Many individuals need a little extra help sometimes. Some individuals may need the additional support provided by a therapeutic setting. Therapy provides these individuals with a safe, supportive and confidential environment where they can gain the support and skills needed to overcome their current concerns and problems. Some common themes of therapy include, but are not limited to:

- Depression or Anxiety
- Interpersonal or relational problems (loneliness, relationships, interpersonal violence)
- Academic concerns (poor performance, test anxiety, study habits)
- Career concerns
- Addictive Problems (substances, gambling, internet)
- Stress
- Problematic eating patterns

At VMPS, therapy is offered using a time-limited, structured format that utilizes evidence-based treatment procedures to insure the highest quality of care. Goals of treatment are set by patient and therapist at the onset of treatment. We do not prescribe medications, but will recommend and/or provide referrals if necessary for optimal care.

Vet Med Psychological Services is an outreach service of the Psychological Services Center, a training clinic in the Department of Psychology at Oklahoma State University.
SERVICES
The OSU Vet Med Psychological Services (VMPS) are available to students, faculty, and staff associated with the Center for Veterinary Health Sciences. Our services can be tailored to the needs of the students and can include the following:

- Individual Therapy
- Group Therapy
- Educational Seminar
- Psychological Assessments (ADHD, learning disabilities, etc.)

On occasion, it may be determined that our services are not suited to provide care that is appropriate for an individual's level of needs. If this occurs, we will work to locate a clinic or organization which will better meet the needs of the individual.

STAFF
The OSU VMPS associates are Neil Meyer and Maddison Lynn, doctoral students in the Clinical Psychology training program in the Psychology Department at OSU. Matt Alderson, Ph.D., Associate Professor of Psychology at OSU, provides supervision for the service.

FEES
All services will be billed for a flat rate of $5.00. Payment will be due at the time of service unless other arrangements have been made with the clinician. Payments may be made in the form of check, credit card, or charged to an individual's bursar account with the university.

APPOINTMENTS
To schedule an appointment or ask further questions about the services provided, please contact us at:

Email: vetmedpsyc@okstate.edu
Phone: (405) 744-6145

Due to the nature of our services, it may take some time before your call can be returned. Our website is:
www.vetmedpsyc.org

Address: McElroy Hall
Room 105A
Email: vetmedpsyc@okstate.edu
Phone: (405) 744-6145