

# 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

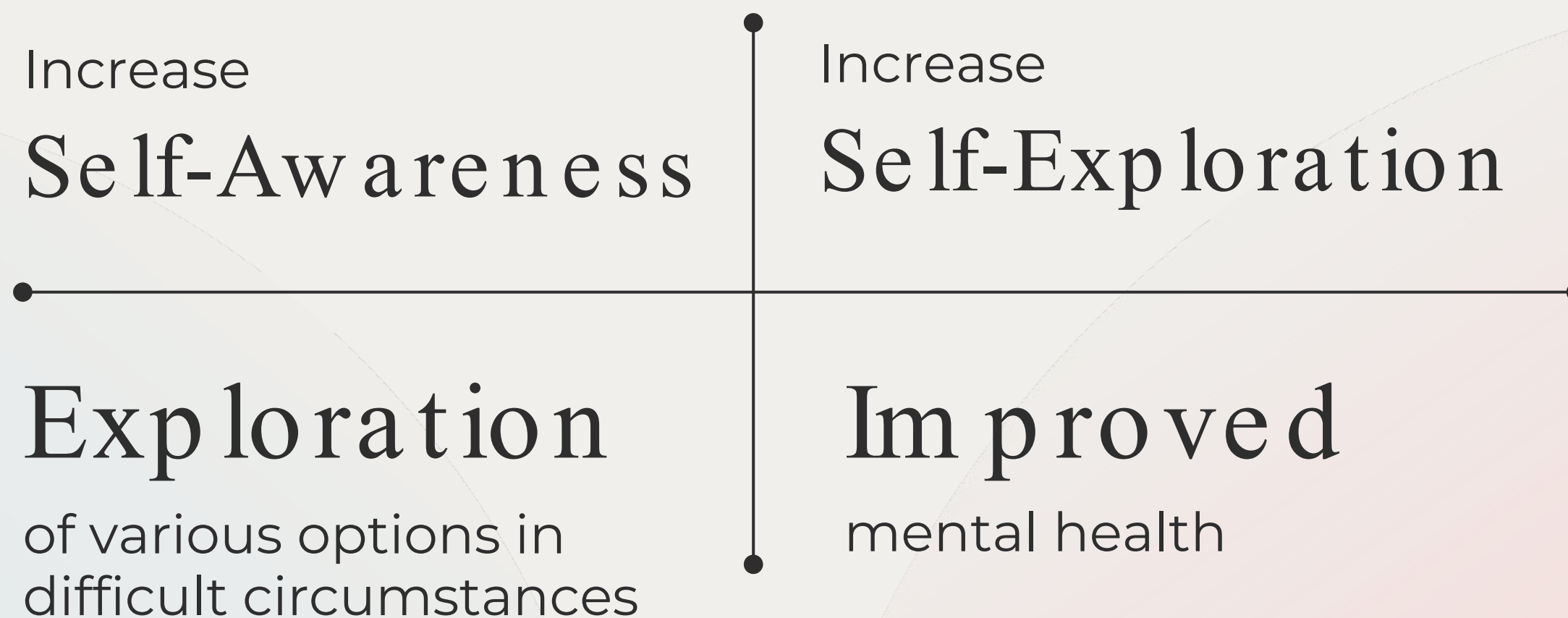
## Empowerment

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



# 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





# 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



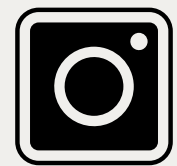
# Connect With Us!



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