

UKZN HOWARD COLLEGE



CENTRE FOR APPLIED PSYCHOLOGY

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ABOUT US

The Psychology Clinic is located at the University of KwaZulu-Natal Howard College Campus.

The main objective of the clinic is to provide psychotherapy, counselling and assessment services for adults and children.

The Clinic is run by registered psychologists and trainee psychologists under supervision.

The Clinic offers short-term treatment for the following concerns:

- Depression
- Interpersonal Conflict
- Anxiety
- Trauma
- Behavioral Concerns
- HIV/AIDS (pre, post and ongoing counselling)
- Personality Disorders
- Couple and marriage counselling

Support groups are available for:

- ◆ Anxiety
- ◆ Depression
- ◆ HIV/AIDS



CLINIC PROJECT

2018

At the Centre for Applied Psychology, UKZN, the students are involved in a group therapy project which takes place at St Theresa's Home, Overport.

The aims and objectives of this group therapy are to provide basic counselling to early adolescent boys between the ages of 10 and 13.

The therapy follows a 12-session program, which has been adapted to suit the needs of the children who live in the Home.

It aims is to provide life skills which range from developing a good sense of identity and self esteem, to coping and stress management skills.

The students are in the beginning stages of this project and look forward to seeing the positive outcomes it will yield for the young boys.

It is a privilege to be a part of this clinic project and to be working together with St Theresa's Home.



FACTS:

Do you think you might have an eating disorder? Here are some questions to ask yourself:

- Do you refuse to eat food?
- Do you skip meals often?
- Do you fear eating in public?
- Do you count calories?
- Do you have strict eating habits that you feel guilty and ashamed for breaking?
- Are you obsessed or dissatisfied with your weight or body shape?
- Do you find yourself eating large amounts of food and then purging it?
- Have you noticed excessive hair growth on your arms or face, or the loss of your menstrual cycle?

If you answered yes to these questions, do not delay seeking treatment. EDs can be life-threatening.



THIS MONTH'S TOPIC: EATING DISORDERS

WHAT IS AN EATING DISORDER

- Eating Disorders (EDs) are characterised by extreme behaviours, emotions and attitudes which revolve around food, eating habits and weight loss/gain perceptions.
- Millions of university students—both men and women alike— develop eating disorders during their university years. A vast majority do not seek help, either because they are too embarrassed, or they do not realise the extent of their illness.
- Eating Disorders can cause serious mental and physical problems, that can result in life-threatening issues, if they are left untreated.
- According to the National Association of Anorexia Nervosa and Associated Disorders (ANAD), common eating disorders include:
 - ◆ Anorexia Nervosa
 - ◆ Bulimia Nervosa
 - ◆ Binge Eating Disorder

SIGNS AND SYMPTOMS

- Distorted or poor body image
- Excessive exercise
- Irregular heartbeats
- Dehydration
- Uncontrollable eating habits
- Fear or eating in public
- Constantly making excuses for eating habits
- Loss of menstruation (for women)



CONTACT US:

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Open Door Crisis Centre Tel: 031 709 6688



Crisis lines

- Lifeline National Crisis Line – 0861-322-322
- Gender Violence Crisis Line – 0800-150-150 (toll-free)
- HIV and AIDS – 0800-012-322 (toll-free)
- SA Depression and Anxiety Group – 0800-70-80-90 (toll-free)
- Substance Abuse – 0800-12-13-14 (toll-free)
- Suicide Crisis Line – 0800-567-567 (toll-free)
- Destiny Helpline for Youth and Students – 0800-41-42-43 (toll-free)
- Childline – 0800-055-555 (toll-free)