

### 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



### THE MASTERS CLASS OF 2020



(Back Row from Left) Gina Sim, Brandon Kayat, Lynne Richards, Sindiswe Sibiya, Nobule Nkosi, (Front Row) Khumbuzile Ngubane, Refilwe Mmopi, Francesca Favero, Bo Rode, Philile Lukhele, Micaela Van Wyk, Mbalenhle Mshiywa, Ncebakazi Jili, Zahrah Essop

### INTRODUCING THE MASTERS STUDENTS OF 2020

**Zahrah Essop** -"Set your life on fire. Seek those who fan your flames" Rumi

**Francesca Favero** -"The important thing is the obvious thing that nobody is saying" Charles Bukowski

**Ncebakazi Jili** -"There is power in positive thinking. You can if you think you can" Peale

**Brandon Kayat** -"If you think you are too small to make a difference, try sleeping with a mosquito" Dalai Lama

**Philile Lukhele** -"The purpose of our lives is to be happy" Dalai Lama

**Mbalenhle Mshiywa** -"I am because WE are and, since we are, therefore I am" John Mbiti

**Refilwe Mmopi** -"Life is what we make it, always has been, always will be" Fifi

**Khumbuzile Ngubane** -"Be the change you want to see in the World" Ghandi

**Nobuhle Nkosi** -"It always seems impossible till it's done" Mandela

**Lynne Richards** -"Change begins at the end of your comfort zone" Bennett

**Bo Rode** -"You've gotta nourish to flourish" Wigginton

**Sindiswe Sibiya**—"In a gentle way, we can shake the world" Ghandi

**Gina Sim** -"Do what you can with what you have in the time you have in the place you are" Nkosi Johnson

**Micaela Van Wyk** -"The secret of change is to focus all of your energy, not on fighting the old, but on building the new" Socrates

## BEYOND THE MYTHS ABOUT ANTISOCIAL PERSONALITY DISORDER

ASDP does not mean the person likes to avoid social situations, it means a deviation in personality from social norms.

Many individuals with ASDP suffer from substance use disorders with 78% falling victim to addiction or a substance-related disorder.

Many individuals with ASDP do end up in trouble with the law. The rate of criminal behaviour among those with ASDP is high. However, not all criminals have ASDP.

Research shows that the Amygdala (which is linked to emotions) in the brain of a person with ASDP is smaller in size than those without the disorder.

### Interesting Facts:

**The cause of ASPD** is still unknown. Genetic factors and environmental factors, such as child abuse, are believed to contribute to the development of this condition. People with an **antisocial** or alcoholic parent are at increased risk.

Far more men than women are affected.

The prevalence rate of this disorder is between 0.2 percent and 3.3 percent of the population.

## This Month's Topic: ANTISOCIAL PERSONALITY DISORDER

### What is Antisocial Personality Disorder?

Antisocial Personality Disorder (ASPD) is a pervasive pattern of disregard for others including the violation of their rights which begins in childhood and extends into adulthood. Central features of ASPD are deceit and manipulation and the failure to conform to social norms with respect to lawful behaviour. People with ASPD often disregards the rights, feelings and wishes of others. They often manipulate and lie in order to obtain power or for financial gain. They are know to repeatedly lie and show patterns of impulsivity. People with ASPD have a tendency to be aggressive and irritable and can repeatedly get involved in physical fights or carry out acts of physical assault. They also display reckless behaviour which shows no regard for safety for themselves or others.

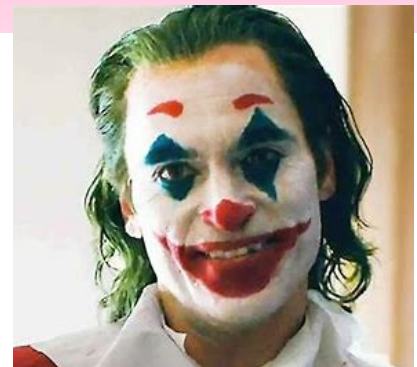


### Do you know anyone like this (signs and symptoms):

- Pattern of disregard for the rights of others
- Inability to conform to social norms which can lead to arrest
- Repeatedly deceitful by lying or conning other for profit or pleasure
- The inability to plan ahead, shows impulsive behaviours
- Displays signs of aggression and irritability which result in physical assaults or fights
- Disregard for the safety of themselves and others by engaging in reckless behaviours
- Show traits of being irresponsible, they are unable to sustain work commitments or financial obligations
- They lack remorse when they harm others by being indifferent or rationalising.

### Treatment

- The success of treatment is different depending on the individual's situation and their willingness to participate
- Psychotherapy can be used to treat ASPD; this can include anger and violence management, or treatment for substance misuse if this is a contributing factor
- Psychotherapy is not effective if the symptoms are severe and the person does not admit that they are contributing to the problem
- There is no specific medication prescribed for this condition, however medication can be used to treat anxiety / depression which can be associated with ASPD.



### CONTACT US:

The Psychology Clinic:  
Tel: (031) 260 7425  
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### Other Lifeline

Tel: 0800 055 555 /  
031 312 2323

### Reach Out!

### Reach Out Website:

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