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

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.

nova.edu/healthcare
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.