeutic approaches include Adlerian, IPT, and CBT, and a focused treatment program to reduce self-harm behaviors.



Assessment Services

Assessment services are provided in coordination with Dr. Thomas Petros, who is director of the Center for Psychological and Educational Assessment. This clinic offers assessments for learning disabilities, ADHD, and general assessment for adults. A child evaluation team is in development. These assessments are fee based.

Court Referred Collaboration

We are able to work with the Mental Health Court in Grand Forks County to provide assessment and treatment services to families in need. Referrals are generally made through the Court Coordinator. These services are fee based.

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