



Psychology Clinic (UTPC)

Frequently Asked Questions

Do I have to be a student to receive services?

No; the UTPC provides services to all community members, including students.

What is the process for scheduling an appointment?

Clients seeking services should first contact the UTPC to schedule a brief phone screening; call 419.530.2721. This initial interview is used to collect information and ensure the client's presenting issues fit well with the training needs of our doctoral student clinicians. Each client deemed a good fit will be assigned to a doctoral student clinician and supervising psychologist. If the UTPC has a wait list, clients will be placed on the list and provided regular updates.

Who will my clinician be?

The UTPC is a training clinic. Clinical services are delivered by doctoral student clinicians under the close supervision of expert faculty who are licensed clinical psychologists. Typically, clients and clinicians are matched based on the presenting issues and availability of clinicians. Clients are assured the highest degree of confidentiality and professionalism.

Do you provide medication treatments?

No; the UTPC provides non-medication treatments, and, if clinically indicated, provides referrals for psychotropic medication evaluation.

What should I expect during my first session?

Although there are exceptions, typically, the first session includes you getting to know your clinician and answering questions about your presenting concerns, symptoms, functioning and history. You also will complete several questionnaires about your mood, stress, anxiety and behavior. The entire process of identifying a problem list and treatment plan will be a collaborative one with your clinician.

Does the UTPC accept insurance? What are the fees?

The UTPC does not participate on insurance panels. There is an income-based, sliding fee scale aimed at being cost-effective for all clients. We accept cash or check payments at the time of each service.

The University of Toledo Psychology Clinic Interim Co-Directors

Sarah Francis, PhD, Peter Mezo, PhD

Faculty Supervisors and Clinical Psychologists

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SERVICES

Treatment

- Non-medication outpatient psychotherapy for individuals, couples and families
- Brief and longer-term cognitive behavioral treatments for emotional and behavioral difficulties
- Acceptance-based behavioral therapies

Assessment

Diagnostic, cognitive, academic, personality, and pre-surgical assessment and evaluation.

Education

Psychological and educational workshops and programming for organizations and groups

Specialty Clinics

- Child and Adolescent Anxiety and Stress Clinic
- Post-traumatic Stress Disorder Clinic

LOCATIONS

- The University of Toledo
Psychology Clinic
University Hall Room 1600
2801 W. Bancroft St.
Toledo, Ohio 43606-3390

CLIENTS SEEN

- Children and adolescents between 7-17 years of age
- Adults 18 and older
- Individuals, couples and families

CONCERNS WE CAN ASSESS AND TREAT

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| • Adjustment difficulties | • Self-injury |
| • Anxiety | • Stress |
| • Borderline personality disorder | • Stress secondary to medical diagnoses/illnesses |
| • Depression | • Trauma |
| • Emotional distress | • Relationship problems |
| • Grief | |
| • Repetitive behaviors and tic disorders | |

CONTACT INFORMATION

Please call

419.530.2721

for more information and/or to schedule a brief screening intake.

