



Community Clinic @ PAU

The Community Clinic @ PAU is a community mental health clinic associated with Palo Alto University. The Center was established in 1988 by Kurt and Barbara Gronowski to provide low-cost, evidence-based psychological services for the underserved within our community.

Over 30 years later, the Community Clinic @ PAU holds true to this vision and remains committed to the psychological well-being of our community's residents. The clinic is dedicated to providing counseling and psychotherapy services to adults, children, adolescents, older adults, couples, and families.

The Community Clinic @ PAU offers services on a sliding-scale fee as part of its community mission. The treatment is evidenced-based and provided in a clinical setting by primarily doctoral-level students supervised by licensed clinical psychologists.

We provide support in the following areas:

- Anxiety
- Depression
- Social Anxiety
- Anger
- Stress Management
- Trauma-related Distress
- Parenting Issues
- Grief & Bereavement
- Family Conflict
- Couple & Relationship Problems
- Children and Adolescents with Emotional & Behavioral Issues

Counseling and Psychological Services are offered:

- on a sliding-scale fee.
- during extensive clinical hours, including evening and Saturday appointments.
- by primarily doctoral-level student therapists supervised by licensed clinical psychologists.
- for adults, children, adolescents, older adults, couples, and families.
- for the LGBTQ+ and Latinx communities in the Community Clinic's connected clinics: SGIC and Clínica Latina, accessible by contacting the Community Clinic.

Hours: Monday - Thursday: 9:00am - 8:00pm
Friday: 9:00am - 4:00pm
Saturday: 10:00am - 2:00pm

Contact Info: 1172 Castro Street
Mountain View, CA 94040
Phone (650) 961-9300
Fax (650) 961-9310

eClinic @ PAU

The eClinic@PAU was established as a teaching clinic in 2020 to support Palo Alto University students in the MA in Counseling and PsyD programs. During the COVID-19 pandemic, many internship opportunities closed their doors, so PAU established the eClinic@PAU for their graduate students to attain their clinical hours.

Today, the eClinic@PAU develops highly competent, exceptionally trained, telemental health therapists and has positioned PAU as a leader in telemental health. In 2021, more than 830 telemental health sessions were offered by the eClinic@PAU.

"We intend to become the premier training site for clinical students, alumni, clinical educators, and supervisors in the many facets of telehealth and digital therapy provision," says Donna Sheperis, PhD, and director of the eClinic@PAU. "In addition, we hope to be a leading provider of telehealth and digital therapy services in the Bay Area, the state of California, and beyond."

The eClinic@PAU goes beyond Zoom-based therapy to train clinicians in the use of digital therapeutics and evidenced-based treatments using technology.

Key goals for the eClinic@PAU are to:

- Produce qualified, competent, ethical telemental health therapists
- Provide needed mental health services to the local community by student therapists who are supervised by licensed counselors and psychologists
- Reduce barriers to access for clients needing therapy
- Create partnerships with agencies serving the mental health needs of the Palo Alto Area
- The eClinic@PAU goes beyond Zoom-based therapy to train clinicians in the use of digital therapeutics and evidenced-based treatments using technology

Partnerships:

The eClinic@PAU has established partnerships with local organizations to provide counseling services that help them meet the increased demand for mental health care.

The eClinic@PAU has partnered with the following organizations:

- Peninsula Bridge
- MVLA Scholars
- Pursuit of Excellence
- Elevate Tutoring
- Sacred Heart - BCAF
- East Palo Alto Academy Foundation
- Eastside College Prep

Sexual & Gender Identities Clinic @ PAU

The Sexual and Gender Identities Clinic (SGIC) offers affordable and affirmative psychological services for individuals who identify as lesbian, gay, bisexual, transgender, and/or queer (LGBTQ+), as well as those questioning their sexual orientation or gender identity. The SGIC offers specialized counseling to address issues related to LGBTQ+ identities, as well as counseling for other life issues in an affirmative space.

The Sexual and Gender Identities Clinic (SGIC) offers services on a sliding-scale fee as part of its community mission. Treatment is evidenced-based and provided both in-person and via telehealth by doctoral-level students supervised by licensed clinical psychologists.

The SGIC Provides individual, relationship, and group therapy for older adolescents and adults.

Examples of client concerns addressed at SGIC:

- Exploring sexual or gender identity
- Resolving identity conflicts
- Managing “coming out”
- Developing/maintaining healthy relationships
- Depression, anxiety, and stress
- Body image concerns
- Grief and loss
- Aging as an LGBTQ+ person
- Recovering from trauma, bullying, or discrimination

The SGIC provides gender affirmation and support services, including:

- Counseling to explore gender-affirming medical services
- Psychosocial assessments and letters to access medical services
- Support through gender affirmation and transition

The SGIC works with family members to address concerns related to the gender identity or sexual orientation of a partner, child, or parent. Counseling may address:

- Raising an LGBTQ+ child
- Understanding what a parent, child or partner’s changing identity means for you
- Caring for an LGBTQ+ elder

If you are interested in the SGIC, please contact The Community Clinic @ PAU at (650) 961-9300 and ask to be seen in the SGIC.

Hours: Monday - Thursday: 9:00am - 8:00pm
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Saturday: 10:00am - 2:00pm



**Contact
Info:**

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paloaltou.edu

 PaloAltoU

 PaloAltoUniversity



Clínica Latina @ PAU

¡Bienvenidos! Clínica Latina @PAU está ofreciendo servicios psicológicos en español. La clínica está dedicada a proveer servicios de salud mental para la comunidad latina. Ofrecemos psicoterapia para los adultos, parejas, adolescentes, niños, personas de la tercera edad y familias.

Clínica Latina @ PAU ofrece tratamiento para problemas psicológicos y emocionales incluyendo:

- Depresión
- Ansiedad
- Problemas de pareja

- Problemas de la crianza de los hijos/as
- Problemas del comportamiento y emociones de los niños/as
- Estrés sexual de las minorías
- Confusión de la identidad
- Trauma
- Dolor y pérdidas
- Ansiedad Social
- Otros desórdenes de personalidad y psicosis

Si está interesado/a y necesita más información sobre nuestros servicios, por favor llámenos al (650) 417-2037. ¡Gracias!

As part of PAU's mission as a Hispanic Serving Institution (HSI), we provide mental health services in Spanish at Clínica Latina to better serve the Latinx community in the Bay Area. This specialty clinic is located within the Gronowski Center, a training center in which PAU doctoral students provide mental health services to the community under the supervision of licensed psychologists.

Clínica Latina @ PAU offers psychotherapy for adults, couples, adolescents, children, seniors, and families. PAU doctoral students offer services for a variety of psychological and emotional issues, including:

- Depression
- Anxiety
- Couples therapy
- Parenting and child behavior
- LGBTQ stress
- Trauma
- Grief counseling
- Social anxiety
- Other personality disorders and psychoses

If you are interested in La Clínica Latina and would like more information, please call (650) 417-2037.

Hours: Monday - Thursday: 9:00am - 8:00pm
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