

ANXIETY TREATMENT 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/anxiety



College of Psychology
NOVA SOUTHEASTERN UNIVERSITY



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WHAT WE OFFER

The **Nova Southeastern University (NSU)** Anxiety Treatment Center provides specialized, evidenced-based treatments for adults (ages 18+) with the following conditions:

- social anxiety disorder
- panic attacks/panic disorder
- excessive worry
- agoraphobia
- specific fears and phobias
- obsessive compulsive disorder (OCD)
- body dysmorphic disorder
- hair-pulling disorder (trichotillomania)
- skin-picking (excoriation) disorder
- tic disorders

We also treat individuals with anxiety who have experienced trauma, have PTSD, or have mood disorders, such as depression.

FREQUENTLY ASKED QUESTIONS

HOW DOES THE THERAPY WORK?

Therapy usually consists of three evaluation sessions, followed by weekly, individual sessions. If needed, sessions may be conducted more frequently. Family members and significant others are sometimes included at the client's request. You and your therapist will work together to determine therapy goals, session agendas, and length of therapy.

WHAT CAN I EXPECT?

Your therapist will not only teach you skills, but help you learn how to use the skills outside of sessions in your daily life. You will learn how to

- better manage and tolerate anxiety
- learn new, healthy coping skills while reducing unhealthy or unhelpful behaviors
- face anxiety-provoking situations
- identify and challenge unhelpful thinking
- modify beliefs or behaviors that maintain your anxiety

Our therapists are specifically trained in several evidence-based treatments, such as cognitive behavioral therapy (CBT), acceptance and commitment therapy (ACT), and exposure-based treatments. You and your therapist will discuss which treatment option(s) may be the best fit for you.

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) 262-5822.

DIRECTOR

Kayla Thayer, Ph.D.

Visit nova.edu/anxiety 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 in their fields.

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