



BRUCC offers
**personalized psychological
care for your well-being**



FOR ADOLESCENTS, ADULTS,
AND STUDENTS



INDIVIDUAL THERAPY

Looking for a safe, confidential place to explore your concerns, feelings, or challenges? Want to gain clarity, reflect, and find direction?

At **BRUCC** you can access an **individual primary-care program** to address mild to moderate mental health concerns, set clear goals, and gain practical tools that fit your life.

BRUCC provides a limited number of sessions under the convention. Please check our website for the current eligibility conditions.

Our clinical psychologists are accredited and follow a scientist–practitioner model and the professional code of ethics for clinical psychology.



GROUP THERAPY

Looking for practical tools to better handle everyday challenges? Are you on a waiting list and want to start strengthening your mental well being now?

The **BRUCC group program** offers workshops and small-group trainings on broad psychological topics, such as:

- Mindfulness
- Self compassion
- Breathwork and bodywork
- ADHD
- Emotion regulation
- ...

Further information and schedule
for our group sessions:





PSYCHODIAGNOSTICS

A psychodiagnostic assessment maps your functioning and symptoms and may result in targeted recommendations.

The psychologist gathers information through interviews, questionnaires, and standardized tests to better understand the links and causes of your complaints and difficulties.

This may result in a **psychological diagnosis and/or a recommendation** for further treatment.

Please note: BRUCC does not provide psychiatric consultations or medication management.

REGISTRATION

Register via the QR code below
for an individual program
and/or group training



Please also consult our fees, payment terms,
and cancellation policy here

Services covered by the convention^(*):

- workshops
- group trainings
- individual sessions^(**)

^(*) conditions:

mild to moderate psychological complaints; affiliation with a
Belgian health insurance fund; availability of convention hours

^(**) please consult our website to determine whether
you are eligible

Do not hesitate to contact BRUCC!
Brussels University Consultation Center



CONTACT

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