

# THE PSYCHOLOGY CLINIC

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## ABOUT US

The Psychology Clinic is located on the University of KwaZulu-Natal, Howard College Campus and is home to the Clinical & Counselling Master's programme in the discipline of Psychology.

The Clinic's main aim is to provide affordable psychotherapy, counselling and assessment services for both adults and children.

### We offer short-term treatments for the following concerns:

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

### Support groups are available for:

- Anxiety
- Depression
- HIV/AIDS

## A BONDING PROJECT!

The class of 2018 banded together to brighten up the waiting room with a beautiful tree.

.....Train your eyes to find the patterns, then train your brush to make the patterns and watch your tree come into life.....



*How can we help you?*



## FACTS

People with histrionic personality disorder may...

- ▶ have difficulty achieving emotional intimacy in romantic or sexual relationships.
- ▶ often act out a "victim" or "dramatic" role in their relationships to others.
- ▶ seek to control their partners through emotional manipulation or seductiveness on one level, while displaying a marked dependency on them at another level.
- ▶ often have impaired relationships with same-sex friends
- ▶ often becomes depressed and upset when they are not the centre of attention.
- ▶ crave novelty, stimulation, excitement and may have a tendency to become bored with their usual routine.
- ▶ be frustrated by situations that involve delayed gratification
- ▶ be often directed at obtaining immediate satisfaction.
- ▶ neglect longer-term relationships to make way for the excitement for new relationships.

## THIS MONTH'S TOPIC:

# HISTRIONIC PERSONALITY DISORDER

### WHAT IS PERSONALITY DISORDER

A **personality disorder** is an enduring pattern of inner experience and behavior that deviates markedly from the expectations of the individual's culture. It is pervasive and inflexible, has an onset *in* adolescence or early adulthood, is stable over time, and leads to distress or impairment. According to the DSM-5 there are 10 specific personality disorders.

### HISTRIONIC PERSONALITY DISORDER

**HPD** is marked by a pervasive pattern of excessive emotion and attention seeking, beginning in early adulthood and present a variety of contexts.

### OTHER SYMPTOMS

1. Feels uncomfortable and unappreciated when they are not the centre of attention
  2. Inappropriate seductive or provocative behavior.
  3. Displays rapidly shifting and shallow expression of emotions.
  4. Consistently uses physical appearance to draw attention to themselves.
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5. Has a style of speech that is excessively impressionistic.
  6. Is often dramatic and displays exaggerated expression of emotions.
  7. Their opinions and feelings are easily influenced by others and by current fads.
  8. Considers relationships to be more intimate than they actually are.

## CONTACT US :

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