

UKZN HOWARD COLLEGE THE PSYCHOLOGY CLINIC

Issue 4 | June, 2017



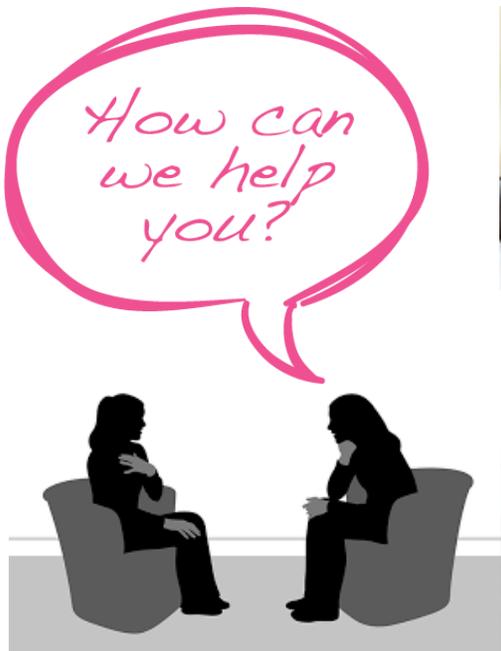
ABOUT US

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



CURRENT PROJECT

Psychology students from the Psychology Department at UKZN are currently involved in a support group with the aged at the Bill Buchanan centre. The project assists those who are struggling with adjustment difficulties and related anxieties after moving to Bill Buchanan Association for the Aged. The support group addresses wellness in elderly people during life transitions.

You Are Not Alone



MYTH & FACTS

People with schizophrenia...

...have multiple personalities

Schizophrenia often involves a variety of symptoms but not multiple personalities. The word "schizo" refers to the gap in thought process and emotions, not to split in personalities.

...are dangerous

There is an unfortunate belief that people with schizophrenia are dangerous which contributes to the stigma surrounding the disorder. Although it's true that some individuals with schizophrenia do commit crimes, the vast majority of patients are non-violent. In fact, of past violent offenders who *did* have schizophrenia, only 23 percent of their crimes were directly related to their symptoms.

...only have delusions and hallucinations

Along with delusions and hallucinations they may experience blunt emotions, low motivation, disorganized speech and lack of desire to form social relationships.

... cannot be treated

Although it is true that Schizophrenia cannot be cured, it can be successfully treated with medication, rehabilitation and psychosocial therapies.

THIS MONTH'S TOPIC: SCHIZOPHRENIA

What is Schizophrenia?

Schizophrenia is a chronic mental disorder involving a breakdown in the relation between thought, emotion, and behavior. It leads to faulty perception, inappropriate actions and a withdrawal from reality and personal relationships into fantasy and delusion.

Signs and Symptoms:

The symptoms of schizophrenia may be divided into the following 4 domains:

- **Positive symptoms:** Psychotic symptoms, such as hallucinations, which are usually auditory; delusions and disorganized speech and behavior
- **Negative symptoms:** Decrease in emotional range, poverty of speech, and loss of interest and drive; the person with schizophrenia has tremendous inertia.
- **Cognitive symptoms:** Neurocognitive deficits (e.g., deficits in working memory and attention and in executive functions, such as the ability to organize and abstract). Finding it difficult to understand nuances and subtleties of interpersonal cues and relationships .
- **Mood symptoms:** Patients often seem cheerful or sad in a way that is difficult to understand; they often are depressed

At least 1 of the symptoms must include the presence of delusions, hallucinations, or disorganized speech.

Continuous signs of the disturbance must persist for at least 6 months, during which the person must experience at least 1 month of the active symptoms (or less if successfully treated), with social or occupational deterioration problems occurring over a significant amount of time. These problems must not be attributable to another conditions, such as substance abuse.

For more information regarding therapy and assessments contact us:

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Facebook:

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