

## ABOUT US

## GETTING HERE



Washington University in St. Louis  
**Psychological**  
Service Center

The Washington University Psychological Service Center (PSC) is an outpatient mental health clinic within the Department of Psychological and Brain Sciences in the Graduate School of Arts and Sciences. Our program is nationally accredited by the American Psychological Association and the Psychological Clinical Science Accreditation System.

Therapists are advanced doctoral students in the clinical psychology program, under the supervision of licensed clinicians. The PSC is directed by Erin Lawton, Ph.D.

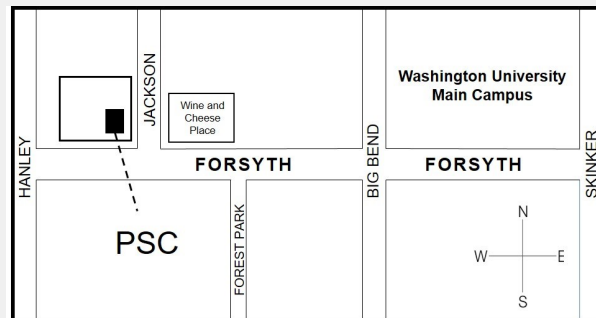
### WHO WE SERVE

This treatment facility, which was established in 1972, provides low-cost, confidential services to anyone in the St. Louis community, including children and adolescents, adults, seniors, couples, families, and the neurologically impaired. The PSC is not equipped to offer treatment for people who are actively suicidal, at risk of harming others, or in need of immediate emergency intervention.

The Psychological Service Center is located on Washington University's West Campus at 7 N. Jackson Ave., Suite 100, in Clayton.

**Public transit:** The PSC is located one block west of the Forsyth Metrolink Station.

**Parking:** Free parking is available on the surface lot behind the Center in spaces marked 2-Hour Retail Parking.



Washington University - West Campus  
Campus Box 1172  
7 North Jackson Ave., Suite 100  
St. Louis, MO 63105-2153  
Fax: (314) 300-0830



Evaluation ♦ Therapy ♦ Cognitive Testing

**(314) 935-6555**

<https://psychnet.wustl.edu/psc>



# THE THERAPY

Treatment begins with a thorough evaluation to learn about you, assess your concerns, and determine goals for treatment. Therapy approaches are eclectic with techniques tailored to address the needs of each client.



Therapists treat a variety of issues such as:

- ◆ Depression
- ◆ Anxiety and panic
- ◆ Obsessive-compulsive disorders
- ◆ Trauma and stress disorders
- ◆ Disordered eating
- ◆ Family/relationship problems
- ◆ Grief, loss, and aging-related issues
- ◆ Behavioral health (e.g., insomnia, chronic pain)

### Treatments include:

- ◆ Cognitive-behavioral therapy
- ◆ Brief solution-focused therapy
- ◆ Mindfulness-based treatments
- ◆ Couples' and family counseling

Therapy fees are set on a sliding scale ranging from \$15 to \$40 per hour. We are not able to process insurance.



*ur therapists are  
dedicated to providing  
compassionate support while  
helping clients achieve their  
mental health goals.*

## GETTING STARTED

To learn more about our services or get started, call (314) 935-6555 to speak with a member of our staff.

Individuals interested in therapy services will complete a brief phone interview to understand your needs and determine whether the PSC is able to assist. Individuals interested in testing services will be asked to complete some initial paperwork.

# TESTING

The PSC also provides educational and neuropsychological assessment services.

### Conditions we test include:

- ◆ Attention Deficit/Hyperactivity Disorder
- ◆ Intellectual or learning disabilities
- ◆ Educational difficulties
- ◆ Memory concerns
- ◆ Problems after head injury

Testing begins with a brief interview to understand your difficulties. You will then undergo an individualized selection of tests designed to assess those concerns. Finally, you will meet with your tester to review your results and recommendations (such as suggested accommodations). A written report will be provided to share with schools, medical providers, or other parties.



Fees for neuropsychological testing are also set on a sliding scale, starting at \$100 per hour. Insurance not accepted.