

BEHAVIORAL HEALTH CLINIC

The Behavioral Health Clinic at the University of Arizona provides high quality individual therapy for a variety of anxiety and depression-related disorders to the Tucson community. Our treatment services are designed to provide effective psychological care in a compassionate environment.

ABOUT US



The Clinic

The Clinic is a training facility for advanced psychology trainees. We are dedicated to providing the highest quality treatments for our patients while providing the highest quality training for our graduate students as they learn evidence based psychological treatments.



The Therapists

Therapy services are provided by graduate students in the clinical psychology doctoral program at the University of Arizona.



The Supervisors

All therapists are closely supervised by UA licensed psychologists who have expertise in the delivery of evidence-based treatments.

TREATMENTS

The Clinic believes that the most effective treatments for anxiety and depression rely on the scientific method. Our therapists utilize evidence-based methods, including Cognitive Behavioral Therapy (CBT) and Acceptance and Commitment Therapy (ACT). CBT and ACT are empirically supported treatment for anxiety and depressive disorders.

- Our treatments take a learning-based approach in which you will learn and practice skills for weakening patterns of maladaptive thinking and behavior.
- Treatment is tailored to your specific needs, rather than being “one size fits all.”
- Treatments are brief (typically, 12-18 sessions) and intended to provide the tools needed to overcome your current distress.

APPOINTMENT DETAILS



Consultations

Initial consultation appointments are required for all patients, during which the clinician will conduct a detailed assessment and provide feedback and recommendations for a course of treatment. The consultation appointments help you and the clinician determine if the clinic is a good fit for your needs. If you and the clinician determine that you would benefit more from therapy elsewhere, we will provide referrals to resources in the community.



Therapy

If the treatment recommendations align with what the training clinic offers, you will be matched with a clinician for therapy, in-person or via telehealth. Therapy appointments are generally weekly, 50-minutes in length and cost \$25 per session.

Want to learn more?

If you are interested in becoming a patient at the clinic or learning more start by filling out a patient interest survey!

Follow the QR code or go to: <https://redcap.link/uabhc>

