



NORTHERN ILLINOIS UNIVERSITY

**Psychological Services Center**

*College of Liberal Arts and Sciences*

# Child and Family Services

at the  
Psychological  
Services  
Center





## Knowledgeable Faculty

Our supervising faculty are child clinical and school psychologists who have expertise in assessment and treatment of:

- Learning problems, poor attention, oppositional and aggressive behavior.
- Emotional problems like anxiety and depression.
- School refusal.
- Autism spectrum disorder, developmental delay and intellectual disabilities.
- Problematic relationships with peers and teachers.
- Problems in the family or marriage.

We work with families from diverse backgrounds and help parents learn to manage difficult child behavior. We provide parent support and school consultation.

**Our faculty have diverse areas of interest and expertise in the child and family domain.**



## **Finding a Service That's Right for You**

Services are provided by graduate students working on master's and doctoral degrees in clinical and school psychology. They are closely supervised by licensed and certified psychologists who are faculty at Northern Illinois University.

## **Looking for a Place to Get Help?**

Our child and family services are designed to treat children and adolescents with behavior problems at home or school, learning problems, excessive fears, bed-wetting, developmental delays or difficulties coping with changes in their families. We provide direct services to children and work with parents to help them cope with and manage their child's behavior.

## **Better Relationships**

We can help your family improve communication and cope with common challenges of family life.

**The initial meeting is a problem assessment session which is free of charge.**

## **Behavior Management**

The Psychological Services Center (PSC) provides services for parents and children struggling with behavior management as well as emotional and relationship issues in the family. The PSC also offers parent education focusing on behavior management, support and effective communication. We can work with you to deal with your child's self-control or defiance issues and help your child to develop age-appropriate peer interaction skills that help build friendships.

## **School Services**

Our clinicians can also consult with your child's teachers and school personnel to facilitate development of Individualized Education Plans, classroom behavior management issues and home-school communication. We have worked with families in DeKalb County, the western suburbs of Chicago, Rockford and the surrounding northern Illinois area.

The initial meeting is a problem assessment session which is free of charge.

## **We are With You Every Step of the Way**

The first step in seeking help from the PSC is to call for an appointment. Our office manager will ask you some questions about the problems you are having, and an appointment will be scheduled. The initial meeting is a problem assessment session which is free of charge. This first appointment is used to get a better understanding of the specific concerns you have about your child. We will also ask you general questions about your family and your child's development. This initial meeting helps us tailor services that would most help you and your child.



## If you have ever asked yourself:

- How many times do I have to say something before my child listens?
- Why won't my child do their homework?
- Why does my child behave the way they do?
- How can I help my child improve their grades?
- How can I communicate with my child's teacher about what they need?
- How can I control my child's temper tantrums in public?
- Am I the only parent who has a difficult child?
- Why do some discipline techniques work for some parents, but not for me?

**We can help. Give us a call to schedule an appointment.**

# Let Us Introduce Ourselves!

Psychological Services Center Child and Family Services at Northern Illinois University provides a variety of services to community residents.

## Hours of Operation\*

Monday: Noon to 8 p.m.

Tuesday: 11 a.m. to 7 p.m.

Wednesday, Thursday, Friday: 9 a.m. to 5 p.m.

\*Hours are slightly reduced in the summer months.

Contact us at

**815-753-0591**

or on the web at

**[niu.edu/psychology/resources/psc](http://niu.edu/psychology/resources/psc)**

Located at 100 Normal Road  
(Normal Road and Lincoln Highway)  
DeKalb, IL 60115



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