



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**
(954) 262-5968 | www.nova.edu/gsc

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NOVA SOUTHEASTERN UNIVERSITY
PSYCHOLOGY SERVICES CENTER THERAPY AND TESTING

HEALTHY LIFESTYLES GUIDED SELF-CHANGE PROGRAM INSOMNIA PROGRAM





About the Program

The program offers a brief, evidence-based cognitive behavioral treatment for insomnia, helping individuals guide their own change to a more restful night's sleep.

The Program is Designed to Help You

- get a better night's sleep
- have more energy throughout the day
- be more productive at work or school
- worry less about the quality of your sleep
- learn more about your own sleep patterns
- learn more about practices that can improve your sleep

The Program Also Helps You

- evaluate your beliefs and attitudes about sleep
- set realistic sleep goals
- strengthen your motivation and commitment to change
- identify strengths and resources that can be used to help you sleep better

The Program Includes

- confidential assessment and treatment for individuals 18 and older
- 5 individualized sessions with a sleep counselor
- guidance and support to help you achieve your goals

Program Cost

The Insomnia Program, which consists of an assessment and 5 individual sessions, costs \$150.00.

The Clinic

The Nova Southeastern University Psychology Services Center is a state-of-the-art facility where providers are supervised by highly qualified, licensed professionals in their fields.

Services are available to individuals regardless of race, color, sex, age, nondisqualifying disability, religion or creed, sexual orientation, nationality, or ethnic origin.

Insomnia Program Directors

Linda C. Sobell, Ph.D., ABPP

Ana I. Fins, Ph.D.

Mark B. Sobell, Ph.D., ABPP

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.