



UNIVERSIDAD  
DE MÁLAGA

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Servicio de  
ATENCIÓN PSICOLÓGICA

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# THE PSYCHOLOGICAL ATTENTION SERVICE MÁLAGA UNIVERSITY (SAP)



# WHAT'S THE SAP?

- **The S.A.P. belongs to the Equality and Social Action Unit and is linked to the School of Psychology of Málaga University.**
- **The SAP is an officially registered health center (NICA 42957), and the four psychologists who work there are experienced specialists in Clinical Psychology.**

# OUR MISSION

- **Psychological and sexological attention to the University community.**
- **Supervised specialized clinical training for undergraduate and graduated students.**



# SERVICES OFFERED

- **Individual Psychotherapy (depression, anxiety, couple therapy, sexual problems).**
- **Group Psychotherapy (Study skills, estudio, fear of speaking in public, social skills, etc.).**
- **Counselling**
- **Crisis intervention**



# SERVICES NOT COVERED

- **Eating Disorders**
- **Psychotic Disorders**
- **Psychological Judicial Assessment**

**WE ARE HERE**



School of Psychology and Education  
Sciences building

# REQUESTING AN APPOINTMENT

- Access our website:

<https://sap.uma.es>

- Fill in the form to setup an appointment.
- The request must be made from your uma e-mail.

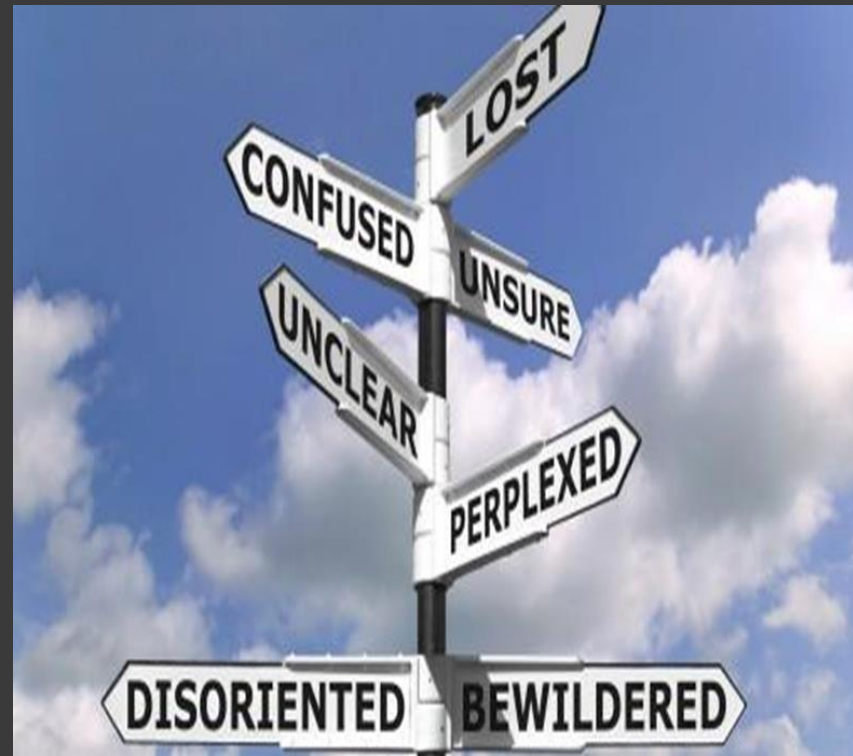
**WELCOME TO MÁLAGA  
UNIVERSITY!!!!!!**

***Just a Few Words on  
Culture Shock and a  
Small Piece of Advice***



# WHAT IS THE CULTURE SHOCK?

- A natural state of psychological and physical disorientation that can occur upon encountering a new environment and culture.

