

INTENSIVE PSYCHODYNAMIC PSYCHOTHERAPY CENTER



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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/dynamictherapy



College of Psychology
NOVA SOUTHEASTERN UNIVERSITY



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NSU Florida

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UNIVERSITY

INTENSIVE PSYCHODYNAMIC PSYCHOTHERAPY CENTER



WHAT WE OFFER

The **Nova Southeastern University (NSU)** Intensive Psychodynamic Psychotherapy Center provides diagnostic and intensive treatment services to adults who would benefit from such treatment. A greater frequency of sessions and a lengthier therapeutic experience is possible. Dynamic therapy allows the patient and therapist to look at the present and the past and foster a more adaptive, gratifying, and productive future.

FREQUENTLY ASKED QUESTIONS

WHAT IS PSYCHODYNAMIC PSYCHOTHERAPY?

A treatment modality that aims to gain a better appreciation of your personal and interpersonal experiences. This approach is based on the truism: "One who does not understand the past is condemned to repeat it."

WHAT DOES THE PAST HAVE TO DO WITH MY PROBLEMS NOW?

Early relationships influence the people we become, our ways of interacting with others, and our views of the people around us. Gaining insight into our behaviors by becoming more aware influences our ability to become more productive at work, more relaxed during recreation, and more balanced in our social lives.

WHO CAN BENEFIT FROM THE TREATMENT?

People who would like to gain a greater understanding of themselves and how they relate to others would benefit. Seeking help is a sign of good mental health and suggests a willingness to assume responsibility for one's behavior, as well as a greater capacity to live a mature, dependable, reliable, and autonomous life.

WHAT IS THE BENEFIT OF COMING IN TWICE A WEEK?

Treatment is more effective, allowing patients to develop greater understandings of their current difficulties and providing for long-lasting growth and psychological development.

WHAT FORMS OF THERAPY ARE OFFERED?

Approaches include

- individual therapy
- couple therapy
- group therapy

HOW DOES IT WORK?

During sessions, the patient is encouraged to reflect on past experiences and to become increasingly introspective to gain a better understanding of his or her needs, wishes, values, and desires. All information shared in treatment is confidential. Patients often report personal thoughts, feelings, fantasies, and dreams that can lead to greater awareness of the magnitude of their core conflicts. By being a sympathetic listener and empathetic facilitator, the therapist accompanies the patient on this voyage of self discovery and personal growth.

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) 262-5845.

DIRECTOR

Bady Quintar, Ph.D., ABPP

Visit nova.edu/dynamictherapy 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.