

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.

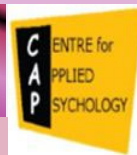
The Clinic offers short-term treatment for the following concerns:

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

While the clinic is physically 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/UKZNpsych 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



**Asking for help is a
courageous step!**

Common Characteristics:

Schizophrenic symptoms can be divided up into 2 categories: Positive and Negative symptoms:

Positive symptoms:

- ◆ **Delusions:** strong, false beliefs that do not have any foundation in reality (e.g. Thandi believes her mother is poisoning her food).
- ◆ **Hallucinations:** seeing, hearing, tasting, smelling or touching things that are not present outside of the individual's mind (e.g. Mark saw aliens and believes that the man on the radio was commanding him to steal from his brother).
- ◆ **Disorganized or abnormal behaviour:** performing inappropriate behaviours or unable to perform basic tasks (e.g. John started jumping with excitement when he was asked where he lives).
- ◆ **Disorganized speech:** speech that is incomprehensible or not related to the topic being discussed (e.g. During a class discussion on relationships, Simphiwe started talking about buying a racing car after school).

Negative symptoms:

- ◆ **Flat affect:** no emotional response in gesture, facial expression or tone of voice (e.g. Raesha appeared emotionless in response to her therapist).
- ◆ **Avolition:** the inability to begin and maintain goal-directed activities (e.g. Sarah is unable to participate in her work-related activities).
- ◆ **Alogia:** a speech disturbance where the individual talks very little and gives brief, empty replies to questions (e.g. When asked what was his first experience of public speaking like, Sibusiso stated that it was "painful").

To note: For a Schizophrenia diagnosis to be made, at least 2 of the above symptoms must be present and continuous for at least 6 months.

This diagnosis must be made by a qualified mental health care professional.

This Month's Topic: Schizophrenia

WHAT IS IT?

Schizophrenia is a mental disorder that is characterized by disorganized and fragmented emotions, behaviours and cognitions.

Schizophrenics have a gross distortion of reality.

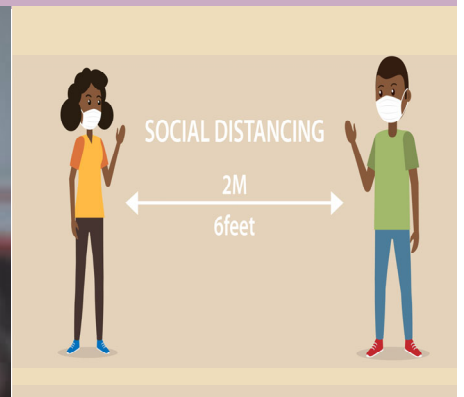
Schizophrenia affects approximately 1% of the global population.

Schizophrenic characteristics typically emerge between the late teens and the mid-30s.

What to do if you notice a loved one with these symptoms?

- Stay calm. Many symptoms and signs associated with Schizophrenia may result from other difficulties
- Take your loved one to a psychologist for an assessment.
- Educate yourself. The more you know about Schizophrenia, the better prepared you will be to deal with it..
- Try to maintain a stress free environment. Stress can make the symptoms worse.
- Try to keep a routine and track specific details such as new symptoms that have developed, any new sources of stress and medications they are on.
- Attend support groups together. Support groups help you meet other people who are walking the same journey and creates a safe space to learn and explore different ways of managing Schizophrenia.

COVID-19 Reminders:



CONTACT US:

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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