

COUNSELING/PSYCHOLOGICAL RESOURCES

Northern Illinois University

COUNSELING AND STUDENT DEVELOPMENT CENTER, 200 Campus Life Building, 753-1206

Fees: No fees for counseling services; variable testing fees, no show charge of \$25

Hours: 8:00am-4:30pm, Monday-Friday

Emergency Assistance after hours: call 753-1206 and the automated system will provide you with Prompts, or call 753-1212 for Campus Police.

Description of Services:

Individual and group counseling for a broad range of personal concerns. Educational counseling services include assistance with study skills and test anxiety. Assessment of drug and alcohol abuse is available.

COUNSELING LABORATORY, 416 Graham Hall, 753-9312

Fees: No charge

Hours: One can contact the lab by phone on: Monday & Thursday 9:00am-7:00pm or
Tuesday & Wednesday 10:00am-2:00pm

Appointments: Seen by practicum counselors on an appointment basis.

Description of Services:

Provide counseling services to NIU students, faculty, and staff, as well as the local DeKalb community. We provide general evaluations, assist with relaxation techniques, communication skills, relationship skills, self-esteem skills, and the like. When appropriate, we can offer referrals. All counselors are graduate level students supervised by members of the Counselor Education Faculty.

FAMILY CENTER, 161 Wirtz Hall, 753-1684

Fees: Sliding scale fee system

Hours: Open Tuesday thru Friday

Description of Services:

Individual, couple, and family counseling provided for a variety of issues. Counseling is provided by graduate students under the supervision of approved American Association for Marriage and Family Therapy (AAMFT) therapists.

PSYCHOLOGICAL SERVICES, Psych/Computer Building (ground level), 753-0591

Fees: A sliding fee scale is used, based on income and number of dependents; first session free

Hours: Monday 12:00pm-8:00pm; Tuesday 11:00am-7:00pm; Wednesday-Friday 9:00am-5:00pm

Description of Services:

Individual, couples, family, and group psychotherapy. Intellectual, personality, and academic assessments are available. Clients are generally seen by advanced level graduate students and supervised by licensed psychologists (faculty). Services are tailored to meet client's specific needs.