

IPC Services

Our approach involves active assessment and therapeutic processes that help individuals understand the thoughts and feelings that influence behaviors and focuses on helping people feel better and relate to others more effectively.

The IPC offers empirically supported assessment and treatment for children, teens, and adults with a range of presenting problems, located at our convenient, comfortable, state-of-the-art on-campus facility. Our focus is on helping people understand themselves better so that they can improve their sense of self and relationships with others.

Treatment is tailored to each individual following a collaborative consultation phase.

The MSU Psychological Clinic strives to meet two equally important missions. The first is to provide state-of-the-art evidence based treatments to the community in such a way that permits underserved populations to receive mental health care. The second is to provide high quality training to advanced doctoral and postdoctoral students.

The MSU Psychological Clinic embraces people of all backgrounds. Our model emphasizes respect for individuals and thoughtful consideration for the ways in which race, gender, sexual orientation, and other individual differences impact life experiences and are a part of therapy and wellness.

Fees are set based on family income level and/or specific provider level.



For more information or to schedule an appointment, contact the Clinic

Tel: 517-355-9564

Fax: 517-353-5437

Email or send text to email address: clinic@msu.edu
psychology.msu.edu/clinic/



The Interpersonal Problems Clinic

Specialized, evidence based psychodynamic services for adults and young adults



Directors: Alytia Levendosky, Ph.D. & Chris Hopwood, Ph.D.
psychology.msu.edu/clinic/

Who might benefit from our services?

What are interpersonal problems?

Our goal is to help you understand the patterns that are involved in your current and past relationships and the underlying feelings and experiences that might impact these patterns. We believe understanding these patterns will help you be in a better position to change the patterns and relationships that you would like to change.

What about other kinds of problems?

Most presenting problems involve relationships, but sometimes people want help with issues that are not obviously interpersonal, such as depression, anxiety or self-harming behaviors. Because each of these issues can be understood in an interpersonal context involving how you relate to others, our approach can be helpful for a range of individuals and difficulties.

How does the treatment work?

How do you assess interpersonal problems?

Assessment is a chance for you and your therapist to learn important things about yourself. During the initial meetings you and your therapist will decide which questions are most important for you, and you will use the assessments to answer those questions. We also use assessments at regular intervals throughout your therapy in order to see whether what we are doing is helpful to you, and change our approach as necessary.

What specific treatments do you use?

While we tailor treatments to your individual needs, our general approach is to combine collaborative assessment with evidence-based psychodynamic psychotherapy (see links at right). Our approach focuses on the expression and avoidance of emotions in relationships, including the relationship with the therapist, and tries to identify themes or patterns that connect past and current relationships. The goal is to help you become more aware of these patterns and factors that block important emotions, so that you can feel better and more flexibly choose how to relate to others.

Who provides services?

We are a team of doctoral trainees who are supervised by licensed faculty from the MSU Clinical Psychology program. Your therapist and their supervisor will discuss your case weekly in individual and group meetings, and the supervisor will watch videos of your sessions. The goals of this process are to help the therapist provide the best possible care for you and to help them develop their clinical skills.



Resources and Information

Collaborative Assessment

www.therapeuticassessment.com

Psychodynamic Psychotherapy

<http://cbtvpsychodynamic.com/Psychodynamic.html>