

THE PSYCHOLOGY CLINIC

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ABOUT US

The Psychology Clinic is located at the University of Kwa Zulu-Natal, Howard College Campus and is home to the Clinical & Counseling Master's program in the discipline of Psychology.

The Clinic's main aim is to provide affordable psychotherapy, counseling 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 counseling)
- Personality disorders
- Couple or marriage counseling

Support groups are available for:

- Anxiety
- Depression
- HIV/AIDS

EXTENDING OUR SERVICES

In line with the services that we provide at the clinic, some of our trainee psychologists have taken the initiative to extend our services to the public.

One of these initiatives is group therapy and support groups where our trainees provide therapy to adolescents at one of the local children's home once a week.

The group's main focus is to teach the adolescents anger management skills, with the aim of helping them to find healthier means of coping with frustration and anger.

The focus of the group is to also help the adolescents with developing a healthy sense of identity and purpose.



FACTS

- ❑ Almost 7% of people aged 20 and older have a personality disorder in South Africa
- ❑ PPD is a disorder that is present across races and cultures
- ❑ Signs of distrust in individuals with PPD can extend to family and friends
- ❑ Individuals with PPD are always on the look out for indications or signs where lack of distrust is justified
- ❑ Close relationships are often difficult to maintain because of suspiciousness and mistrust
- ❑ The suspicious nature of individuals with PPD may result in others responding in a hostile manner, which serves to confirm their original assumptions of being suspicious and/or mistrusting others
- ❑ Individuals with PPD have a strong need to be self-sufficient and autonomous because of the lack of trust in others



THIS MONTH'S TOPIC:

PARANOID PERSONALITY DISORDER(PPD)

What is paranoid personality disorder ?

Paranoid personality disorder is a disorder that is characterized by a pattern of suspicion and distrust of others. People who have PPD often assume that other people are going to manipulate, exploit or deceive them, even when there is no evidence to support these assumptions. People who have PPD hold these assumptions beyond what may be deemed normal , to such an extent that they become suspicious in all situations in their personal and professional lives.

Symptoms of PPD

According to the 5th edition of the Diagnostic and Statistical Manual of Mental Disorders , PPD begins in early adulthood and presents in various contexts. For an individual to be diagnosed with PPD, he/she must have four or more of the following symptoms :

- ❑ Suspects, without sufficient basis, that others are exploiting , harming, or deceiving him/her
- ❑ Is preoccupied with unjustified doubts about the loyalty or trustworthiness of friends or associates
- ❑ Is reluctant to confide in others because of unwarranted fear that the information will be used maliciously against him or her
- ❑ Reads hidden, demeaning or threatening meanings into benign remarks or events
- ❑ Persistently bears grudges (i.e., is unforgiving of insults, injuries or slights)
- ❑ Perceives attacks on his/her character or reputation that are not apparent to others, and is quick to react angrily or to counterattack
- ❑ Has recurrent suspicions, without justification, regarding fidelity of a spouse/sexual partner

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