The Psychology Department Behavioral Health Clinic (BHC) offers scientifically-validated outpatient therapy to individuals, couples and families at low cost. The BHC serves as a training center for graduate students in the Department’s Doctoral Program in Clinical Psychology.

Psychologists-in-training, supervised by licensed clinical faculty in the Department of Psychology, provide brief treatment for personal problems including anxiety, depression, coping with illness, relationship and family problems, alcohol and substance use problems, life crises, and other issues.

Referrals to the clinic come from several sources including Counseling and Psychological Services (CAPS, a division of Student Health Services), departments in the College of Medicine, agencies and practitioners in the community, and former clients. Individuals can also contact the clinic directly, without needing an outside referral.

Treatment is usually limited to about 10 sessions. The BHC does not provide emergency services or medication management. Clients pay a nominal fee per session to cover clinic expenses:
- Individual sessions: $25.00
- Couple or family sessions: $30.00

Appointments are normally scheduled between 8:00 am and 5:00 pm Monday-Friday. Evening appointments are available on a limited basis, Monday-Thursday.

Catherine Shisslak, Ph.D., Clinic Director and Professor of Psychology, Psychiatry and Family Medicine and David Sbarra, Ph.D., Director of Clinical Training and Professor of Psychology, oversee BHC administration and training activities.

For more information about BHC services or to schedule an appointment, please call 520-621-9683

The Behavioral Health Clinic is located in the Psychology Building, Room 210
1503 E University Blvd.  Tucson, AZ 85721-0068

Parking is available at two parking garages on Cherry Avenue or E. 2nd Street
Map available online at: www.psychology.arizona.edu/bhc