USQ PSYCHOLOGY CLINIC

The University of Southern Queensland Psychology Clinic was established as a community psychological service centre and is operated by the Department of Psychology within the Faculty of Sciences at the University of Southern Queensland in Toowoomba.

The clinic offers services in a variety of areas including psychotherapy, consultation and assessment for both individuals and groups. These services are provided by professionally registered postgraduate students who are undertaking advanced study in psychology at the University of Southern Queensland. All services are provided under the supervision of staff who are **Clinical College Members of the Australian Psychological Society and are fully registered to practice in Queensland.**

The USQ Psychology Clinic provides affordable psychological services of a high standard.

Psychotherapy, Consultation and Assessment in:

- psychological disorders
- emotional distress/adjustment issues
- pain management
- health-threatening habits
- Stress management
- chronic illness
- lifestyle change.

Clinic Enquiries: (07) 4631 1763

SERVICES AVAILABLE

All services are provided across the lifespan.

We welcome a broad range of referrals – clinic staff have specialist skills in the areas of:

CLINICAL PSYCHOLOGY

Clinical Psychology involves the diagnosis and treatment of mental disorders. It emphasises understanding, preventing, & relieving psychologically based distress and dysfunction and promotes subjective well-being and personal development.

Clinical Psychologists assist people of all ages by using:

- thorough clinical assessment tools, including personality tests, symptom checklists, neuropsychometric tests
- planned interventions to meet individual client needs
- evidence-based treatment approaches
- systematic outcome measures
- reports to referrer.

HEALTH PSYCHOLOGY

Health Psychology involves the promotion and maintenance of physical and mental health. It emphasises the psychological factors in the cause, progression and consequences of health and illness.

Health Psychologists assist people in:

- developing and maintaining the behaviours necessary to lead a healthy life
- preventing illness, particularly where people are at risk of disease or illness
- understanding, coping and adjusting to living with illness
- complying with medical procedures and medication
- helping relatives and friends cope with the illness of others.

GENERAL PSYCHOLOGY PRACTICE

General psychological services are offered including the counselling/psychotherapy and support of people who are experiencing stress, lifestyle changes and adjustment issues, relationship problems and other behavioural and emotional difficulties affecting their overall well-being.

Assessment Services related to:

- neuropsychological disorders
- stress and coping
- learning difficulties
- adjustment to acute or chronic illness
- personality issues.

CLINIC HOURS

The USQ Psychology Clinic operates from:

8:00 am to 5:00 pm

MONDAY TO FRIDAY

There is some flexibility in arranging appointments at other times

FEES

Fees for attending the clinic are:

INDIVIDUAL PSYCHOTHERAPY SESSION	**$20.00 per visit** ($10.00 for students and concession card holders)
GROUP PSYCHOTHERAPY SESSION	**$5.00 per participant per session**
ASSESSMENT SERVICES	**$100.00 per *completed assessment*** (includes report)

Fees are negotiable in special circumstances

Department of Psychology
USQ Psychology Clinic
Offering affordable psychological services of a high standard to the community

For more information

Phone: (07) 4631 1763
Department of Psychology
Faculty of Sciences
University of Southern Queensland

LOCATION

The USQ Psychology Clinic is located on the 1st Floor of the W Block Building of the University of Southern Queensland's Toowoomba campus.

To obtain a parking permit, please enquire at Clinic Reception, phone 4631 1763.

PSYCHOLOGY CLINIC

DEPARTMENT OF PSYCHOLOGY

USQ GRAPHICS (08-459)

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USQ UNIVERSITY OF SOUTHERN QUEENSLAND
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