

HEALTHY LIFESTYLES



HEALTHY LIFESTYLES GUIDED SELF-CHANGE CLINIC

NSU's Psychology Services Center
Maltz Building
3301 College Avenue
Fort Lauderdale, Florida 33314-7796
(NSU Fort Lauderdale/Davie Campus)
(954) 262-5922 | nova.edu/gsc



College of Psychology
NOVA SOUTHEASTERN UNIVERSITY **NSU**
Florida

Nova Southeastern University is accredited by the Southern Association of Colleges and Schools Commission on Colleges to award associate's, baccalaureate, master's, educational specialist, doctorate, and professional degrees. Contact the Commission on Colleges at 1866 Southern Lane, Decatur, Georgia 30033-4097 or call 404-679-4500 for questions about the accreditation of Nova Southeastern University. • Nova Southeastern University admits students of any race, color, sexual orientation, gender, gender identity, military service, veteran status, and national or ethnic origin. 05-011-19RNK

NSU
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WHAT WE OFFER

Nova Southeastern University (NSU) offers confidential assessment and treatment for those 14 and older. Our program is unique, evidence-based, and delivered through outpatient professional services. All services are available in English and Spanish. Ofrecemos todos los servicios en español.

Our goal is to motivate people to guide their own change. To accomplish this, we provide

- individualized sessions
- guidance and support to help you achieve your goals
- educational information and personalized feedback

The program is especially appropriate for individuals who have problems that are not severe.

ARE YOU THINKING ABOUT

- leading a healthier lifestyle
- changing your drinking
- quitting tobacco products or ecigarettes
- dealing with sleep difficulties
- quitting gambling
- losing weight
- changing your drug use
- reducing your Internet or video game use

Our program helps you

- evaluate lifestyle choices
- set goals
- strengthen your motivation and commitment to change
- identify your own strengths and resources
- guide your own change
- identify and overcome obstacles to change

PROGRAM ACCOLADES

Our empirically supported treatment has been recognized in the Surgeon General's report *Facing Addiction in America* (November 2016) as an appropriate treatment for individuals who have mild alcohol or drug problems.

Established in 1984, our cognitive behavioral motivational approach has been evaluated positively in the United States, Canada, Mexico, and Sweden.

FEES AND HOURS

NSU's Psychology Services Center is a fee-for-service facility that provides services at affordable rates.

Services are by appointment only.
Monday–Thursday, 9:00 a.m.–8:00 p.m.
Friday, 9:00 a.m.–5:00 p.m.

APPOINTMENTS

We provide three options.

- Visit us online at nova.edu/gsc.
- Email gsc@nova.edu.
- Call (954) 262-5922.

DIRECTORS

Linda C. Sobell, Ph.D., ABPP
Mark B. Sobell, Ph.D., ABPP

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.

