**WHERE WE ARE LOCATED**

The Psychology Clinic is located on the first floor of Pearse Hall (Room 179) on the UWM campus, on the corner of Downer and Hartford Avenues. The clinic has its own entrance on Downer Avenue to insure privacy for its clients.

Some dedicated parking for Psychology Clinic clients and visitors is located in specially marked spaces in the parking lot outside of Garland Hall (on Hartford Avenue).

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**WHAT IS PSYCHOTHERAPY?**

Psychotherapy involves talking to a person who is trained to help you resolve issues and develop healthy coping skills. One of the biggest misconceptions about therapy is that seeing a therapist is a sign of weakness. In fact, quite the opposite is true. Recognizing the need for help and seeking professional therapy is a sign of both strength and your determination to live a productive and meaningful life. Working together, you and your therapist will identify your goals (what you want to have happen), and agree on how you’ll know when you are making progress. Therapy has one clear and definite purpose: that something of positive value will come out of it for you.

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**WHAT IS YOUR ROLE IN THERAPY?**

Therapy is a collaborative interaction between you and your therapist. It is important for you to regularly attend sessions to get the most out of therapy. In addition, you and your therapist may work together to design “homework assignments” for you to complete between sessions. This between-session work greatly enhances therapy. Both you and your therapist are responsible for an effective therapy experience, and open communication is essential to the therapy process.

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For more information or to schedule an appointment, call 414-229-5521

Or please see our website at: uwm.edu/psychology/clinic
WHO WE ARE
The UWM Clinical Psychology training program, which operates the UWM Psychology Clinic, was recognized by the National Institute of Mental Health as a “Program of Excellence in Scientifically Validated Behavioral Treatments.” This recognition is based on the outstanding training that graduate students receive in the UWM Psychology Clinic as student therapists. Our program is constantly striving to improve our commitment to service, research and teaching, and we are proud of this national recognition. Our empirically-based practice primarily includes behavioral or cognitive-behavioral therapies.

Services provided through the UWM Psychology Clinic are provided by graduate students in the Clinical Psychology program. When graduate students provide services, they are closely supervised by faculty members who are legally responsible for the quality and content of the services provided.

WHO WE SERVE
The Psychology Clinic provides low-cost sliding fee scale therapy and assessment services to members of the Milwaukee area community as well as the UWM community (students and staff).

SERVICES PROVIDED INCLUDE
- Psychotherapy
- Psychological and neuropsychological assessments
- Assessment and therapy for children, adolescents and adults
- Short-term and occasional longer-term therapy

In addition, the clinic houses several research and specialty clinics. These specialty clinics vary according to the interests and needs of our faculty, students and clients.

For information about our specialty clinics, please see our website: uwm.edu/psychology/clinic

WHAT ELSE DO I NEED TO KNOW?
- All clinic fees are based on a sliding fee scale and we do not accept insurance or Medicaid/Medicare.
- As per guidelines of the American Psychological Association and state and federal statutes, all services provided by the UWM Psychological Clinic are strictly confidential, and fully HIPPA and FERPA compliant.
- We do not provide court-mandated services or those that may require court testimony or reports/letters to be filed with any particular organization.

CLINIC HOURS
BY APPOINTMENT ONLY
Monday - Wednesday
8 a.m. - 7 p.m.
Thursday
8 a.m. - 5 p.m.
Friday
8 a.m. - 4:30 p.m.

- We DO NOT provide walk-in, emergency,* or Psychiatric services/medication.

*In the event of an emergency, we suggest you contact your physician, call the Milwaukee Crisis Intervention Team 414-257-7222, go to the nearest hospital emergency room, or dial 911.