



Psychological Services Center



NORTHERN ILLINOIS UNIVERSITY

Psychological Services Center

College of Liberal Arts and Sciences





Who We Serve

The Psychological Services Center provides mental health services to citizens of northern Illinois. Our clients range in age from young children to older adults. Our sliding fee scale allows us to provide services regardless of ability to pay. Individuals seeking our services are typically experiencing such problems as anxiety, depression, low self-esteem, low achievement at school or work, and interpersonal or family conflict. Children and adolescents may also be experiencing behavior problems at home or school, learning problems, excessive fears, bed-wetting, developmental delays or difficulties coping with changes in their families.

Services Offered

We offer a wide variety of psychological evaluation and psychotherapy. Evaluations may include diagnostic interviews and formal psychological testing. And for children, we offer school-based observations and consultation with teachers and other school personnel. We offer individual, couples, family and group psychotherapy. We also provide parent education, play therapy and other therapies for children. We can help people learn relaxation techniques and other methods of managing stress.

Our Staff

Graduate students working on masters and doctoral degrees in clinical and school psychology provide most direct services. They are closely supervised by licensed and certified psychologists on the Northern Illinois University faculty.

How to Get Started

The first step in getting help from the Psychological Services Center is to call for an appointment. Our office manager will talk with you on the phone and ask a few questions about the problems you're having. Usually an appointment will be set at that time. The initial meeting is a problem assessment session, typically occurring within one week. There is no charge for this session.

In this first session, you'll be asked to describe in more detail the problems you're having. We'll also ask you to tell us about yourself more generally — your family, social life and background. We'll tell you about how the Psychological Services Center operates. This exchange of information should help both you and the Center determine the kinds of services that would help you most.

When to Get Help

Everyone faces difficult periods and problems. Often, we are able to handle difficulties and the feelings that accompany them on our own. At times, however, it is beneficial to get professional help to find new solutions to problems and to learn new ways of coping. If your thoughts, feelings or behavior are causing distress or reducing your ability to function well, professional help may aid you in making changes in yourself and your circumstances. If you are concerned about your child's welfare and development, psychological services can help pinpoint the problem and work with your child, your family and your child's school to make positive changes.



What Happens in Psychotherapy?

Psychotherapy involves a working relationship between the therapist and client(s). People benefit most from therapy when they are willing to speak openly about themselves, are open to some new ideas and are willing to try out new behavior. Therapists at the Psychological Services Center use a wide variety of approaches that they tailor to an individual's needs. Looking at patterns of thinking and behavior, and also learning to recognize feelings and how to use them effectively are common in therapy. Setting up personal goals, evaluating options and maintaining motivation for change are also frequent processes.



Our Standards for Service

Quality Care. We try to provide you with the best services possible. We invite you to participate actively in determining your goals and evaluating our services.

Confidentiality. Protecting your privacy is one of our strongest commitments. Except in certain emergencies, information about you will not be shared with anyone outside of the Psychological Services Center without your explicit written permission. We will carefully explain to you the kinds of emergency situations that require disclosure. Following rules of confidentiality is both an ethical principle and a legal requirement for psychologists.



Location

We are located on Normal Road, just north of Lincoln Highway, on the Northern Illinois University campus. Reserved parking is available nearby with a permit that we provide. Our building is wheelchair accessible.

Hours of Operation

Monday: Noon to 8 p.m.

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

Wednesday: 9 a.m. to 5 p.m.

Thursday: 9 a.m. to 5 p.m.

Friday: 9 a.m. to 5 p.m.

Summer Hours:

Monday: Noon to 8 p.m.

Tuesday: 10 a.m. to 6 p.m.

Wednesday: 9 a.m. to 5 p.m.

Thursday: 9 a.m. to 5 p.m.

Friday: 9 a.m. to 5 p.m.

To learn more about the Psychological Services Center, the services offered or to make an appointment, call 815-753-0591.



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