

Services



Therapy

We proudly partner with the **Washington State Department of Veteran Affairs (WDVA) PTSD Counseling Program** to provide confidential, evidence-based treatment for PTSD and adjustment to civilian life at **no cost** for veterans and their family members.

Assessment

The WSU Psychology Clinic is contracted with the **National Veterans Legal Services Program (NVLSP)**, offering mental health evaluations in support of veteran's claims at no cost for qualifying veterans. Go to nvlsp.org/what-we-do/lawyers-serving-warriors

Who We Are

We are a not-for-profit community mental health outpatient clinic operated by the WSU Department of Psychology.

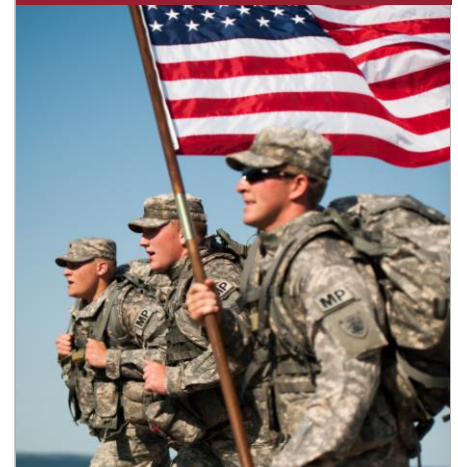
Our mission is fourfold:

- 1) Provide the highest quality training** for our advanced clinical doctoral students as they continue to master evidence-based assessment and psychotherapy practices.
- 2) Provide low-cost, evidence-based** psychological assessment and psychotherapy services for individuals and families in the Pullman, Moscow, and the greater Palouse region.
- 3) Promote research** to advance the assessment and treatment of mental disorders across the lifespan.
- 4) Promote and support education** about science-based, cutting-edge, psychological assessment and treatment practices to the broader mental health provider community.

WSU Psychology Clinic



Veterans' Services



**Johnson Tower 362
PO Box 644820
Pullman, WA 99164**

**Call us:
509-335-3587**

**After-hours crisis:
1-800-663-2810**

psychologyclinic.wsu.edu

PTSD

Signs of Post-Traumatic Stress Disorder (PTSD) or Post-Deployment Stress:

Changes in mood

- Anger, guilt, depression, or emotional numbness
- Thoughts of self-harm or suicide

Re-experiencing

- Nightmares, flashbacks, intrusive thoughts

Avoidance

- Avoidance of reminders of event
- Distance from friends or family
- Substance use

Hypervigilance

- Easily startled, anxious
- Difficulty relaxing or sleeping

Service Provision

Telehealth and **In-Person** Services are provided by clinical psychology doctoral candidates under direct supervision of licensed psychologists.

Clients must be in the State of Washington or Idaho during telehealth sessions.

What to Expect



Therapy is a **collaborative, non-judgmental** process.

You will work alongside your therapist to set **goals**, gain **insight**, find **meaning**, and practice **new skills**.

After returning from service, it can be challenging to share details with a stranger. It may feel like what you experienced wasn't "bad enough" to qualify. Maybe it has been a long time or you are ashamed that you haven't "gotten over it." You may have never shared it with another person.

We understand.

As a WDVA PTSD Counseling provider, our clinicians receive training on working with military veterans and families.

**Visit our
website**



Getting Started

Therapy:

- Call to schedule an intake
- At the intake, discuss your goals with a clinician and find the best fit for you
- Sometimes, this means a referral to other services

Assessment:

- Outside of our contract with WDVA and NVLSP, we provide assessment services for a sliding scale fee.
- Call for more information

Hours:

Mon:	9 am - 5 pm
Tues/Thurs:	9 am - 7 pm
Wed:	9 am - 4 pm
Fri:	9 am - 3 pm
Sat-Sun:	Closed

Summer Hours (May- July):

Mon/Wed/Thurs:	9 am - 4 pm
Tues:	9 am - 7 pm
Fri-Sun:	Closed