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#### **Backgrounder 4: Clinical Psychology Centre**

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The Clinical Psychology Centre (CPC) is an outpatient mental health clinic and training centre within SFU's Psychology Department. At the CPC, graduate students in clinical psychology provide assessment and psychological treatment to children and adult clients from the Lower Mainland. These services are supervised by clinical psychology faculty or by members of the CPC's network of clinical associates. The CPC also supports clinical colloquia, teaching of courses in clinical psychology and psychological research.

The Centre's Emotion Regulation and Treatment Lab is run by Dr. Alex Chapman. The research lab focuses on understanding difficulties that people with a disorder known as borderline personality disorder (BPD) have in regulating, or managing their emotions. People with BPD often turn to self-harm, drug use, or other risky behaviours in order to reduce or escape from overwhelming emotions. The focus of Chapman's lab is on understanding emotion regulation problems in BPD and related disorders and on evidence-based treatments for BPD.