What We Do

The Center for Individual, Couple, and Family Counseling at UNLV is a full service counseling center providing quality, low-cost counseling to residents of the Las Vegas community. As part of the Greenspun College of Urban Affairs, the Center serves as a premier training facility for the Departments of Counseling, Psychology, and Educational Psychology at UNLV. Students working on advanced degrees in community counseling, marriage and family therapy, psychology, and school counseling work with clients under the direct supervision of professionally qualified UNLV faculty members.

Services Available

The Center provides counseling for those experiencing personal, marital, or family difficulties. The Center does not provide psychiatric evaluations, medications, substance abuse treatment, or become involved in court cases. Spanish-speaking services are available on a limited basis.

The Center offers low-cost counseling for:

- Anger Management
- Anxiety
- Career Decisions
- Child Behavior Problems
- Communication Problems
- Coping Skills
- Depression
- Parenting Skills
- Relationship Difficulties

Fees and Hours

**Fees:** The standard fee for services is $15 for intakes (screening interview) and $25 for sessions; however, a sliding scale is available. No one will be turned away because of an inability to pay. UNLV students, faculty, and staff receive services at no charge.

**Hours:** The Center is open Monday through Thursday from 3:00-8:00 p.m., with additional intake hours available by appointment.

When Should You Consider Counseling

Sometimes the hardest thing is admitting to yourself that you need help with a difficult situation. The challenges of everyday life can become very difficult and overwhelming, with no solutions in sight. There are, however, student counselors available who can help. Counselors provide an objective point of view and can help you identify resources of which
you are not aware. Counselors can also help you acquire skills to cope with your current challenges, whether they are internal struggles, personal relationships, or issues related to school or work settings.

You should consider seeing a counseling if:

- The solutions you try don't seem to work.
- Worrying about your problems gets in the way of doing what you need to do (school, work, family, etc.).
- Your reactions to people and/or difficult situations are stronger than usual.
- You are feeling hopeless with nowhere to turn for help.
- You wish you could talk to someone to help you sort through things.
- You know it's time to make a change.

**Our Staff**

The Center's Director is Colleen Peterson, Ph.D. Dr. Peterson is a Clinical Member and Approved Supervisor of the American Association for Marriage and Family Therapy. She also serves as a Clinical Assistant Professor in the College's Department of Counseling. Dr. Peterson earned her Ph.D. in Human Ecology with a specialization in Marriage and Family Therapy from Kansas State University.

- **Counselors:** Counselors at the Center are graduate students in community counseling, marriage and family therapy, psychology and school counseling.
- **Supervisors:** Supervisors at the Center are Ph.D. level and/or licensed mental health professionals who are UNLV faculty members.

**Make An Appointment**

If you are interested in services, please call (702) 895-3106 to schedule an intake (screening interview). A counselor will meet with you to gather information, discuss your needs, and explain how the Center works. If the Center can meet your needs, arrangements for ongoing counseling will be made.