

WHO WE ARE

The OSU CFT Clinic is a behavioral health service and training clinic that provides therapy to individuals, couples, and families.

Clinicians serving this site are graduate students in the Couple and Family Therapy program at OSU. They provide professional client care from initial interview to final session, under clinical supervision of licensed professionals.

WHAT WE DO

1. Provide quality therapeutic care for our clients.
2. Conduct research that is directly related to improving the practicing of CFT.
3. Provide training to the next generation of CFT therapists, supervisors, researchers, and faculty.
4. Provide continuing education for the local CFT community.
5. Partner with local agencies to support the mental health needs of OSU, Columbus, and Ohio.

The Ohio State University Couple and Family Therapy Clinic is housed in the Department of Human Sciences, Human Development and Family Science Program in the College of Education and Human Ecology.

Directions

We are located in Bevis Hall on west campus of The Ohio State University in the 110 Suite. Bevis Hall is conveniently located on Carmack Road, near the intersection of Lane and Kenny.

Parking

There are two free parking spaces for clients near the building. Clients will be provided a clinic parking pass to display in their windshield while in the clinic to avoid receiving a ticket. If the clinic parking spaces are full clients can also pay to park in visitor parking in the same parking lot.



THE OHIO STATE UNIVERSITY

COLLEGE OF
EDUCATION AND HUMAN ECOLOGY

The Ohio State University

Couple and Family Therapy Clinic



Department of Human Sciences

College of Education &
Human Ecology

1080 Carmack Rd.
Columbus, OH 43210
110 Bevis Hall

614-292-3671

www.cftc.ehe.osu.edu

Services Provided

We provide confidential therapy services to individuals, couples, and families in the local community.

As couple and family therapists we treat a wide range of clinical problems including: depression, relationship problems, anxiety, individual psychological problems, and child-parent problems.

We take a holistic perspective to health and are concerned with the overall, long-term well-being of individuals, and their families.

Fees

- All initial therapy sessions are \$25.
- Our standard rate for 1 (50 -minute) therapy session is \$100.
- Sliding fee scale option is available for those who are in need.
- OSU Students, Staff, and Faculty receive a discount

Clinic Hours

The OSU CFT Clinic is open from 8am -8pm Monday -Friday.

Therapy Services

Individual Therapy

This type of therapy can help people overcome obstacles in life, improve their relationships, and learn skills to handle difficult situations.

Couples Therapy

Couples therapy can include improving communication, balancing responsibilities, recovery from infidelity, or coping with stressors. Therapy can be short term or long term depending on the level of distress in the relationship.

Family Therapy

Family therapy can help improve relationships within the family, manage stressors, and increase parenting confidence. We work with both families with children/ adolescents and adult family units.

Group Therapy

Group therapy involves one or more therapists working with several people at the same time. Group therapy can be used alone but often is integrated into a comprehensive treatment plan that includes individual, couple, or family therapy.

Examples of groups include:

- Premarital Group
- LGBTQ family support group
- Healthy Relationships

Single Session Therapy (OATS)

One at a Time Therapy (OAT) is an evidence-based therapy model designed to address a specific issue with individuals, couples or families in one session.

Issues suitable for an OATS session include life transitions, relationship challenges, time management, stress/anxiety management, parenting challenges, financial decisions, family conflict or concerns about a friend or loved one who is having a difficult time.

OAT sessions are not recommended for crisis intervention, emergencies, or chronic mental health problems.

How to Get Services

Call **(614) 292-3671** to set up an initial appointment.

You will be asked to provide some basic information about you and your reason for seeking care in order to best determine your present needs.

You will be assigned to one of our therapists on a first-come, first-serve basis, or you will be placed on a waiting list to receive services at the earliest possible time.

You can also email us at cftclinic@osu.edu for more information.



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