



Centre for Applied Psychology



UNIVERSITY OF
CANBERRA

AUSTRALIA'S CAPITAL UNIVERSITY

SERVICES OFFERED AT THE PSYCHOLOGY CLINIC UNIVERSITY OF CANBERRA

Assessments

- *Educational/cognitive assessments (children and adults)*
- *Learning Disorder Assessments*
- *Behavioural Assessment for children*

Therapy with Youth/Adolescents

- *Anxiety*
- *Depression*
- *Anger management*
- *Self esteem*

Adults

- *Depression*
- *Anxiety*

THE CLINIC ALSO provides group programs:

For children:

- *COOL KIDS ANXIETY program for children and teenagers (CBT based);*
- *Insomnia;*
- *Love Your Body.*

For adults:

- *'Anxiety' programs;*
- *CBT for Depression and Anxiety;*
- *CBT/Mindfulness for Substance Use;*
- *Psychological (including mindfulness, assertiveness, anger management, self-esteem, etc)*

Our Masters and Doctoral students provide an excellent service to clients at low-cost.

Please contact Dr Pam Connor (pam.connor@canberra.edu.au) or reception staff on 6201 5843 to make an appointment.