

UPC News

June 2017

Welcome to our second edition of the University Psychology Clinic's (UPC) newsletter.

For more information please do not hesitate to contact us on 6226 2805 or psy.clinic@utas.edu.au or visit our webpage at www.utas.edu.au/psychology-clinic.

What's new at the University Psychology Clinic (UPC)

A new cohort of provisional psychologists commence at UPC in Semester 2 July - December.

Short wait times for therapy referrals.



Current Wait Times

Therapy services
Adult & Child: availability from July, 2 - 4 weeks wait time

Cognitive Assessment services
Adult: 4-6 months; Child: approx. 12 months

Group Programs

Semester 2, 2017:

- [Managing Your Sleep \(September\)](#)
- [Cool Kids® Anxiety Management Program \(September\)*](#)
- [Cool Little Kids® Anxiety Prevention Program \(October\)*](#)

**See flyer & info sheets attached*

Contact us

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Email: psy.clinic@utas.edu.au

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About UPC

- UPC is a training clinic for postgraduate clinical psychology students (provisionally registered psychologists)
- Supervised by experienced clinical psychologists
- UPC provides free specialist clinical psychology services for children and families, adults and older adults in the community.
- Evidence-based assessment and therapy services are provided for common mental health issues such as anxiety and depression.
- Cognitive assessment (referral required)
- All client sessions are videorecorded for the purpose of training.