

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:

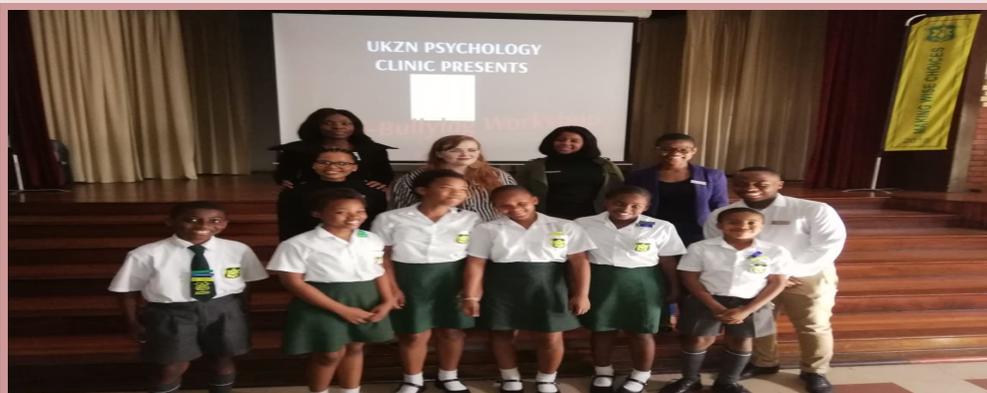
- Depression
- Interpersonal Conflict
- Anxiety
- Trauma
- Behavioral Concerns
- HIV/AIDS (pre, post and ongoing counselling)
- Personality Disorders
- Couple and marriage counselling

WOMEN'S MONTH 2019

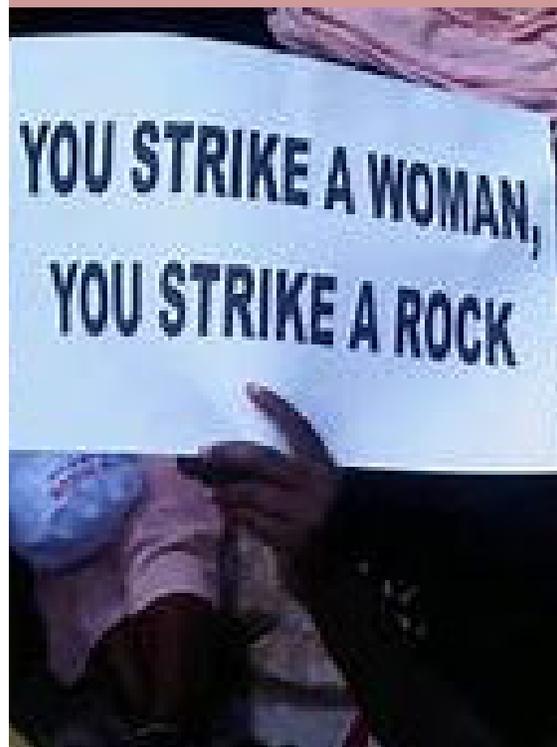
09 August 1956, more than 20 000 women marched to the Union Buildings in protest for the extension of Pass Laws to women. This was a turning point in the role of women in the struggle for freedom. Since this day, women from all walks of life became equal partners in the struggle for a non-racial and non-sexist South Africa. The South Africa's government declared August as women's month.

August 9th is annually celebrated as Women's Day.

THE REACH OUT ANTI-CYBERBULLYING CAMPAIGN



The Masters Class interacted with two primary schools for the anti-cyberbullying campaign, Reach Out, this month (Durban Primary School & Kenmont Primary). In the above picture are six Masters trainees who delivered the presentation and six prefects from Durban Primary School. The presentation was well-received, with the Master's students being welcomed with open arms.



FOCUS OF THE MONTH: Personality Disorder; Borderline PD

FEW HEALTHY COPING SKILLS

◆ Be mindful

Practice mindfulness of your emotions. Notice the emotion you are having and let yourself experience it as a wave without trying to block it, suppress it, or hold onto it. Try to accept the emotion for what it is. Try to stay in the moment so you do not carry the past emotions along with it.

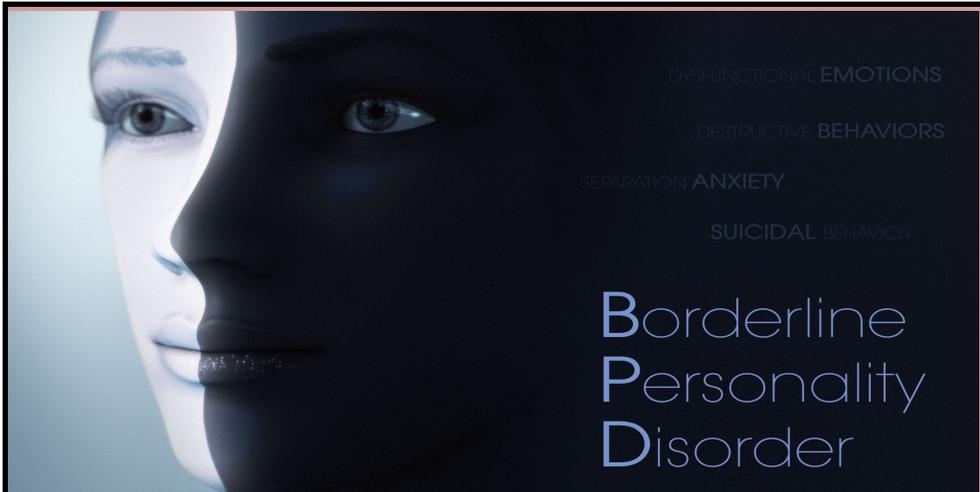
◆ Find support

Reach out to others when you are struggling with strong emotions. Call a supportive friend or family member. If you don't have someone in mind that is supportive and you are in a crisis, you can call Life line: 031 303 1344

INTERESTING FACTS:

DID YOU KNOW?

- ◆ Between 0.5 and 1.7 people have borderline personality disorder.
- ◆ Men are likely as women to have borderline personality disorder.
- ◆ Some people with BDP are high functioning in certain settings, while their private life may be in turmoil.
- ◆ Research shows that with specialised therapy, most people with BDP notice their symptoms are reduced and their lives are improved.



Borderline Personality Disorder (BPD) is a significant pattern of instability in interpersonal relationships, self-image, and emotions. Individual can be very impulsive and may demonstrate self-injurious Behaviors.

Some Common Symptoms of Borderline Personality Disorder

- **Frantic efforts to avoid abandonment**, whether the abandonment is real or imagined
- **A pattern of unstable and intense interpersonal relationships** characterized by alternating between extremes of idealization and devaluation
- **Identity disturbance**, such as a significant and persistent unstable self-image or sense of self
- **Impulsivity** in at least two areas that are potentially self-damaging (e.g., spending, sex, substance abuse, reckless driving, binge eating)
- **Recurrent suicidal behavior**, gestures, or threats, or self-mutilating behavior.



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Reach Out!

Reach Out Website:
<https://reachoutantibullying.wixsite.com/reach-out>
Instagram Page:
ReachOutUkzn