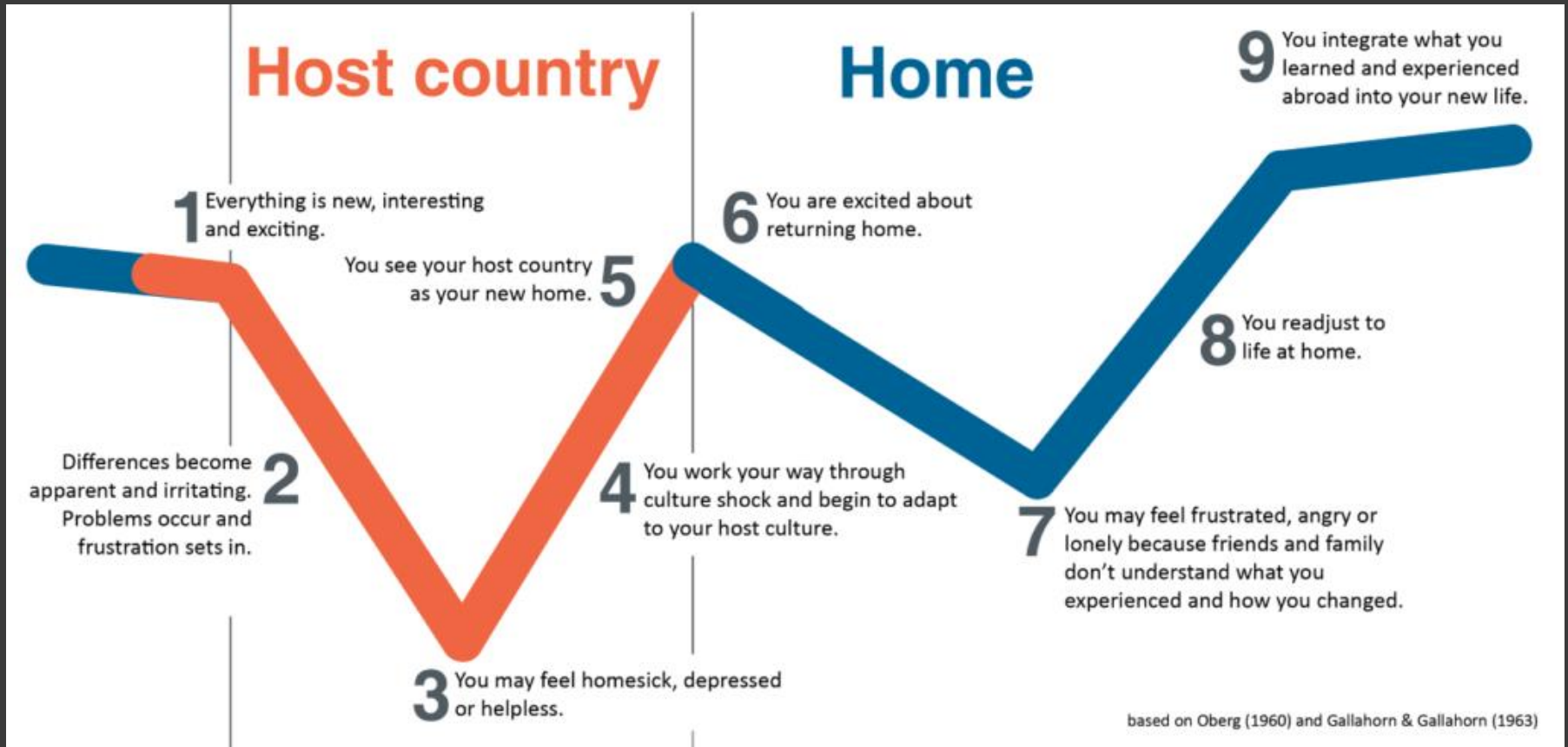


# CONTRIBUTING FACTORS

- **Loss of social support networks**
- **Independence experience**
- **Language barrier**
- **Differences and challenges of entering a new culture**



# CULTURE SHOCK STAGES



# RED FLAGS

- Depression, fatigue, insomnia
- Loss of self-confidence
- Anxiety, confusion, frustration
- Fear and insecurity
- Grief – mourning for old life
- Loneliness and isolation
- Annoyance and over-sensitivity
- Impatience
- Somatic disorders: headache, intestinal discomfort, muscle pain.

# HOW TO COPE WITH THE CULTURE SHOCK

- **First of all: understand that what you feel is absolutely normal.**
- **Learn as much about your host country as possible.**
- **Set learning goals for your study abroad trip.**
- **Write down what you love when you first arrive, and look back later.**
- **Find a healthy distraction.**

# HOW TO COPE WITH THE CULTURE SHOCK

- Talk to other students about how you feel.
- Push yourself to make local friends.
- Try to see things through your host culture's eyes.
- Get involved with the local community.
- Make an effort to learn the local language.
- Ask for help if necessary!!!!

With wishes of a  
happy stay in  
Málaga...

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