



Location

The Anxiety Treatment Center is part of the Psychology Services Center located on the campus of Nova Southeastern University.

Maltz Psychology Building

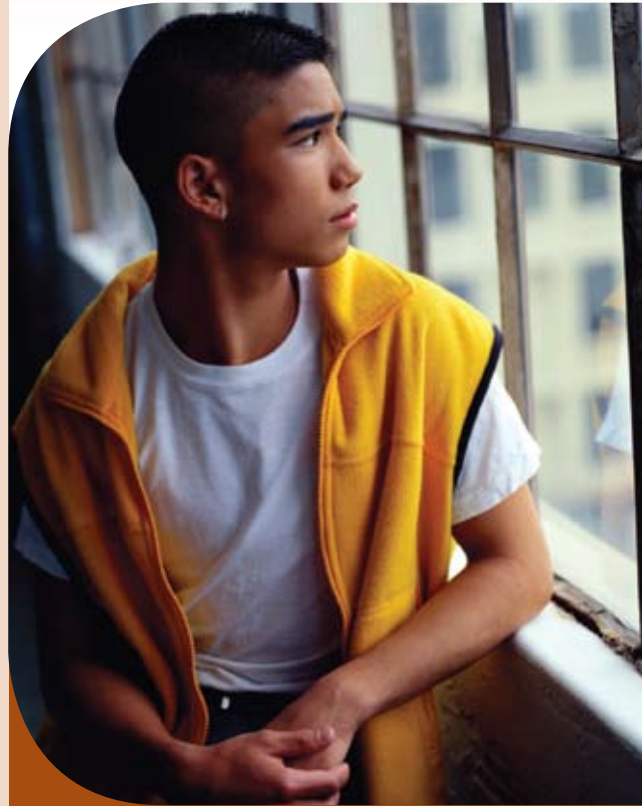
3301 College Avenue

Davie, Florida 33314



PSYCHOLOGY SERVICES CENTER THERAPY AND TESTING

NSU Anxiety Treatment Center




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About Our Program

The Anxiety Treatment Center is dedicated to increasing the understanding and treatment of anxiety disorders. The mission of this clinic is to provide state-of-the-art treatments with proven effectiveness. Services are available to children, adolescents, and adults.

State-of-the-Art Treatment

Highly trained therapists in cognitive-behavior therapy are responsible for implementing the program for individuals with excessive anxiety. Cognitive-behavior therapy involves the application of findings from scientific research to help individuals change. The therapy places a strong emphasis on changing behaviors that lead to anxiety. In addition, the therapy also focuses on changing patterns of thinking that lead to more anxiety.

An emphasis is placed on evaluating change throughout therapy, so progress can be monitored. Practice of the skills outside of session is also a big part of treatment. The therapist and client work together to determine the goals for therapy, the agenda for each session, home practice between sessions, the usefulness of each intervention, and how long to continue therapy.

Staff

The Anxiety Treatment Center is staffed by advanced doctoral candidates in clinical psychology, supervised and trained by Craig D. Marker, Ph.D.

How to Become a Client

We accept referrals from agencies and other professionals. However, individuals are welcome to contact us directly at (954) 262-5822.

Nova Southeastern University admits students of any race, color, sex, age, nondisqualifying disability, religion or creed, sexual orientation, or national or ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school, and does not discriminate in administration of its educational policies, admissions policies, scholarship and loan programs, and athletic and other school-administered programs. ■ Nova Southeastern University is accredited by the Commission on Colleges of the Southern Association of Colleges and Schools (1866 Southern Lane, Decatur, Georgia 30033-4097, Telephone number: 404-679-4501) to award associate's, bachelor's, master's, educational specialist, and doctoral degrees. 10-077-07KAR

What to Expect in Treatment

Some treatments may best be delivered in a short period, but with multiple sessions per week. Others may occur weekly. Therapy is problem-focused to relieve the current anxiety. Most of the therapies involve facing fears, which can be a very difficult process. However, previous research with the therapies used in this clinic display strong reductions in anxiety over a relatively short period of time. Thus, most clients can expect to have relief of symptoms relatively quickly.

The initial visit to the clinic consists of an evaluation by the clinic staff to determine current feelings and symptoms. This comprehensive evaluation provides vital information to provide the best treatment to the client. The evaluation is then discussed with the client with both the therapist and client working together to determine the goals of treatment. Treatment is then initiated.

Types of Anxiety Disorders Treated

- Social Anxiety
- Panic Disorder
- Obsessive-Compulsive Disorder
- Excessive Worry (Generalized Anxiety Disorder)
- Specific Phobia

Fees

The Psychology Services Center is a fee-for-service facility that provides services at affordable rates.

Clinic Hours

By appointment only
Monday–Thursday, 9:00 a.m.–9:00 p.m.
Friday, 9:00 a.m.–5:00 p.m.

For more information or an appointment, please call (954) 262-5730, or email anxiety@nova.edu.

Visit our Web site: www.nova.edu/anxiety