Fees
Increasing access to quality services is one of our goals. Our fees are based on a low-cost sliding scale from $10 to $45 per visit. Fees are arranged in a flexible manner so as not to be a burden to the client. Testing services are at a fixed rate depending on the tests that are to be administered.

Hours and Location
The Child and Family Therapy Clinic is located within the University at Albany’s Psychological Services Center at 299 Washington Avenue, Albany, NY 12206. It is easily accessible on the CDTA busline, and parking is available nearby. The Center is open Monday through Thursday from 9:00 a.m. to 5:00 p.m. and two to four evenings per week until 8:00 p.m. Hours may vary.

Core Supervisory Staff
George B. Litchford, Ph.D., A.B.P.P., CL, Director, Psychological Services Center
Jennifer Weil Malatras, Ph.D., Associate Director for Child Services
Elana Gordis, Ph.D., Supervising Faculty
Leslie Halpern, Ph.D., Supervising Faculty
Hazel Prelow, Ph.D., Supervising Faculty

The Psychological Services Center’s supervisory staff also includes additional licensed faculty.

Please visit our website for more information: albany.edu/psc

Referrals and Appointments
To make a referral or schedule an appointment with the Child and Family Therapy Clinic, please call: 518-442-4900
The Child and Family Therapy Clinic

The Child and Family Therapy Clinic is part of the University at Albany’s Psychological Services Center, a community-based resource open to individuals and families throughout the Capital District. This specialty clinic comprises licensed psychologists, psychological associates, and doctoral level psychology trainees with expertise in family and cognitive-behavioral psychology. Services are provided by doctoral level trainees and are supervised closely by licensed faculty members of the University’s Clinical Psychology Program. The clinic offers psychotherapy and assessment services for children and adolescents. Our therapists provide family-focused treatment for the child, parents, and other caregivers, both individually and in small groups.

Our Treatment Services

Brief Telephone Interview

When first calling the Child and Family Therapy Clinic, you will speak with a member of our support staff who will ask for some basic information. Next, one of our therapists will speak with you to conduct a brief (10-15 min.) telephone interview. The goal of this initial interview is to understand the nature of your concerns so we can help make an informed decision about the most appropriate treatment options to meet your family’s needs. An appointment for a more comprehensive initial evaluation may then be scheduled.

Evaluation and Treatment

Our specialty team begins treatment by conducting initial assessments through interviews and questionnaires. Our interventions are based on scientific research that indicates which treatments are most effective for particular childhood difficulties. Our treatment is tailored to meet the specific needs of children and their families. We aim to address behavioral and emotional problems, as well as problems in school, with peers, and with family relationships. We work directly with children and their parents and caregivers. We can also collaborate with schools, day care providers, pediatricians, psychiatrists, and other providers, such as social services agencies, to ensure our clients receive comprehensive care and have access to the services and resources they need.

Behavior Problems Addressed

• Adjustment difficulties (e.g., school change, divorce, death, moving, etc.)
• Aggression
• Anger
• Anxiety/worry/fears
• Attention problems/hyperactivity
• Depression/mood problems
• Behavior problems
• Grief counseling
• Impulse control problems
• Medical regimen adherence
• Mild self-injury
• Noncompliance
• Parent-child conflict and relationship issues
• School behavior problems
• Sleep difficulties
• Social skills deficits
• Tantrums
• Toileting problems