

# About the Family Life Center

The Family Life Center is a training center for graduate students in the Department of Counseling and Human Services at St. Mary's University. Quality counseling for individuals, couples and families is provided on a sliding scale. Clients receive the highest quality of services from clinicians-in-training under the supervision of University faculty. Spanish-speaking clinicians also are available upon request.

Clients interested in scheduling an appointment can simply call the Family Life Center (438-6411) and provide some basic information. Appointments can often be scheduled within one week, and sessions are conducted in a comfortable setting in a residential area near the campus of St. Mary's University.

## Cost of Therapy Services

In order to accommodate the needs of clients with limited resources, the Family Life Center offers high quality services on a sliding scale based on a client's household income and personal financial situation. Fees are determined when a client's first therapy session is scheduled.

## Common Issues Addressed

### For Adults

- Couple relationship problems
- Premarital counseling
- Communication skills
- Divorce recovery
- Depression
- Career Planning
- Managing stress
- Grief

### For Children and Adolescents

- Parenting challenges
- Family conflict
- Behavior problems
- Depression
- Anxiety
- Peer relationships
- School challenges
- Attention deficit and hyperactivity



## Additional Services Available

In addition to quality counseling for individuals, couples, and families, the Family Life Center also provides these special services:

### Play Therapy

Play is a natural way for children both to learn from and communicate with adults. Research has shown that play is an essential part of child development. Through play, children can learn creativity, self-control, emotional expression and social skills. There are many different therapeutic treatment modalities for children referred to as play therapy that are utilized by family therapists, social workers, counselors and other mental health professionals. All of these methods use play as a way of engaging children in the therapeutic process. Also, because children learn and process experiences

through play, play therapy is utilized to communicate with children and help them with a wide variety of issues.

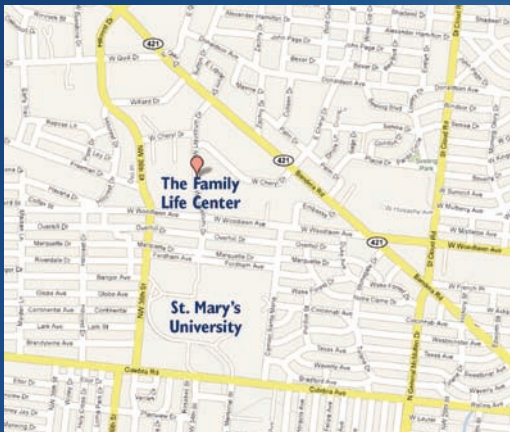
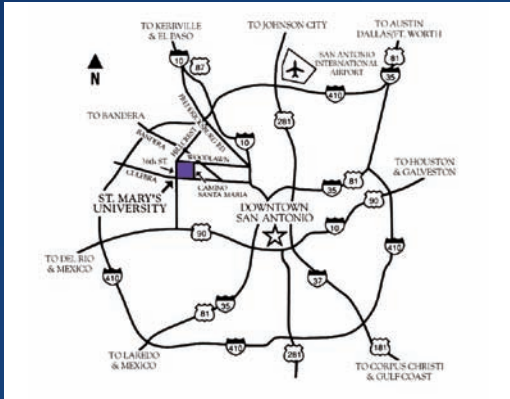


## Neurofeedback Training

Neurofeedback training (NFB) is a cutting-edge approach used to treat a wide variety of issues in adults and children, such as depression, anxiety, sleep disturbances, Attention-Deficit Hyperactivity Disorder (ADHD) and autism spectrum disorders. Operating somewhat like a video or computer game, NFB alters the client's brainwaves by rewarding the client with points, sounds or visual images on the computer screen when "healthy" brainwaves are produced. Research has found NFB to be an effective treatment for many issues, especially when utilized along with psychotherapy. Call for more information to find out if NFB might be a helpful treatment.

## Daytime and evening appointments are available except on University holidays

<b>Monday-Thursday</b>	<b>9 a.m. to 8 p.m.</b>
<b>Friday</b>	<b>9 a.m. to 4 p.m.</b>
<b>Saturday</b>	<b>9 a.m. to 1 p.m.</b>



# FAMILY LIFE CENTER

## Family Life Center Administrator and Director

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ST. MARY'S UNIVERSITY



Family Life Center

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Visit [www.stmarytx.edu/grad/counseling](http://www.stmarytx.edu/grad/counseling) and  
click on Family Life Center

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## St. Mary's University

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