

COUNSELING CENTER FOR OLDER ADULTS



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NSU's Psychology Services Center
Maltz Building
3301 College Avenue
Fort Lauderdale, Florida 33314-7796
(NSU Fort Lauderdale/Davie Campus)
(954) 262-5730 | nova.edu/ncco



College of Psychology
NOVA SOUTHEASTERN UNIVERSITY



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WHAT WE OFFER

The **Nova Southeastern University (NSU)** Counseling Center for Older Adults welcomes adults ages 55 years or older who are interested in developing more effective ways of managing the difficult situations and challenges that can occur in life. The overarching goal of the program is to help our clients age as well as possible, which includes maximizing their quality of life and level of functioning.

We can help you with

- adjustment issues
- anxiety
- bereavement issues
- depression
- disease management strategies
- family problems
- improving quality of life
- loneliness
- relationship problems
- stress management

ASSESSMENT

All new clients receive a comprehensive assessment to determine their level of emotional, social, and cognitive functioning.

Once the assessment phase is completed, your therapist will review the results and desired therapy goals and make treatment recommendations.

THERAPY GOALS AND TREATMENT

Treatment recommendations are based on your interview, assessments, and therapy goals.

You will determine your own therapy goals in collaboration with your therapist.

Therapists are trained to offer a variety of options, including cognitive therapy, behavioral therapy, and supportive therapy. Other forms of therapy may be implemented when appropriate.

FREQUENTLY ASKED QUESTIONS

WHAT ELSE SHOULD I KNOW?

Individual therapy is the primary modality used to serve our clients. In this method, the client and therapist meet regularly to work on the client's therapy goals. Between sessions, the client may be asked to complete homework assignments, write in a journal, or engage in other therapeutic activities. Research has proven that individual therapy is effective with older adults in the treatment of a variety of difficulties, including depression, anxiety, and bereavement.

Other therapy modalities can include

- couple therapy
- family therapy
- group therapy

FEES AND HOURS

NSU provides services at affordable rates.

Services are by appointment only.

Monday–Thursday, 9:00 a.m.–9:00 p.m.

Friday, 9:00 a.m.–5:00 p.m.

APPOINTMENTS

Call (954) 262-5730, or reach the program directly at (954) 262-5843.

DIRECTOR

Ashley Stripling, Ph.D.

Visit nova.edu/hccoa for more information about the clinic director.

NSU's Psychology Services Center is a state-of-the-art facility where providers are supervised by highly qualified, licensed professionals.

Services are available to individuals regardless of race, color, sex, age, nondisqualifying disability, religion or creed, sexual orientation, or national or ethnic origin.