

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

MEET THE CLASS OF 2018



Tholinhlanhla Dlamini-Ngcoya, Ashleigh Bargate, David Daniels, Vuyelwa Dladla, Kgahliso Antonete Dibakoane, Jarryd Colborne, Leyya Vaid, Sibusisiwe 'Pam' Tembe, Lilian Chickevo, Phumelela Hlongwane, Shahida Noor Mohamed, Zinhle Dyode, Jurne le Roux, Sarah Schofield, Nosipho Mkhomazi. (left to right)

THANDANANI PARENTING PROJECT

The Thandanani Parenting Project was developed by a group of Psychology Master's students from UKZN who worked with local community mothers with an aim of improving their care-giving skills.

Thandanani's core focus was to educate mothers on why a healthy parent-child relationship is necessary for childhood development; to provide ways in which to improve parent-child relationships; to facilitate cognitive, social, and emotional development in children through their caregivers; and to allow mothers to share and learn from their care-giving experiences in a non-threatening environment.

The project included multiple interventions and activities aimed at achieving these objectives. The students psycho-educated the mothers, as well as provided useful, practical interventions to facilitate healthy relationships, such as building play-toys from scrap materials.

The project was partnered with **HOPE Worldwide** which operates in the Cato Manor area of Durban. **HOPE** is a non-profit, faith-based relief and development organisation that provides health and social services to the world's poorest communities.

Visit www.hopeww.org
for more information!

STATS ABOUT SUBSTANCE & DRUGS ABUSE

1. The average age of experimentation with drugs in SA is 12 years old

2. 12% of South African learners have used at least one illegal drug such as heroine, mandrax and cocaine.

3. Drinking before the age of 15 years makes you four times more likely to become an alcoholic.

4. South Africans are one of the top 10 narcotics and drug abusers in the world according to Dr David Bayerver of South Africa's Central Drug Authority (CAD).

5. Statistics from United Nations World Drug Report of 2014 show that roughly 1 out of every 14 South Africans are regular users.

6. Cannabis, alcohol, and tobacco are the top three common substances abused by young people in South Africa.

7. Substance abuse is found to increase depression.

(Engelbrencht, 2017)



THIS MONTH'S TOPIC: SUBSTANCE-RELATED & ADDICTIVE DISORDERS

WHAT CAUSES DRUG & SUBSTANCE ABUSE?

Substance abuse causes cognitive, behavioural or physiological changes when an individual becomes dependent on a specific 'substance', (APA, 2013).

According to the DSM-V (Diagnostic & Statistical Manual of Mental Health, 5th edition), these substances include alcohol, cannabis, hallucinogens and even caffeine, (APA, 2013).

HOW DO YOU KNOW IF YOU ARE ADDICTED TO ALCOHOL?

According to the DSM-V, there has to be a presence of at least two of these symptoms:

1. Alcohol is taken in larger amounts or over a longer period than expected.
2. There is a persistent desire or unsuccessful efforts to cut down or control alcohol use.
3. A great deal of time is spent on activities necessary to obtain alcohol, or recover from its effects.
4. Craving, or a strong desire or urge to use alcohol.
5. Recurrent alcohol use, resulting in a failure to fulfill major role obligations at work, school, or home.
6. Continued alcohol use despite having persistent or recurrent social or interpersonal problems caused or exacerbated by the effects of alcohol.
7. Important social, occupational, or recreational activities are given up or reduced because of alcohol use.
8. Recurrent alcohol use in situations in which it is physically hazardous.
9. Alcohol use is continued despite knowledge of having a persistent or recurrent physical or psychological problem that is likely to have been caused or exacerbated by alcohol.
10. There is a need to increase the amount of alcohol taken to reach the desired effect.
11. When alcohol starts to wear off in the body's system, there are withdrawal symptoms evident, such as trouble sleeping, restlessness, sweating, a racing heart, or even seizures.

CONTACT US :

The Psychology Clinic:

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E-mail : psychclinic@ukzn.ac.za

Services offered at reduced rates:
(2018)

R200 per therapeutic session

R 1 500 per assessment

OTHER :

Alcoholics Anonymous SA

(tel) 0861 000 234

(email) aasa@aasa.co.za

Assisted Recovery Centers of
Africa

(tel) 078 272 2911

(email)

enquiries@arcadurban.com