

# PSYCHOLOGICAL SERVICES FOR THE EMOTIONALLY DISTRESSED



## PSYCHOLOGICAL SERVICES FOR THE EMOTIONALLY DISTRESSED

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/psed](http://nova.edu/psed)**



College of Psychology  
NOVA SOUTHEASTERN UNIVERSITY



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**NSU**  
Florida  
NOVA SOUTHEASTERN  
UNIVERSITY

## PSYCHOLOGICAL SERVICES FOR THE EMOTIONALLY DISTRESSED



### WHAT WE OFFER

The **Nova Southeastern University (NSU)** Psychological Services for the Emotionally Distressed (PSED) program serves adolescents (ages 14–18) and adults who are distressed as a result of disturbances in their mood or patterns of thinking. We focus on understanding the subjective experience of our patients and collaborating with them toward a better understanding of themselves, improving their capacity to cope.

Symptoms that may prompt people to contact our program include

- depression or mania
- hallucinations or delusions
- feeling like thoughts or behaviors are out of control
- difficulties in relationships
- frequent mood swings or difficulties regulating emotions
- social isolation or withdrawal
- difficulties performing daily activities
- unusual behaviors or beliefs that are risky or distressing

### SERVICES

- individual psychotherapy
- group psychotherapy
- family therapy
- couple therapy
- psychological testing (as needed, to inform treatment)

The primary approaches that inform our individualized work with clients include contemporary relational psychodynamic therapy, trauma-informed therapy, dialectical behavior therapy (DBT), cognitive therapy, and existential therapy.

### FREQUENTLY ASKED QUESTIONS

#### DO YOU OFFER ADDITIONAL SERVICES?

Yes. Consultation services are available for medical personnel, professional agencies, educators, and school personnel in South Florida.

Please contact the program coordinator at (954) 262-5834 for more details.

#### 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) 262-5834.

#### DIRECTOR

Jennifer Davidtz, Ph.D.

Visit [nova.edu/psed](http://nova.edu/psed) 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.

