



University of Colorado Denver

Behavioral Medicine Clinic

High quality, affordable behavioral health and wellness services for the students, faculty, and staff affiliated with the University of Colorado.



WHAT WE DO

We provide evidence-based psychotherapy via *telehealth* to those that have co-occurring emotional challenges (e.g., anxiety, depression) and health conditions that impact daily functioning and quality of life. Some of the health conditions that we work with in therapy include:

- Hypertension
- Chronic pain and headaches
- Diabetes
- COVID anxiety
- Sleep problems
- Health behavior change (e.g., smoking cessation, building a healthy lifestyle)
- Cancer treatment and survivorship
- Eating disorders
- HIV+
- Other chronic medical conditions

ADDITIONAL SERVICES PROVIDED

- ✓ Drop-in Meditation and Relaxation Groups

Every Wednesday at 11am-12pm:

<https://ucdenver.zoom.us/j/99080159461?pwd=aU9xcG1xK1d4SDVhK3FzanRMDnhhQT09>

- ✓ Couples-based and Caregiver Intervention
- ✓ Postpartum Support Group

ABOUT US

- Student clinicians in the Clinical Health Psychology PhD program supervised by licensed psychologists.
- We are developing expertise in health psychology, behavioral medicine, and psychotherapy treatment to address co-occurring mental and physical health issues.

COST

Intake Evaluation: **\$10.00**

Cost per regular session: **\$5.00**

TO SCHEDULE AN APPOINTMENT

Please email us!

behmedclinic@ucdenver.edu

Or call us at

303.315.7080