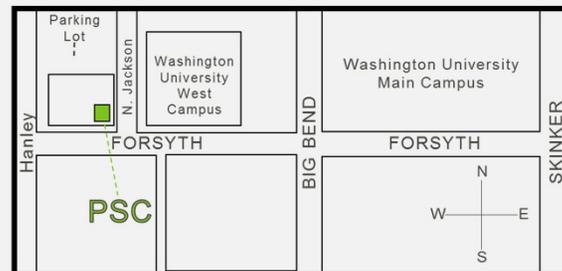




## Location & Parking

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

The most convenient parking is on the street or on the surface parking lot behind the Center in Visitor parking spaces.



WASHINGTON UNIVERSITY  
PSYCHOLOGICAL SERVICE CENTER

DEPARTMENT OF PSYCHOLOGICAL  
AND BRAIN SCIENCES



The Washington University Psychological Service Center is an outpatient mental health clinic within the Department Psychological and Brain Sciences in the Graduate School of Arts and Sciences. This treatment facility, which was established in 1972, provides training opportunities for advanced doctoral students in the clinical psychology program, as well as low-cost treatment options for members of the St. Louis community.

Confidential services are available to anyone in the community including adolescents, adults, the elderly, couples, families, and the neurologically impaired. The Center is not equipped to offer treatment for people who are actively suicidal, who are at risk to harm others, or who need immediate emergency intervention.



(314) 935-6555

Washington University - West Campus  
Campus Box 1172  
7 North Jackson Ave.  
St. Louis, MO 63105-2153  
Fax: (314) 935-6386  
<https://psych.wustl.edu/psc>



## Services

The Washington University Psychological Service Center (PSC) offers a variety of services, including evaluation, traditional psychotherapy, and assessment. Treatment often begins with a thorough evaluation to identify current concerns and determine each individual's goals for treatment. Based upon that assessment, therapeutic approaches are eclectic with specific techniques individually tailored to address the needs of each client.

The PSC prides itself in providing treatments that are grounded in research with demonstrated effectiveness. The PSC also provides neuropsychological assessment.

### Treatment Approaches:

- ♦ Cognitive behavioral therapy
- ♦ Brief and long-term psychotherapy
- ♦ Interpersonal therapy
- ♦ Couples counseling
- ♦ Mindfulness-based approaches
- ♦ Psychoeducational group therapy

### Neuropsychological Assessment:

- ♦ Attention Deficit/Hyperactivity Disorder
- ♦ Intellectual or learning disabilities
- ♦ Educational problems
- ♦ Memory impairments
- ♦ Cognitive impairment from head injuries

Therapists at the PSC are trained to treat a wide variety of concerns including (but not limited to):

- ♦ Anxiety
- ♦ Panic
- ♦ Depression
- ♦ Bipolar Disorder
- ♦ Obsessive Compulsive Disorder
- ♦ Trauma, Sexual Abuse, Post-Traumatic Stress Disorder
- ♦ Eating Disorders
- ♦ Family/relationship problems
- ♦ Aging-related issues
- ♦ Grief and loss
- ♦ Insomnia
- ♦ Behavioral health (e.g., managing pain)



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

## Information & Fees

Individuals interested in learning more about our services may call (314) 935-6555. At that time, a member of the staff will arrange a convenient time to complete a brief initial phone interview. The purpose of the initial interview is to determine which services would best help the client and whether the Psychological Service Center is able to provide those services. In most cases, the client is provided with a therapist within one week. If the initial interview suggests that the client's concerns would be better addressed with other resources, the client is provided with referrals to those services.

Fees are set on a sliding scale based on the payer's gross income and number of dependents. Therapy fees range from \$15 to \$40 for each hour of service delivered, including the initial evaluation. Fees for neuropsychological assessment are also set on a sliding scale, starting at \$100 per hour. Accepted forms of payment include cash and checks.

Erin Lawton, Ph.D., is the director of the Psychological Service Center. Therapists are advanced graduate students in the clinical psychology doctoral program at Washington University, which is nationally accredited by the American Psychological Association and the Psychological Clinical Science Accreditation System. All therapists are supervised by licensed psychologists.