

UQ Psychology Clinic

UQ Psychology Clinic

Open Monday – Friday
8:30am – 4:30pm

After-hours appointments also available

T 07 3365 6451

F 07 3365 4466

W clinic.psychology.uq.edu.au

E psyclinic@psy.uq.edu.au

The clinic does not provide walk-in, crisis or emergency services.

If you need urgent emotional support, you can call any of the following helplines:

Lifeline 24-hour Counselling & Crisis Support
13 11 14

Beyond Blue Support Service
1300 22 4636

Kids Helpline
1800 55 1800

Therapy and Counselling Services

UQ Psychology Clinic

Therapy and Counselling Services

At the UQ Psychology Clinic, we offer high-quality counselling and therapy at an affordable price.

Treatment at the UQ Psychology Clinic is provided by Provisional Psychologists who are currently undertaking advanced postgraduate study in Psychology (including Masters, Professional Doctorate, and Doctor of Philosophy degrees). All Provisional Psychologists are provisionally registered with the Psychology Board of Australia, and receive regular professional supervision from fully qualified, senior Psychologists with expertise in a range of areas.

When you visit us, we will:

- Provide comfort and support
- Help to manage your symptoms
- Give insight into your condition
- Teach strategies to help you cope better
- Build a clear plan of action for recovery

What to expect

During your sessions with us:

- You will get to talk about what you are experiencing
- Together, we will agree on goals for therapy
- We will begin putting together a treatment plan based on your needs
- We will give you helpful techniques and strategies to use until the next session
- Subsequent treatments will continue as planned until we reach your goals (a standard treatment plan typically lasts for about 12 sessions)
- Once your sessions are completed, we will talk about possible relapse-prevention strategies

What you can do

If you are seeking support, we recommend you take the following steps:

1. Call the UQ Psychology Clinic on 07 3365 6451 or email psyclinic@psy.uq.edu.au
2. Ask to be placed on the waitlist to see one of our Provisional Psychologists
3. In the meantime, explore our website and online content via: clinic.psychology.uq.edu.au
4. Talk to family and close friends about how you are feeling

What it costs

Individual, couple, group & family therapy:

- Standard \$40/hour
- Concession \$25/hour

No Medicare healthcare plan required.

Where to find us

UQ Psychology Clinic
25 Upland Road
St Lucia QLD 4072



What we can treat

We use evidence-based treatments to assist with a range of concerns, such as:

- Anxiety & panic
- Grief & loss
- Depression
- Relationship difficulties
- Stress & burnout
- Significant life transitions
- Sleep issues & insomnia
- Weight, eating & lifestyle issues
- Managing personal health
- Fears & phobias
- Caregiving issues
- Chronic pain
- Behavioural problems

What we can achieve

We strive to achieve the following benefits for our clients:

- Enhanced psychological wellbeing
- Reduced negative thoughts and feelings
- Improved quality of life
- Boosted confidence and self-esteem
- More effective coping strategies