

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.

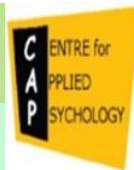
The Clinic offers short-term treatment for the following concerns:

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

While the clinic is psychically closed due to COVID-19, we are still offering counselling services through the online platform Zoom. This service comprises of three free sessions, for:

- Those seeking individual counselling
- Those seeking group support to cope with the current stressors
- Health care workers seeking support.

Go to bit.ly/UZKNpsych to access the above services



The world has changed
but we will get through this...
together

We are Offering Free
Online Support (3 sessions):

• Individual counselling

• Group Support

• Support for Health
Care Workers



Feeling anxious,
uncertain or just want
to connect?

Talk to us

Doreen Hattingh:
hattinghd@ukzn.ac.za

Whatsapp
078 512 1959

Google Sign Up Document
bit.ly/UKZNpsych

The UKZN Psychology Clinic is run by registered psychologists and trainees
The support groups will be run over three weeks over the Zoom Platform



Common types of Domestic Violence:

PHYSICAL: Hitting, kicking, biting, slapping, shaking, etc. Withholding of physical needs including interruption of sleep or meals. Forcible physical restraint against throwing things in anger, destruction of property. Holding the victim hostage.

EMOTIONAL: Insulting or criticizing to undermine the victim's self-confidence. This includes public humiliation, as well as actual or threatened rejection. Consistently disregarding, ignoring, or neglecting the victim's requests and needs. Telling the victim they're mentally unstable or incompetent.

VERBAL: Coercion, threats, and blaming, name calling, telling victim they're is unattractive or undesirable. Yelling, screaming, rampaging, terrorizing or refusing to talk

SEXUAL: Using force, coercion, guilt, or manipulation or not considering the victim's desire to have sex. This may include making the victim have sex with others, have unwanted sexual experiences, or be involuntarily involved in prostitution.

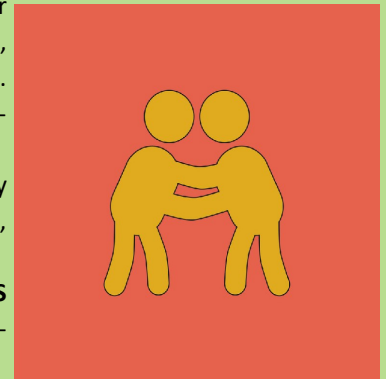
ECONOMIC: Controlling the family income and either not allowing the victim access to money or rigidly limiting their access to family funds. Making them turn their wages over to the perpetrator. Causing the victim to lose a job or preventing them from taking a job.

This Month's Topic: Domestic Violence

WHAT IS IT? Domestic can be an incident or pattern of incidents of controlling, coercive, threatening, degrading and violent behaviour. There are many different types of domestic violence aside from physical violence.

DOMESTIC VIOLENCE AND COVID-19: For many who are have to spend lockdown with an abuser, frequency of violence can increase.

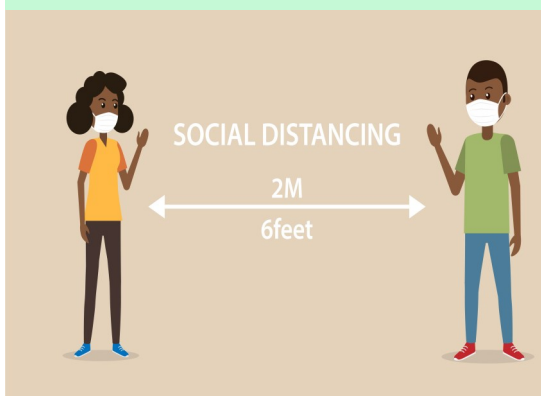
WHAT DO YOU DO IF YOU OR A LOVED ONE IS A VICTIM? See the bottom of this page for resources



Eye-opening Facts:

- More than 3000 domestic violence complaints have been reported since the beginning of the lockdown.
- More than 20 women have died due to Gender Based Violence since the lockdown

COVID-19 Reminders:



CONTACT US:

The Psychology Clinic:

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E-mail:

psychclinic@ukzn.ac.za

In a crisis?

Lifeline:

Tel: 0800 055 555 /
031 312 2323

Open Door Crisis Centre:

Tel: 031 709 6688

Domestic violence Helpline:

0800 150 150

SAPS Emergency Services: 10111

POWA
PEOPLE OPPOSING WOMEN ABUSE

POWA (people opposing women abuse) Lockdown Counselling

Number: 076 694 5911

A counsellor is available 8:30 am –
16:30 Mon-Sun