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## Services Offered at Isa

- Individual psychotherapy for adults, adolescents, and children
- Family and couples therapy
- Group therapy
- Clinical assessment
- Crisis intervention and postvention
- Consultation
- Outreach programs
- Personal growth retreats

## Confidentiality

*In all cases, the identities of clients and the information they disclose will be handled in a strictly confidential manner according to the professional standards set out by the American Psychological Association's Code of Ethics.*

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Isa Psychological Services Center  
College of Liberal Arts & Social Sciences  
University of Guam  
303 University Drive, UOG Station,  
Mangilao, Guam 96913  
Phone: 671-735-2883  
Email: isa@triton.uog.edu

## Isa Staff

**Iain Twaddle, Ph.D.**  
Licensed Clinical Psychologist  
*Director*

**Paul Fleming, Ph.D.**  
*Clinical Psychology Consultant*

**Rita Sharma, Ph.D.**  
*Clinical Psychology Consultant*

**Kento Yasukawa, M.S.**  
*Clinical Psychology Intern*

**Seahara Cruz, B.A.**  
*Staff Counselor*

**Casiana Reyes, B.A.**  
*Staff Counselor*

**Amber Henricksen, B.A.**  
*Staff Counselor*

**Samantha Uncangco, B.A.**  
*Staff Counselor*

**Andrew Linhardt, B.A.**  
*I Pinangon Staff Counselor*

## Hours of Operation

Monday to Friday  
9:00 am to 8:00 pm

## Location

Humanities and Social Sciences Building  
Room 202

## Contact Information

Phone: (671) 735-2883  
Email: isa@triton.uog.edu

~ Appointments may be made by phone, email or  
by visiting the Center in person ~

# Isa Psychological Services Center



*Healthy minds, healthy  
relationships, healthy lives*



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## **Isa Psychological Services Center**

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Isa Psychological Services Center provides free mental health services to UOG students, staff, faculty, and members of their families, as well as to adults, children, and families from the local community who are not able to access services elsewhere. All services are client-centered, confidential, and free of charge.

### **Seeking Services**

Isa provides a safe place to talk with a clinical psychologist or counselor about personal issues or mental health concerns. All services are designed to promote personal growth and wellness. Clients come to the Center for help with a broad range of concerns, including:

- Stress and anxiety
- Depression and suicidal thoughts
- Relationship problems
- Family problems
- Adapting to college life
- Loneliness and isolation
- Trauma and abuse
- Eating and body image problems
- Sexuality concerns
- Grief and loss
- Low self-esteem
- Alcohol and substance use problems

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### **Initial Appointment**

If you would like to talk with one of our counselors, please drop by the Center, call, or email to schedule an initial appointment. This will give you an opportunity to discuss your needs and learn about the services available at the Center.

### **Crisis Intervention**

In the event of a crisis or emergency, please contact the Center and request a crisis intervention session.

### **Counseling and Psychotherapy**

Through open and honest communication with one of our counselors, you can come to better understand your thoughts, feelings, and behaviors and explore alternative ways of coping with life's problems.

### **Consultation and Outreach**

Isa also offers consultation services, outreach programs, conflict resolution, training workshops, and personal-growth retreats to promote mental health and wellness on the UOG campus and in our island community.

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### **Child and Family Services**

Isa provides specialized child, adolescent, and family assessment and treatment services addressing a wide range of mental health problems, including anxiety, depression, behavioral concerns, developmental disorders, self-harm, suicidality, adjustment problems, childhood trauma, family conflict, parenting, school issues, peer relationships, and bullying. Isa is equipped with a state-of-the-art play therapy room for children and families to express themselves in a child-centered environment.

### **Isa Staff**

Isa serves as the primary training facility for UOG's Master of Science in Clinical Psychology Program and as a research center for faculty and student research addressing mental health issues in the Micronesian region. All Isa Counselors are graduate and undergraduate student trainees who are working under the supervision of a licensed clinical psychologist and two clinical psychology consultants.