

CENTRE FOR APPLIED PSYCHOLOGY Newsletter April 2019, Issue 22

ABOUT US

The Psychology Clinic is located at the University of KwaZulu-Natal Howard College Campus. The main objective of the clinic is to provide psychotherapy, counselling and assessment services for adults and children.

The Clinic is run by registered psychologists and trainee psychologists under supervision.

The Clinic offers short-term treatment for the following concerns:

- Depression
- Interpersonal Conflict
- Anxiety
- Trauma
- Behavioral Concerns
- HIV/AIDS (pre, post and ongoing counselling)
- Personality Disorders
- Couple and marriage counselling

CLINICAL AND COUNSELLING PLACEMENTS

Clinical and counselling placements are now in full swing. Students have settled in at their respective placement sites well.

Clinical students look forward to rotating placement sites in the upcoming months.



ANTI-BULLYING PROJECT IN FULL SWING

The Reach Out anti-bullying and cyberbullying campaign launched in February by the Masters Class 2019, has been implemented at two schools in Durban thus far. Two groups of students went to Glenashley Preparatory School, Kloof High School and Christopher Nxumalo Senior Primary School. The campaign kicked off at the beginning of April and was a great success.

We look forward to interacting with more schools in the months to come!



UKZN PSYCHOLOGY CLINIC

The Clinic is run by registered psychologists and trainee psychologists under supervision.

Operating hours: Mondays to Fridays from 8:00am - 4:00pm (by appointment only)

Cost: Services are offered at a low cost to the community (please contact the clinic telephonically or via email for more information)

Contact: T: 031 2607425
E: hatinghd@ukzn.ac.za

Address: Psychology Clinic, Room B18, Lower Ground Floor, Memorial Tower Building, King George V Avenue, Durban.

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Support groups are available for:

- Anxiety
- Depression
- HIV/AIDS

Autism Spectrum Disorder

- Autism spectrum disorder (ASD) is a developmental disorder that affects communication and behaviour.
- Autism is known as a “spectrum” disorder because there is wide variation in the type and severity of symptoms people experience.
- People with ASD may have: difficulty with communication and interaction with other people, restricted interests and repetitive behaviours.

Facts about Autism Spectrum Disorder:

- 1) ASD is about 4 times more likely in boys than girls.
- 2) ASD is a spectrum disorder, which means that every child with ASD has different skills, challenges, and needs.
- 3) There is no “cure” for ASD, but there are several interventions that can help children learn important skills that improve everyday life.



This Month's Topic: World Autism Day

WHAT IS IT?

Celebrated every year on April 2nd, it is an internationally recognised day in which members of the public, across the world, are encouraged to spread awareness about Autism Spectrum Disorder.

The day brings individual autism organisations together all around the world to aid in research, diagnosis, treatment and acceptance for those affected by this disorder.

The entire month of April is dedicated to Autism Awareness and various awareness campaigns are implemented throughout the month.



Support Groups

Students from the Psychology Masters Class have started exploring starting up different types of support groups in the upcoming months. Two students have a support group on 29th of April at the SADAG offices @ the Life ST Josephs Hospital. This support group is aimed at Mental Health Support Group for Care Givers.



CONTACT US:

The Psychology Clinic:

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E-mail: psychclinic@ukzn.ac.za

Reach Out!

Reach Out Website:

<https://reachoutantibullying.wixsite.com/reach-out>

Instagram Page: