

UKZN HOWARD COLLEGE CAMPUS



CENTRE FOR APPLIED PSYCHOLOGY

Newsletter August 2020-Issue 35

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:

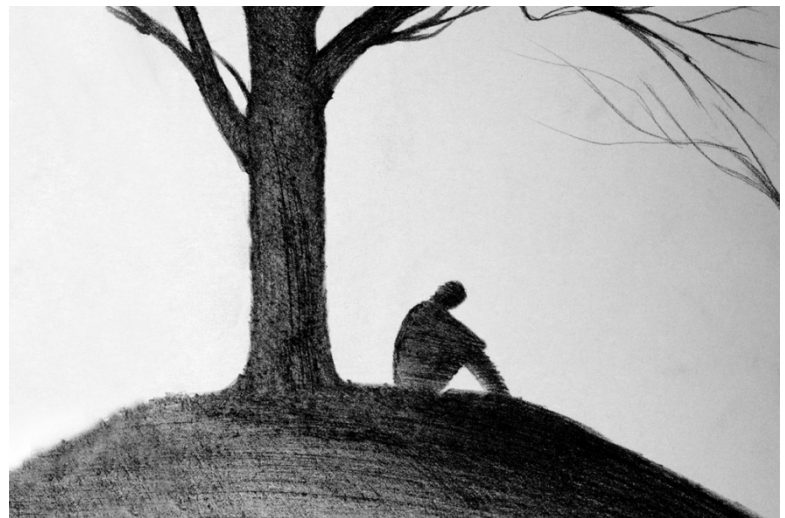
- Depression
- Interpersonal conflict
- Anxiety
- Trauma
- Behavioural concerns
- HIV/AIDS (pre, post, and ongoing counselling)
- Personality disorders
- Couple and marriage counselling

We are currently offering counselling services through the Zoom online platform. This service comprises three free sessions, for:

- Individual counselling
- Support groups
- Health care workers seeking support

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

THIS MONTH'S TOPIC: GRIEF



AUGUST REVIEW

9 AUG – WOMENS' DAY

12 AUG – INTERNATIONAL YOUTH DAY

31 AUG – AFRICAN TRADITIONAL MEDICINE DAY



August 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

NORMAL GRIEF

Grief is a natural response to loss. Often the pain of loss may feel overwhelming and can affect physical health.

Grief is often associated with death; however, any loss can cause grief, including:

- Divorce or break-up
- Loss of health / chronic illness
- Losing a job/loss of financial stability
- Loss of a friendship
- Loss of a pet
- Loss of safety after a trauma

COMMON SYMPTOMS

Emotional symptoms: shock, disbelief, sadness, guilt, anger & fear.

Physical symptoms: fatigue, nausea, weight changes & change in sleeping patterns

COMPLICATED GRIEF

If the pain of grief is so severe that it keeps you from resuming your life, you may be suffering from complicated grief. Symptoms include intense longing of the deceased; intrusive thoughts or images of the dead; persistent denial; searching for the deceased; avoiding reminders; extreme anger and bitterness, and a feeling that life is meaningless. If you are experiencing any of these symptoms, it is important to seek professional help.

COPING WITH NORMAL GRIEF

Grieving is a highly individual experience. The process depends on factors including personality, coping style, life experience, faith, and the significance of the loss.

There is no typical timeline for grieving. Often five stages of grief are used to explain the grief process, including denial, anger, bargaining, depression, and acceptance.

STRATEGIES TO COPE WITH GRIEF

Self-expression:

- Talk
- Write
- Create

Physical self-care:

- Get enough sleep
- Avoid drugs and alcohol
- Eat well
- Exercise

Emotional self-care:

- Get the support you need
- Allow yourself to have fun
- Try to maintain hobbies and interests
- Join a support group

COVID-19 LOSSES

The coronavirus has resulted in numerous losses that may be experienced as overwhelming. If you are having difficulty coming to terms with the loss of a loved one, losing a job or home, think about speaking to one of our psychologists.

Grief is not a disorder, a disease, or a sign of weakness. It is an emotional, physical, and spiritual necessity, the price you pay for love. The only cure for grief is to grieve." – Earl Grollman

CONTACT US

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IN A CRISIS?

Lifeline: 0800 055 555 /
031 312 23 23
Open Door Crisis Centre: 031 709
6688
Domestic violence helpline:
0800 150 150
SAPS Emergency: 10111
POWA (People opposing women
abuse) Lockdown Counselling
Number:
076 694 5911
(8:30 – 16:30 Mon-Sun)