



Location

The Intensive Psychodynamic Psychotherapy Center is part of the Psychology Services Center located on the campus of Nova Southeastern University.

Maltz Building

3301 College Avenue

Fort Lauderdale, Florida 33314-7796



PSYCHOLOGY SERVICES CENTER THERAPY AND TESTING

NSU Intensive Psychodynamic Psychotherapy




**NOVA SOUTHEASTERN
UNIVERSITY**
YOUR FUTURE. YOUR TERMS.

About Our Program

The Intensive Psychodynamic Psychotherapy Center (IPPC) provides diagnostic and intensive treatment services to adults, adolescents, and children (ages 10 and older) who would benefit from intensive treatment. In addition, IPPC strives to meet the need for intensive psychotherapy by offering a greater frequency of sessions and a lengthier therapeutic experience. In dynamic therapy, the client and therapist look at the present and the past, working to foster a more adaptive, gratifying, and productive future.

What is psychodynamic psychotherapy?

Psychodynamic psychotherapy is a treatment modality that aims at gaining a better appreciation of our personal and interpersonal experiences. Individuals are assisted in developing deeper understandings of their past experiences and present behavior. This approach is based on the psychological truism: "One who does not understand the past is condemned to repeat it."

What does the past have to do with my problems now?

Early relationships influence the people we become, our ways of interacting with others, and our views of the world around us. Gaining insight into our behaviors by becoming more aware influences our ability to become more productive at work, more relaxed during recreation, and more balanced in our social lives.

Who can benefit from the treatment?

Anyone who would like to gain a greater understanding of themselves and how they relate to others would benefit. Seeking help is a sign of good mental health and suggests a willingness to assume responsibility for one's behavior and a greater capacity to live a mature, dependable, and reliable life.

Services are available to child, adolescent, adult, and elderly clients regardless of race, color, sex, age, nondisqualifying disability, religion or creed, sexual orientation, or national or ethnic origin.

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. 06-145-07KAR

What is the benefit of coming in twice a week?

By coming in twice a week, treatment is more effective, allowing clients to develop greater understandings of their current difficulties, providing for long-lasting growth and psychological development.

What forms of therapy are offered at IPPC?

From a psychodynamic treatment modality, many effective therapy approaches are offered. These therapy approaches include

- individual therapy
- group therapy
- family therapy
- couple therapy

How it works

During sessions, the client is encouraged to reflect on past experiences and to become increasingly introspective to gain a better understanding of his or her needs, wishes, and desires. Understandably, all information shared in treatment is both private and confidential. Clients often report personal thoughts, feelings, fantasies, and dreams that can lead to greater awareness of the magnitude of their core conflicts. By being a sympathetic listener and empathetic facilitator, the therapist accompanies the patient on this voyage of self discovery and personal growth.

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 dynamictherapy@nsu.nova.edu.

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