Mission Statement

The Psychological Assessment and Therapeutic Services (PATS) is a community mental health service operated by the Clinical Psychology Unit at GC University Lahore since 2005. Clinical Psychology Unit has taken an initiative to offer its professional expertise for the betterment of the community. We provide both short and long-term psychotherapy on an outpatient basis. We work with the full range of mental health conditions with the exception of individuals who require acute or emergency interventions. Our specialties include cognitive-behavioral, psychodynamic /interpersonal, and integrative approaches to psychotherapy.

Aims and Objectives

- To provide the assessment and therapeutic services to the community.
- To create an awareness about mental health
- To reduce the stigma about the psychological issues.
- To facilitate a better and healthy life style.

The Process

Therapy/Counseling Services

- The process of consultation starts by taking an appointment.
- Therapeutic process is a blend of assessment and therapy.
- Indigenous and standardized tools are used for assessment and diagnosing the problems.
- Therapeutic process includes wide range of therapies and techniques that are used according to the need of the client.
- The length of an average session is 45 minutes.
- Sessions are carried on weekly basis (minimum once a week).
- The number of sessions is decided according to the severity of the problem.

Assessment/ Referral Services

- The assessment services are provided for organizations, Schools and legal cases.
- After doing detailed assessment, a report based on assessment results can also be provided on request.
- In those cases, that do not match with our aims and objectives, we
offer referrals to different psychiatry departments and private practitioners.

**Likely Dealt Problems**

PATS caters the mental health needs of both children and adults. Likely dealt problems include:

- **Academic Difficulties**
  - Adjustment problems
  - Problems with peer group
  - Underachievement
  - Problems in learning and memorization
  - Difficulty in managing time
  - Interview/Presentation anxiety

- **Behavioral Problems**
  - Problems with discipline
  - Hyperactivity
  - Carelessness
  - Concentration issues
  - Laziness
  - Problems with speech
  - Noncompliance
  - Somatic problems

- **Emotional Problems**
  - Sadness
  - Stress and tension
  - Fearfulness
  - Anger and Aggression

- **Interpersonal Problems**
  - Family issues
  - Conflict with parents or siblings
  - Stress due to financial issues
  - Stress due to parental discord

- **Workplace problems**
  - Problems with colleagues
  - Issues related to motivation
  - Dissatisfaction with the job

**Consultation Fees**

- Initial consultation fee: 500/-
- Psychological Assessment: 2000/-
- Psychological Assessment with report: 3000/-
- Followed by charges for each session
- Charges are tailored to the affordability of every client

**Consultation Hours**

Monday - Friday
9.00 am – 4.00 pm
UAN: 111-000-010
EXT: 344
Email: cpu@gcu.edu.pk

**Location**

The Psychological Assessment & Therapeutic Services (PATS) is located at the Science Block, Second floor of SDSC Building, Clinical Psychology Unit Office Room # 26

**Consultants**

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In charge Clinical Psychology Unit
PhD (GCUL); MS Clin Psy (GCUL); ADCP (PU), M.Sc (GCUL)

**Ms. Ayesha Majeed**
M.Sc (GCU), MS (GCUL)

**Ms Mahwesh Arooj Naz**
MS Clin Psy (GCUL); M.Sc (PU)

**Ms Madeha Naz**
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