



HEALTH PSYCHOLOGY SERVICES

THE HEALTH PSYCHOLOGY TEAM IS supervised by licensed clinical psychologists with expertise in research and clinical application of health and medical psychology. Services are provided on a sliding fee scale, which allows clients to receive state of the art treatment at a fraction of the cost.



CLINICAL PSYCHOLOGY CENTER
Arizona State University
Psychology Building, 2nd floor, Suite 289
480.965.7296
<http://psych.la.asu.edu/research/ccenter/index.html>



The Clinical Psychology Center (CPC) at Arizona State University provides services to help those with chronic illness or stress-related symptoms better manage their conditions. The CPC embodies a mind/body approach to treatment with an awareness of how behavior and attitude can affect health. The CPC provides individual and group therapy to promote positive lifestyle, behavior, and attitude changes to improve both physical and mental health.

Services can assist in:

- ▶ Changing factors or situations (such as lifestyle, diet, or stress) that contribute to symptoms
- ▶ Communicating more effectively with health care professionals
- ▶ Regaining a sense of control and well-being
- ▶ Reducing the severity of medical symptoms

If you are coping with any of the following, you may benefit from visiting the CPC:

- ▶ Headache/migraine, back pain, or other chronic pain symptoms
 - ▶ Stress related to a cancer diagnosis
 - ▶ Depression or anxiety associated with adjusting to a medical diagnosis
 - ▶ Fatigue or other difficulty sleeping
 - ▶ Any medical condition complicated by stress
- 