



INTERVENTION  
 Best PROVEN THERAPIES  
 Mental Health DISORDER  
 Frustrating Understandin ANGER  
 ANXIETY  
 COPING Tension STRESS  
 CARING  
 Connecting  
 Depression  
 Phobia  
 GRIEF  
 Integrative Care  
 Pressure  
 HELP  
 Behavioral Health Clinic  
 Physical Sadness  
 LISTENING Symptoms Treatment  
 Trauma  
 WELLNESS  
 Expression  
 FEAR Relationships  
 EMOTION  
 Physical Sadness

PSYCHOLOGY

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.



THE UNIVERSITY OF ARIZONA  
 COLLEGE OF SCIENCE  
**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.

Jolene Jacquart, Ph.D., Clinic Director and  
Mary-Frances O'Connor, Ph.D., Director of Clinical  
Training and Associate 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](http://www.psychology.arizona.edu/bhc)