

UKZN HOWARD COLLEGE 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

Right: A mural painted inside the I Care Center in Durban boasting a quote ..by Nelson Mandela: "It always seems impossible, until it's done".



.L!b;_Psychology students wearing handmade masks as part of the Creative Minds Project development.

CREATIVE MINDS PROJECT

Creative Minds is an upcoming project designed by psychology students from the Psychology Department at the UKZN, Howard College Campus.

The Creative Minds Project will involve interactive interventions with street youth in the Durban City area. One of the project's main objectives is to attract and maintain these youth's attendance at the "I Care Centre" through the use of various art techniques, such as mask-making and clay work.

ICare is a non-profit, Christian organisation that creates meaningful and sustainable solutions for street children through awareness programmes, rehabilitation, shelters, skills, and finally producing effective members of society.

For more information about I Care, visit their website:
<http://icare.co.za>

MENTAL HEALTH CRISIS IN KZN

1 in every 6 South Africans suffer from depression, anxiety, or substance-use disorders. Mental disorders represent not only an immense psychological, social, and economic burden to society, but they also increase the risk of physical illnesses, such as cardiac disease and HIV/AIDS. **Thus, mental health is a cornerstone of health care.** However, "state mental health facilities in KwaZulu Natal are in a critical situation and, if not attended to, could be disastrous", said president of the South African Society for Psychiatrists (SASOP).

There is a massive mental health specialist crisis in the province where only 20 of the 45 specialist posts are filled due to "freezing" of positions.

According to Janse van Rensburg (2017), "with physical beds missing, others not in use due to flooding, and no water or food at some hospitals like so many others across the country, the most fundamental basic human rights of patients are under threat."

The lack of public mental health care providers and facilities puts heavy strain on an already-strained system and disadvantages those who need care.

LET'S TALK PERSONALITY! BORDERLINE PERSONALITY DISORDER

What is a Personality Disorder?

A P.O. is a deeply ingrained and maladaptive pattern of behaviour of a specified kind, typically apparent by the time of adolescence, causing long-term difficulties in personal relationships or in functioning in society. This pattern deviates markedly from cultural norms and expectations, is stable over time and leads to marked distress or impairment. According to the DSM-5, there are 10 specific personality disorders.

BORDERLINE PERSONALITY DISORDER

BPD is marked by a pattern of instability in mood, behaviour, self-image, and functioning. Those with BPD may experience intense episodes of anger, depression, and anxiety, and often engage in risky or impulsive behaviour, as well as have many unstable relationships.

Other symptoms include:

- Frantic efforts to avoid real or imagined abandonment
- A pattern of intense and unstable relationships with family, friends, and loved ones, often swinging from extreme closeness and love (idealization) to extreme dislike or anger (devaluation)
- Distorted and unstable self-image or sense of self
- Impulsive and often dangerous behaviors, such as spending sprees, unsafe sex, substance abuse, or reckless driving
- Recurring suicidal behaviors or threats or self-harm
- Chronic feelings of emptiness
- Inappropriate, intense anger or problems controlling anger

Treatment:

BPD may be treated with both medication and/or psychotherapy. Due to the nature of the disorder, it has been viewed as difficult to treat; however, those with BPD can manage their disorder effectively with treatment.

A therapy known to be effective with treating BPD is *Mentalization Based Therapy (MBT)*. MBT focuses on helping one differentiate and separate one's own thoughts and feelings from others. Here, the concept of mentalization is emphasized, reinforced and practiced within a safe and supportive psychotherapeutic environment.

For more information regarding therapy and assessments contact us

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