

Queens College Psychological Center (QCPC), Clinical At Queens Doctoral Program, Dept. of Psychology, Queens College is offering the following programming, free to the community:

Cognitive Evaluations for older Adults (65+) If you have concerns about your, or a loved one's, memory, thinking, or attention, we may be able to provide an individual assessment of cognitive strengths and weaknesses. Evaluations include individually administered interviews and standardized tests. Evaluations are expected to be administered in-person (however some parts may be done via tele-assessment). One-on-one feedback will be provided, and results explained in understandable terms. Clients will receive a written report detailing performance and findings. (At this time client may speak more than one language but must be fluent in English to be evaluated). Recommendations tailored to individual needs will be provided. (Enrollment is limited)

Mindfulness Group for Girls (ages 14-17 years): A weekly group setting, which empowers teenage girls to understand emotions and ease stress. QCPC's "Mindfulness for Girls" Program seeks to teach a variety of science-based mindfulness practices to enhance stress management, social skills development, emotional intelligence, academic performance, and cognitive functions. Mindfulness is open, moment-to-moment awareness held without judgment, even when what is occurring may be unwanted. Mindfulness offers great benefits to health and well-being by shifting the nature and perspective of a teenager's relationship with their own experience. This group seeks to support young girls against the stresses of modern society and give them skills that will benefit them throughout their lives. A free screening is required. Referral information will be provided to girls whose needs may be best met through other services. Group meetings will be on Tuesday afternoons and take place on the Queens College campus. The first group meeting will tentatively be in March 2023 and the group will meet weekly for approximately 8 weeks, except for (April 11).

Geriatric Wellness Series: QCPC in association with the Pomonok Senior Center, will once again offer a wellness series this spring to develop & support healthy coping skills in older adults. Topics will include Mental Health & Depression; Communication & Maintaining Relationships; Pain Management; Coping with the "New COVID Normal"; Improving Sleep; Anxiety; Memory & Cognitive Aging.

Announcement: Clinical At Queens College Doctoral Program- Clinical Research Study. One slot available-no fee. Looking for a child between 3 and 10 years of age with a diagnosis of autism spectrum disorder, who also co-presents with a seizure disorder and who is vaccinated for COVID-19 to participate and in an in-home intervention research study. Participation will involve free provision of evidence-based social communication interventions by a licensed ABA therapist. The child will receive weekly treatment sessions for an estimated six-month duration. The treatment will target core skills reliably demonstrated to alleviate symptoms of autism and improve social relationships. Parents are asked to participate as well and will learn research-supported techniques for facilitating language and positive interactions with their child. Sessions will be scheduled at the family's convenience.

General program enrollment information: If you or someone you know is possibly interested in any of these offerings, please contact us as soon as possible (as enrollment is limited) at qcpc@qc.cuny.edu or 718-570-0500. Please, leave your name, phone number, and good times to reach you. We will return your call to answer questions, provide information, and complete a brief phone screening. Referral information will be provided to people whose needs may be best met through other services. All services are confidential and provided by advanced doctoral students in our Clinical Psychology Ph.D. Program at Queens College, Department of Psychology, City University of New York, who receive specialized training and are closely supervised by experienced and licensed clinical psychology faculty.

The Queens College Psychological Center (QCPC) offers compassionate, high quality, evidence-based, psychological services for children, adolescents, and adults. All services are confidential and available to the community regardless of ability to pay. We encourage families and individuals who have historically been denied opportunities to apply for our services. QCPC is located on the Queens College (City University of New York) campus at 65-21 Main Street, suite 170, Flushing, Queens 11367. For more information, please email QCPC@qc.cuny.edu or call at 718-570-0500. Visit us at <http://www.qc.cuny.edu/QCPC>