



UNIVERSITY of  
TASMANIA

**College of Health  
& Medicine**

*University Psychology Clinic*

# UPC News

**4 February 2019**

For more information please do not hesitate to contact us on 6226 2805 or [psy.clinic@utas.edu.au](mailto:psy.clinic@utas.edu.au) or visit our webpage at [www.utas.edu.au/psychology-clinic](http://www.utas.edu.au/psychology-clinic).



## What's new at the University Psychology Clinic (UPC)

Short wait times for therapy services currently!!

Wait times for therapy services are currently very short, approximately 1 week, with 22 provisional psychologists available four days per week to provide free evidence-based assessment and therapy services to the community.

We implement a Cognitive Behavioural Therapy (CBT) model of therapy at UPC and provide services for many common mental health issues experienced by children and adults including, anxiety and depression, sleep problems and childhood behavioural issues.

Clients can self-refer by calling or emailing our friendly administration staff, Sue and Jess.

## Cool Kids ® Anxiety Prevention and Management Group Programs

Our Cool Kids® (for parents + children aged 8-12 years) and Cool Little Kids® programs (for parents of children aged 3-7 years) will be running on the following dates in Semester 1 2019:

- Cool Kids® Tuesday program 30 April - 2 July
- Cool Kids® Wednesday program 1 May - 3 July
- Cool Little Kids® Monday program 29 April - 3 June
- Cool Little Kids® Wednesday program 1 May - 5 June



Registrations close on 15 March for Cool Kids® and 22 March for Cool Little Kids ®

For further details, information sheets, flyers and registration, please go to the Groups tab on the UPC Website at: [www.utas.edu.au/psychology-clinic](http://www.utas.edu.au/psychology-clinic)

## Current Wait Times Therapy

Therapy referrals have a short wait time at UPC and clients will generally be contacted within one week to arrange an intake appointment. We recommend clients contact us directly by phone or email to self-refer for therapy.

Therapy services Wait times  
Adult: 1-2 weeks  
Child & Family: 1-2 weeks

## Current Wait Times Assessment

### **Adult Cognitive Assessment services - referrals open**

We currently have a 6 month wait time for cognitive assessments for adults.

Please note: a referral from a health or education professional is required for cognitive assessment and a referral form can be found at our website (see details below).

**Child Cognitive Assessment Services - Referrals Closed Currently - to be reviewed in June 2019 - see website for updates.**

## Contact us

Location: Clark Road, Sandy Bay Campus

Phone: (03) 6226 2805

Email: [psy.clinic@utas.edu.au](mailto:psy.clinic@utas.edu.au)


Webpage: [www.utas.edu.au/psychology-clinic](http://www.utas.edu.au/psychology-clinic)

Fax: (03) 6226 7249

Post: Private Bag 30, Hobart, Tasmania, 7001

## About UPC

- UPC is a training clinic for postgraduate clinical psychology students (provisionally registered psychologists).
- Supervised by experienced clinical psychologists

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- UPC provides free specialist clinical psychology services for children and families, adults and older adults in the community.
  - Evidence-based assessment and therapy services are provided for common mental health issues such as anxiety and depression.
  - Cognitive assessment (referral required)
  - All client sessions are videorecorded for the purpose of training.
  - We are unable to see clients requiring immediate support or crisis intervention; clients with complex and chronic mental health issues or clients requiring services for medico-legal purposes.
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