



Psychology Services

I offer the following **psychology** services from my practice in Springs and Brakpan.

Individual Psychotherapy/ Psychology

Individual psychotherapy aims to address the main **psychology** concerns of clients as they experience them in day-to-day living.

These concerns may be experienced at a personal or interpersonal level. Focus areas include:

- Exploring a clients past experience and developing an understanding of how that impacts their present state of mind. (Past **Psychology**)
- Discovering the potential inherent in the client to address the current issues at hand. (Present **Psychology**)
- To apply the clients inherent potential to successfully overcome difficulties and direct their lives in a meaningful way. (Future **Psychology**)
- Developing meaningful interpersonal relationships.

Adolescent Psychology/ Teen Therapy

Adolescent **psychology** or teen therapy aims to help a teenager understand their experiences as they move through adolescence. Once they have developed a better understanding of what they are experiencing they can develop effective ways of coping with these experiences. The challenge is to develop a sense of identity and focus in life amidst the chaos often experienced during adolescence.

Therapy includes:

- Addiction
- Adoption
- Anxiety/panic
- Art Therapy
- Aviation
- Behaviour disorders
- Bereavement and death
- Cognitive Behaviour Therapy
- Crisis Management
- Depression

- Divorce
- Eating disorders
- Emotional difficulties
- Encouragement Therapy
- Energy Psychology
- Ericksonian Therapy
- Gestalt Therapy
- Hypnotherapy
- Learning difficulties
- Life Skills Training
- Metaphor therapy
- Multiple Family Therapy
- Narrative Therapy
- Neurodevelopmental delays
- Nondirective Psychoanalysis
- Occupation/Career
- Parental guidance
- Play Therapy
- Problem Solving Group Therapy
- Psychotherapy
- Sandplay Therapy
- Self esteem
- Self mutilation
- Solution Focused Therapy
- Social skills
- Stress Management
- Study Methods
- Trauma Therapy
- Verbal Behaviour Therapy

Assessments

Psychoeducational assessments

The 4 following categories are focused on in a Psychoeducational Assessment:

o Emotional functioning

- This is done using a range of projective techniques
- A child's feelings about himself
- How a child feels in relation to his family
- A child's emotional experience of school
- How the child feels in his relationships with his friends
- How all the above influence the child's functioning both emotionally and cognitively.

o Cognitive functioning

- Cognitive assessment can be used as a measure of intellectual functioning, incorporating both verbal and performance tests

- This will give an indication of a child's academic strengths and weaknesses
- Recommendations can be made based on the results of the assessment. These will be given to both the teachers (if the parents give permission) and the parents so that collaborative efforts can be made to meet the child's specific needs.

o Neurodevelopmental functioning

- Neurodevelopment refers to the hierarchical, qualitative changes in ability from the moment of conception until maturity.
- Understanding learning and behavioural problems is helped by an understanding of these hierarchical changes and the functioning of sensory-motor systems.
- A child's learning and behaviour may be affected when natural development stages are "missed."
- If one of the sensory-motor systems is not functioning optimally, it will place more strain on the other systems.
- This can sometimes be the basis for learning difficulties, attention problems and behavioural problems.
- Recommendations will focus on simple activities that parents can incorporate into their daily lives so as to bridge the child's neurodevelopmental gaps.

o Educational functioning

- This gives an indication of how a child is functioning with school based tasks, like mathematics, reading, writing and spelling
- This can help identify areas of weakness and how remedial techniques can be used to improve the child's performance at school
- This can help identify any learning disorders like dyslexia, disorders of written expression etc
- Suggestions will be made to both the parents and the teachers (if the parents agree) so that the child's needs can be met at home and in the school environment.

School readiness assessment

- These assessments can be administered to Grade R's who need an indication of their readiness for Grade 1.
- This assessment will use similar approaches above but using tests that are standardised for younger children

Career Guidance and Subject Choice Assessment

- This takes into consideration the individual's interests, abilities and aptitude.
- Suggestions will be made based on the combination of the above mentioned.

IEB and GDE Concession/Accommodation Assessments

- Concessions and accommodations are applied for and can result in the learner receiving extra time, scribes, readers etc.

Feedback and Parental Support

-Arranged with parents monthly or more frequently if needed.