

SDSU PSYCHOLOGY CLINIC

Serving the San Diego Community

6363 Alvarado Court
Suite 103
San Diego, CA 92120-4913
(619) 594-5134



SERVICES AVAILABLE:

The SDSU Psychology Clinic currently provides a wide range of psychological services to the general public. The clinic is staffed primarily by graduate students who are doctoral degree candidates in Clinical Psychology. Adults, adolescents, and children can receive individual, group, couples, and/or family therapy in the clinic as appropriate to their needs. During initial consultation, you and your therapist will determine whether appropriate clinic services are available for you or referral is needed to a more appropriate agency or a private therapist.

Services for all types of psychological disorders are available in the clinic including help for individuals who are trying to cope with trauma, phobias, panic attacks, and other anxiety-related problems; both individual and group therapy are available for people experiencing feelings of depression and related emotional difficulties. We also provide individual and family therapy for children and adolescents having emotional or behavioral problems at home or at school, and couples therapy for adults having relationship problems. Psychological assessment is also available for school-age children, teenagers, and adults. Additional services provide individualized and group programs for the treatment of eating disorders, smoking, high blood pressure, and other health related problems.

To serve the unique needs of each client, a number of clinics are typically available:

- **Stress/Anxiety Disorders Clinic:**
Offers help for individuals to cope with tension, phobias, panic attacks, and other anxiety-related problems.
- **Cognitive Therapy Clinic:**
Offers individual therapy for people experiencing feelings of depression and related emotional difficulties.
- **Behavioral Medicine Clinic:**
Provides individualized programs for the treatment of obesity, smoking, high blood pressure, and other health related problems.
- **Child, Family and Couples Clinic:**
Provides individual and family therapy for children and adolescents having emotional or behavioral problems at home or at school, and couples therapy for adults having relationship problems.
- **Psychological Assessment Clinic:**
Provides testing for school-age children, teenagers, and adults.

- **Center for Eating & Weight Disorders:**
Provides services to males and females of all ages who struggle with problems related to food, eating, weight, and body image, as well as behavioral family-based weight loss treatment for children and adolescents suffering from obesity.
- **General Psychopathology Clinic:**
Specializes in the development of individualized treatment strategies for coping with a variety of unique problems.

NOTE:

Advanced students practice under the direction of licensed or license-eligible clinical psychologists, and receive intensive supervision on each case. All sessions with student therapists are videotaped as part of our training functions. If an appropriate therapist is not available when you request services you may choose to be placed on a waiting list, or if desired, we will help you find another therapist in the community.

As this is primarily a training clinic, therapy is typically restricted to four months duration and graduate students end their placement here in June. At that time, you may be asked to decide whether you want to end therapy, be transferred to a new therapist, or be referred to another agency or therapist in the community.

COST OF SERVICE:

Fees are commensurate with the client's ability to pay. Current fees range from \$10 to \$80 and are assigned on a sliding adjustable fee scale based upon income and number of dependents. We will be happy to explain the fee structure in detail during your first consultation. The Psychology Clinic also assists clients in obtaining insurance coverage reimbursement. You should be aware, however, that many companies will not pay for the services of student therapists. We will help you file claim forms, but you are responsible for the payment of your account.

CLINIC HOURS:

Monday 9:00AM to 4:30PM
Tuesday 9:00AM to 7:00PM
Wednesday 9:00AM to 5:00PM
Thursday 9:00AM to 7:00PM
Friday 9:00AM to 4:30PM

If you would like additional information, please call (619)594-5134.

To obtain additional information regarding other psychological services in the community, the San Diego Psychological Association maintains a referral number: (619)291-3451.

DIRECTIONS:

Our Clinic is located just east of the SDSU campus.

From either direction on Interstate 8, take the College Avenue exit. Turn south (towards the campus) and get into the far left lane. Make a drastic left turn (almost like a U-turn) onto Alvarado Road and travel about 3/4 mile. Turn right onto Alvarado Court. The Clinic is the first building on the right, and has a sign out front marked **6363**. Parking is available in the lot to the right of the building, or on the street. Enter through the front of the building, and go to the right, to Suite 103.