



Issue 12 | May, 2018



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:

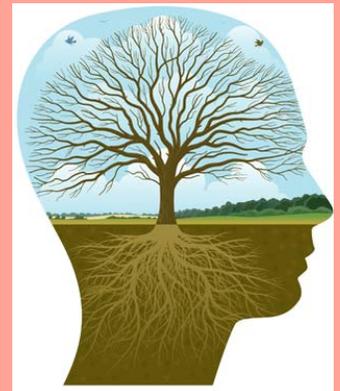
- Anxiety
- Depression
- HIV/AIDS

APPLE TREE PROJECT

Children who come to the psychology clinic are given an opportunity to decorate our apple tree

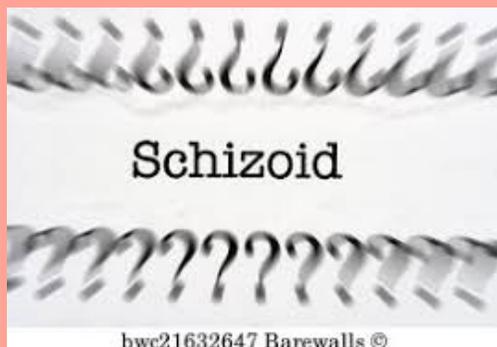


HOW CAN WE HELP



FACTS

- Individuals with Schizoid Personality Disorder may have difficulty expressing anger, even in response to direct provocation, which contributes to the impression that they lack emotion.
- The social isolation of SPD can be distinguished from that of Avoidant Personality Disorder. In APD isolation is attributable to the fear of being embarrassed or found inadequate. In SPD the individual simply prefers detachment.
- Particularly in response to stress, individuals with this disorder may experience very brief psychotic episodes (lasting minutes to a few hours).
- Individuals who are "loners" may display personality traits that might be considered Schizoid.



THIS MONTH'S TOPIC:

SCHIZOID PERSONALITY DISORDER

WHAT IS SCHIZOID PERSONALITY DISORDER

- Schizoid Personality Disorder is characterized by a pervasive pattern of detachment from social relationships and a restricted range of expression of emotions in interpersonal settings, beginning in early adulthood and present in a variety of contexts as outlined by DSM 5.

SIGNS AND SYMPTOMS

- ▶ The individual neither desires nor enjoys close relationships, including being part of a family.
- ▶ The person has little, if any interest in having sexual experiences with another person.
- ▶ The individual takes pleasure in few, if any activities.
- ▶ The person lacks close friends or confidants other than first-degree relatives.
- ▶ The individual appears indifferent to the praise or criticism of others.
- ▶ The person shows emotional coldness, detachment or flat affect.



CONTACT US :

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For fees please contact clinic

OTHER :

Suicide Crisis Line :

Tel: 0800 567 567

SMS: 31393

Life Line:

Tel: 031 303 1344