

WSU's psychology clinic offers help

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Contributing Writer

Those suffering from stress, depression, anxiety and other psychological troubles have a University resource to turn to. The Wayne State University Psychology Clinic offers counseling services for students and others coping with psychological and emotional difficulties.

Counseling and psychological therapy is provided for adults, couples, adolescents, children and families. Both short-term and long-term treatments are available, depending upon the nature of the problem. A wide range of testing and assessment ser-

vices are also offered, including intellectual, neuropsychological, personality and the assessment of learning disabilities.

The clinic is the training facility for the University's doctorate program in clinical psychology, and all treatment services are conducted by students in WSU's Ph.D. program in clinical psychology, under the supervision of clinical faculty. Trained clinical staff also conduct research on the origins and treatment of psychological problems.

Jennifer Gramzow, who supervises first-year graduate students in the program, said the clinic often sees students who are coping with performance anxiety, family conflicts, or

mood disorders such as loneliness, anger and depression.

"They sometimes come to us when there is a breakup of a relationship, or problems in a relationship," Gramzow said. "They may be experiencing loneliness or isolation. We treat some students who have trouble with performance anxiety, or they may be having problems keeping up with the demands of college."

Karin, 29, who prefers to remain anonymous, recently called the clinic because she felt she was having problems with inappropriate anger toward an ex-boyfriend. She spoke with the clinic coordinator, Kathy Lutz.

"I was surprised at how much time

she took with me during that first call," Karin said. "She seemed very interested in me and asked good, sometimes tough, questions to assess where I was. Just trying to explain why I wanted to make an appointment was the first step in better understanding myself."

Patients are seen by appointment only, said clinic office manager Anne Knox, because of the need for structure in the initial intake of patients.

"We cannot take walk-ins, because the patient's case must first be assessed by our clinic coordinator," Knox said. She also said that while health insurance is not accepted, fees are based on the client's ability to pay for services.