Directions to the Center:
Location: 168 Park Hall UB North Campus
Public Transportation: Metro Bus transportation from the South (Main St.) Campus. Route 44. Get off at Flint Circle.
By car: Maple Rd to Flint Entrance or Route I-290 (Youngman Expressway) to exit #1 (UB), then merge to Audubon Parkway; then left on Flint. Or take Millersport Highway North to Flint Entrance.

Psychological Services Center
Department of Psychology
University at Buffalo
The State University of New York
Buffalo, NY 14260-4110
http://psychservices.buffalo.edu/
**The PSC and Evidenced-Based Treatments**

- The PSC specializes in delivering the most current and effective Evidence-Based Treatments, which are specific psychological approaches to mental health problems supported by scientific research.

- The Department of Psychology at the University at Buffalo operates the PSC as a service to the community and as a training clinic for the doctoral program in clinical psychology, which is accredited by the American Psychological Association.

- The PSC is staffed by faculty and advanced graduate students who are supervised by clinical psychology faculty.

**Psychological Services**

- The PSC provides psychological services for adults, children, and adolescents. Services are available to anyone in the Western New York and Southern Ontario region.

- Services include:
  - Psychological Assessment (IQ, Personality, Achievement, ADHD)
  - Psychotherapy for individuals and couples
  - Specialized group programs (e.g., Smoking cessation, parent training, child social skills)

- The PSC provides treatment for the following:
  - Academic problems
  - Anger, Aggressiveness
  - Anxiety / panic
  - Assertiveness
  - Attention Deficit/Hyperactivity Disorder
  - Coping with pain and illness
  - Child behavioral /emotional problems
  - Depression
  - Divorce / separation
  - Family discord
  - Gay / lesbian / bisexual /transgender issues
  - Grief / loss
  - Identity problems
  - Interpersonal conflict resolution
  - Life changes
  - Marital / relationship concerns
  - Obsessive-compulsive behavior
  - Self-esteem
  - Sexual problems
  - Trauma and posttraumatic stress disorder

**Getting Started at the PSC**

- Contact the PSC to schedule an initial intake session. This session gives you the opportunity to discuss your problems and concerns.

- After the intake session, you will be provided with a therapist.

- Your therapist will conduct a thorough psychological evaluation in order to plan the most effective treatment.

**Contact the PSC**

- For more information and to schedule an initial intake appointment, call 716-645-3697.

- Visit our website at [http://psychservices.buffalo.edu](http://psychservices.buffalo.edu) for more detailed information about services.

**PSC Fees**

- Services are provided on a sliding fee scale determined by your total annual family income. We offer a reduced fee for UB students, staff, and faculty.

- The PSC does not currently accept insurance. The fees charged are often the same as, or less than, the cost of the co-pay for mental health treatment required by many insurances.