



Location

The Healthy Lifestyles Guided Self-Change Program is part of the Psychology Services Center located on the main campus of Nova Southeastern University.

Maltz Building
3301 College Avenue
Fort Lauderdale, Florida 33314-7796



 **NOVA SOUTHEASTERN UNIVERSITY**
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NOVA SOUTHEASTERN UNIVERSITY
PSYCHOLOGY SERVICES CENTER THERAPY AND TESTING

HEALTHY LIFESTYLES GUIDED SELF-CHANGE PROGRAM





About the Program

The Healthy Lifestyles Guided Self-Change Program offers unique, outpatient, evidence-based, professional services for individuals with concerns about a variety of lifestyle issues. Our goal is to motivate people to guide their own change. Established in 1984, the program uses a cognitive behavioral motivational approach that has been evaluated positively in the United States, Canada, Mexico, and Sweden. The program is especially appropriate for individuals who have problems that are not severe.

All services are available in English and Spanish.

Se ofrece terapia en español.

Are You Thinking About

- leading a healthier lifestyle
- losing weight
- exercising more
- quitting smoking
- changing your drinking
- developing better relationships
- quitting gambling
- changing your drug use
- having trouble sleeping

The Program Helps You

- evaluate your lifestyle choices
- set your own goals
- strengthen your motivation and commitment to change
- identify your own strengths and resources
- guide your own change
- identify and overcome obstacles to change

The Program Includes

- confidential assessment and treatment for those 14 and older
- individualized sessions
- guidance and support to help you achieve your goals
- educational information and personalized feedback

Program Directors

- Linda Carter Sobell, Ph.D., ABPP
- Mark B. Sobell, Ph.D., ABPP

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.–8:00 p.m.

Friday: 9:00 a.m.–5:00 p.m.

For more information or an appointment, please call (954) 262-5873 or (954) 262-5922 or email gsc@nova.edu. Visit our Web site: www.nova.edu/gsc.