

Australian College of Applied Psychology (ACAP) Clinic

The ACAP Clinic offers **FREE individual, and group based psychological services** offered by senior and later year students, Provisional Psychologists and Clinical Psychology students at the Australian College of Applied Psychology (ACAP). All students are supervised by board certified supervisors, who are experienced senior psychologists and academics. **We currently have space available without waiting** list.

The Clinic offers services to children, adolescents, and adults, with a wide range of individual and group therapy options. During the COVID lockdown, **fees are waived entirely**, and all services are being safely provided via telehealth. ***For your information, at other times-affordable options are provided for people accessing therapy - costing \$20 per individual therapy session, with fees waived entirely for students, people with Health Cards and others facing financial disadvantage.

Currently, senior students and Provisional Psychologists are offering **individual therapy, group programs** (social anxiety; mindfulness and compassion-based therapy*) and **psychometric testing**.

*The compassion-based therapy program is looking at issues such as self-criticism and esteem. This program might be particularly useful with those who have experienced trauma, parental criticism or acts of violence.

In addition, we have Master and Bachelor of Social Work students on placement with the Clinic – they work under supervision at the clinic to undertake counselling, therapy, advocacy, project work and research. This could include the development of a group program to meet a specific need; run advocacy workshops or a range of other services.

In coming months, we will also have Bachelor and Masters of Counselling students joining the Clinic; so our resources will be further boosted 😊.

If there are any questions about the individual or group programs, please do not hesitate to contact us.

Individual and group therapy spaces available with **no waiting list**, so if you have some children and adults or families in mind – please encourage them to refer or make a warm referral on their behalf.

Members of the public can self-refer to the ACAP clinic (no GP referral is necessary) and it's conveniently located in Sydney city (on level 11; 255 Elizabeth St at the Sydney ACAP campus), although all services are currently provided by Tele health because of the Covid lockdowns. In addition, we can consider outreach as a model of service delivery.

To book or for more information, visit [The ACAP Psychology Clinic website](#) or clients can refer or be referred by calling (02) 8236 8070.