



Miami, FL

Neighbor News

Free Counseling from Albizu Clinics in Florida and Puerto Rico

Albizu University's Miami and Puerto Rico Mental Health Clinics Offering Free Counseling for Those Experiencing Anxiety Over the Ukraine War



South Florida Updates, Neighbor

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Albizu University's Miami and Puerto Rico Mental Health Clinics Offering Free Counseling for Those Experiencing Anxiety Over the Ukraine War (Albizu University)

The [Albizu University Clinic in Miami](#) is offering mental health counseling both in-person and via telehealth free of charge throughout the state of Florida for those experiencing debilitating anxiety over the Ukraine-Russia war. The Miami-based Albizu Clinic offers counseling in both Spanish and English for children, teens, adults and seniors. Albizu campus clinics in San Juan and Mayagüez, Puerto Rico are providing the same services.

"Uncertainty about the future and the safety of one's family are factors that can generate complex emotions for many people," explained Dr. Tilokie Depoo, Albizu University Miami Campus' Chancellor. "Mental health experts recommend that people seek professional support when these emotions become difficult to manage."

Sponsored by Albizu University, a leader in undergraduate and graduate psychology programs, the Albizu Clinic (also known as The Goodman Center) has been providing quality mental health services in English and Spanish to thousands of people throughout South Florida since 1980. The Clinic services are provided by Albizu's master's and doctoral program students under the supervision of licensed professionals.

The clinic offers individual psychotherapy for ages five and up; therapy for couples and marriages; family therapy; psychoeducational groups in specialized topic areas (i.e., parenting skills training); and psychological, diagnostic, and psychoeducational evaluations for children, adolescents, and adults that can determine special cognitive abilities and disorders.

"Albizu University's professional staff, our clinical team, and

our students are committed to supporting the emotional well-being of those affected by the traumatic events of the current conflict in Europe between Russia and Ukraine. As part of this institutional initiative, we are active and available to continue offering services and therapies to those patients who need it," said Dr. Berta Ríos, interim president of Albizu University.

The Albizu Clinic/Goodman Center serves as the in-house training facility for all clinical programs at Albizu University. Currently, it has 24 doctoral candidates working there and providing services through the Doctoral Internship program. Under the supervision of licensed professionals, practicum students must complete 2,000 work hours over a 12-month period. The program allows hopeful graduates to develop a greater level of autonomy and responsibility as future mental health care professionals by applying their learnings and practicing their skills with real patients who have real problems daily. They also learn about the importance of serving their community and experience the satisfaction of helping those in need first-hand.

The Clinical Psychology Psy.D. and Ph.D. degrees offered at the Miami Campus are accredited by the Accreditation Commission of the [American Psychological Association](#).

To make an appointment or to get more information, Florida residents can call 888-8ALBIZU or (888) 825-2498 or log onto [clinic.albizu.edu](#). Those calling in Puerto Rico can go to [clinicas.albizu.edu](#) or call (787) 993-3885 (San Juan) or (787) 838-7272 (Mayagüez).

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