

UKZN HOWARD COLLEGE



Newsletter

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<https://sahs.ukzn.ac.za/research-units-centres/>

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.

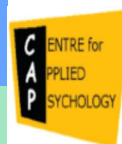
The Clinic offers short-term treatment for the following concerns:

- 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:

- Individual Counselling
- Support Groups
- Health care workers seeking support

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



UNIVERSITY OF
KWAZULU-NATAL™
INYUVESI
YAKWAZULU-NATALI



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



SCARY COVID-19 MYTHS

***The following statements are
NOT TRUE***

Symptoms and severity

- ◆ most people who get COVID-19 get very sick or die
- ◆ you can always tell if someone has COVID-19

People at risk

- ◆ Black and African people cannot get COVID-19?
- ◆ COVID-19 only affect old people, meaning young people don't have to worry
- ◆ people living with HIV more likely to get seriously ill

Prevention, treatment and cure

- ◆ antiretroviral treatment (ART) for HIV can stop one from getting COVID-19
- ◆ COVID-19 only spreads in warm sunny weather
- ◆ drinking lots of hot drinks stop COVID-19
- ◆ use of strong disinfectant to clean hands and body can protect from COVID-19
- ◆ Chloroquine can cure COVID-19

WE ARE PSYCHOLOGICALLY MOVING ON FROM COVID-19



Let Yourself Grieve

In transitioning to a new and very different style of life, even if temporary, we might find ourselves mourning what we once knew. We aim to ideally arrive at acceptance of the situation. Accepting a situation allows us to fully understand it, know our opportunities and limits, and take steps forward.

Reframe Your Mind

As we accept the current reality, we have the opportunity to be more flexible with our time, to try new things, and to take care of ourselves. It's also important to reframe how we think about the new normal. We can carry the perspective that rather than being confined, we are choosing to do our part in the context of something greater.

Understand Your Process

Even though this is a shared experience, it's highly likely that you have very few people around you now. You might notice quite quickly then that everyone has a different approach to wrapping their heads around what's going on.

How are you dealing with this? How does it relate to other ways you approach problems and uncertainty? The goal is to have a fine balance between being aware enough of what's going on to protect yourself and others but not so aware that we become paralyzed by anxiety. This is key not only for the current situation but for other times of uncertainty, as well.

Determine Your Needs and Values

Think about your top three values and whether your usual routine reflects them. Consider what's getting in the way of integrating them more into your activities and relationships.

Think about what relationships you miss and how you feel differently about yourself now. You might also notice the opposite: actually feeling better about yourself without regularly interacting with someone or something and not having known their impact before. It is therefore important to assess what you need in terms of values and relationships during this time.

CONTACT US:

The Psychology Clinic:

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WhatsApp number: 078 512 1959

E-mail: psychclinic@ukzn.ac.za

Other

Lifeline

Tel: 0800 055 555 /
031 312 2323

Open Door Crisis Centre

Tel: 031 709 6688

Domestic Violence Helpline: 0800 150 150

Whatever new normal we return to will have expectations and structure as well.

Use these as guidelines to help with the transition to the new normal so that it feels like less of a loss than we first felt.

INSPIRING GREATNESS

1910 - 2010
100 YEARS OF ACADEMIC EXCELLENCE

Founding Campuses: ■ Edgewood

■ Howard College

■ Medical School

■ Pietermaritzburg

■ Westville