



Centre for Psychological
and Counselling Services



What is counselling & psychotherapy?

An introduction to the Centre for Psychological and
Counselling Services (CPCS) at HELP University





About Us

Established in 2008, CPCS provides a platform for staff, students and the public to access psychological services.

We offer a wide range of services, including therapy for individuals, couples, and families, psychological assessments, and seminars and workshops.

Our team is comprised of highly experienced and trained professionals who are passionate about helping others.





We strive for...



Safeness

A safe and supportive environment where you can process difficult emotions

Inclusivity

Your unique needs and perspectives are respected in all aspects of your care

Empowerment

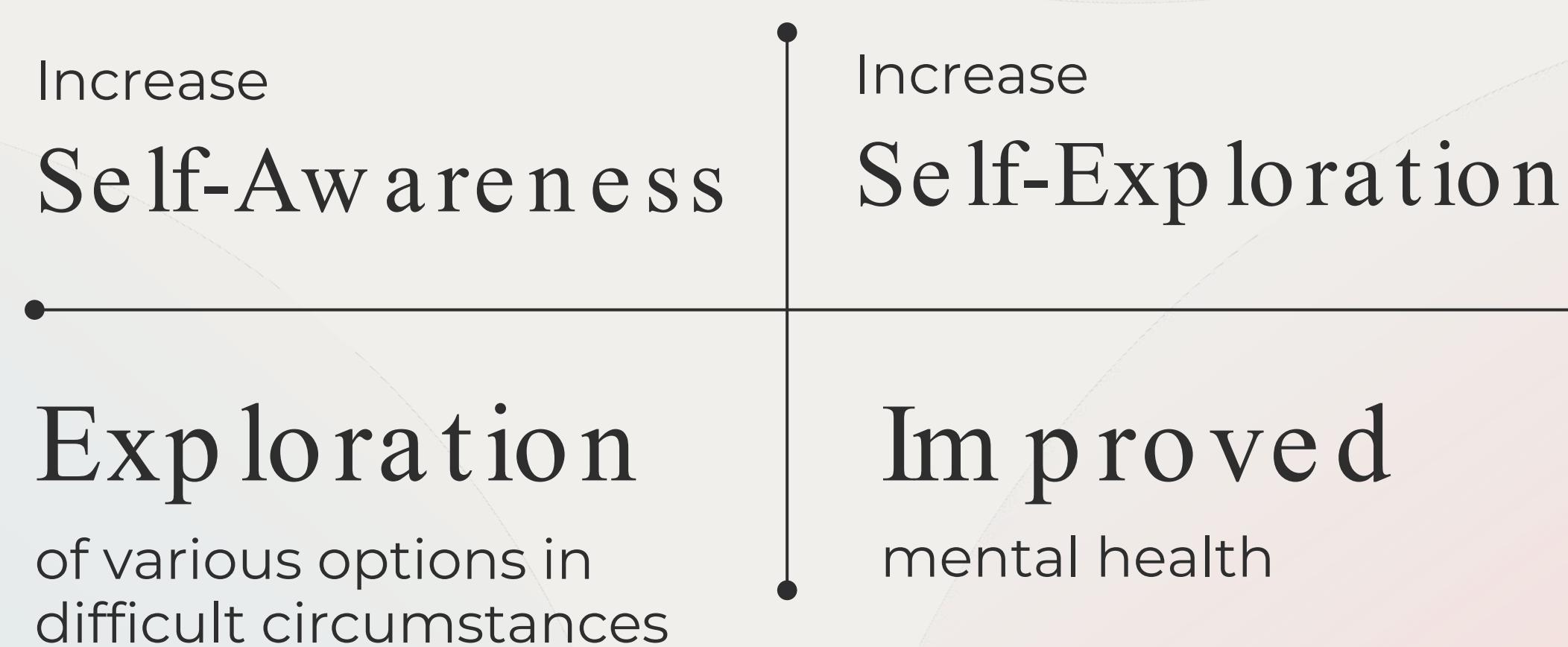
We help you develop the courage to make positive life changes by developing new skills

Evidence-Based Approaches

We develop individualized treatment plans based on the latest research and best practices in the field



The Benefits of Psychotherapy/Counselling





Our Services

Our services are for everyone!

Therapy services are free for HELP University students and staff.

Individual Therapy

A one-to-one collaborative process between a client and therapist to work together in a safe and confidential environment to identify and explore client's personal issues.

Couple/Family Therapy

Aims to help couples/families understand and explore issues within relationships, empathize with each other, and nurture useful changes in interactions.

Group Therapy

Involves a group of people working with a therapist. Group therapy aims to offer a network and support system for a group of individuals who share similar concerns.

Psychological Assessment

Tests administered to help assess clients' functioning in various areas and obtain information pertinent to diagnoses of mental health conditions.



Services Provided by



Therapists-in-Training

Master's students under
clinical supervision



Intern Counsellors

Master of Counselling
students under clinical
supervision with a minimum
of 260 hours of experience



Practitioners

Registered/Licensed
therapists with a minimum
of 2500 hours of professional
experience



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PAST EVENTS

ESCAPE ROOM

In conjunction with World
Mental Health Day 2023



Mental Health Literacy

November 2023





Free Autism Screening

May 2023

What's My Attachment Style?

September 2023





Centre for Psychological
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Our Centres

CPCS has offices in ELM Graduate School and HELP Subang 2 campus

Our operating hours are:

- 9AM - 5.30PM (Mondays - Fridays)
- 9AM - 1PM (Saturdays)



CPCS ELM Graduate School

LEVEL 2



03-2716 2070

CPCS SUBANG 2

BLOCK B, LEVEL 6



03-7849 3200



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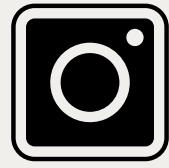
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