

# THE PSYCHOLOGY CLINIC

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## ABOUT US

The Psychology Clinic is located on the University of KwaZulu-Natal, Howard College Campus and is home to the Clinical & Counselling Master's programme in the discipline of Psychology.

The Clinic's main aim is to provide affordable psychotherapy, counselling and assessment services for both adults and children.

### We offer short-term treatments for the following concerns:

- Depression
- Interpersonal conflict
- Anxiety
- Trauma
- Behavioural concerns
- HIV/Aids (pre, post, and ongoing counselling)
- Personality disorders
- Couple or marriage counselling

### Support groups are available for:

- Anxiety
- Depression
- HIV/AIDS

## COMMUNITY OUTREACH

The master's class began reaching out to members of the public across KZN, offering the Clinics' affordable psychological services.

Students have paired up and are now providing group therapy on a variety of topics to those in need.



*How can we help you?*



## FACTS

### People with Social Anxiety Disorder may...

- ▶ have experienced a past stressful or humiliating event which triggered the onset of their Social Anxiety Disorder.
- ▶ experience excessive blushing.
- ▶ go to lengths to avoid showing signs of anxiety. For example, a person may avoid eating, drinking, writing or pointing in public to disguise their trembling hands.
- ▶ experience different degrees and types of fear or anxiety across different occasions (from anticipatory anxiety to a panic attacks).
- ▶ hold an overly rigid body posture, limit eye contact or speak in an overly soft tone of voice.
- ▶ be shy or withdrawn and provide little self disclosure during interactions.
- ▶ seek jobs that require little social contact.
- ▶ live at home longer.
- ▶ self medicate (e.g consume alcohol before going to a party).

## THIS MONTH'S TOPIC:

# SOCIAL ANXIETY DISORDER (SOCIAL PHOBIA)

### WHAT IS SOCIAL ANXIETY DISORDER?

Social Anxiety Disorder is a psychological condition characterised by an intense fear or anxiety of social situations, due to the possible scrutiny or negative evaluation by others. Examples of social situations include social interactions, being observed by others, as well as performing in front of others. These situations almost always evoke a type of fear or anxiety that is disproportionate to the actual risk or consequences involved. A person with Social Anxiety Disorder will seek to avoid social situations or endure them with intense fear or anxiety.

Note: Children must experience anxiety in both peer and adult settings for Social Anxiety Disorder to be considered.

### SIGNS AND SYMPTOMS

- ▶ The fear, anxiety or avoidance of one or more social situations persists for at least six months
- ▶ A person fears behaving in ways or showing signs of anxiety (sweating, trembling or blushing) that will lead to embarrassment, humiliation or negative evaluation by others.
- ▶ The individual may fear being judged as anxious, weak, crazy, stupid, boring, intimidating, dirty, or unlikable
- ▶ The fear or anxiety cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.



## CONTACT US :

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