


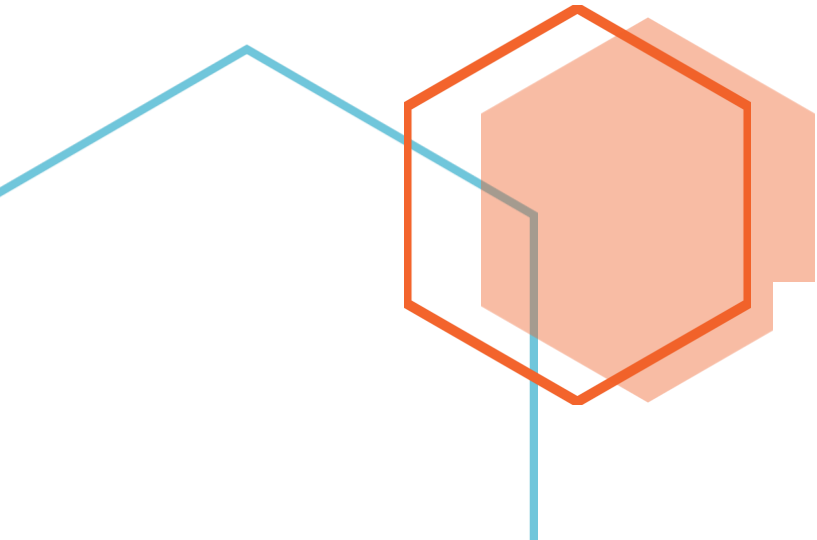


Psychology Clinic Department of Psychology, Rhodes University

2020 – 2021

***Psychological services in times of pandemic
from a community-based training institution***

A summary of the activities at the Psychology Clinic during the
unprecedented times of the COVID-19 pandemic



Report compiled by Nqobile Msomi,
December 2021



Psychology Clinic Department of Psychology,

The Psychology Clinic is a community resource that offers psychological assessments and intervention services to members of the Makhanda community. These services are provided by trainee counselling and clinical psychologists under the supervision of registered counselling, clinical and educational psychologists. All staff and students at the Psychology Clinic are registered with the Health Professions Council of South Africa (HPCSA).

We offer psychological assessment and psychotherapy for emotional, behavioural and cognitive problems. The kinds of problems we deal with include occupational and academic difficulties, relationship conflicts, conduct problems in children, adolescents and adults, anxiety, depression and suicidal feelings, eating disorders, and problems related to use of drugs and alcohol. We do not offer a crisis intervention service. Two main approaches to intervention inform our practice: cognitive-behavioural and psychodynamic orientations.



Visit our website at:

<https://www.ru.ac.za/psychology/psychologyclinic>

The members of the Psychology Clinic, both students and staff, are also actively involved in our communities via the community

People 2020

Clinic co-ordinator

Nqobile Msomi

Clinic administrator

Nonkanyiso Maqanda

Academic co-ordinators

Prof Lisa Saville-Young

Prof Megan Campbell

Trainee psychologists

Counselling trainees:

Zuziwe Ndebele

Sandisiwe Nabo-Bazana

Staci Francis

Nicky Keet

Mihlali Simukonda

Lerato Manyike

Clinical trainees:

Thato Masia

Siphosethu Ngqamfana

Pieter Bredenkamp

Kuriesha Munishvaran

Cinnamon Peters

Aimee Fouche

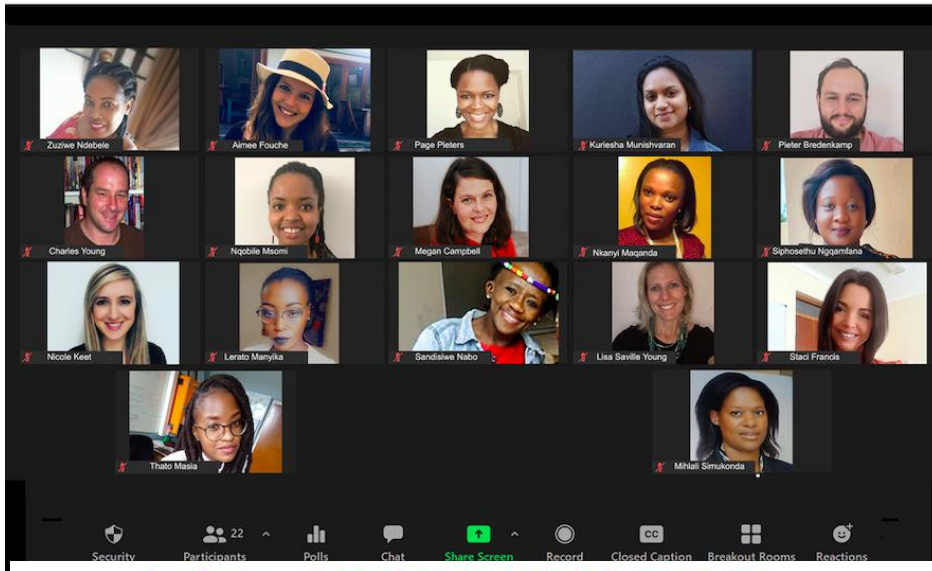


psychology and public mental health service-learning courses, as well as through engaged research activities.

The psychological services offered at the Clinic are based on a sliding scale according to community members' (including students) income.



RHODES UNIVERSITY
PSYCHOLOGY CLINIC
2020



RHODES UNIVERSITY
PSYCHOLOGY CLINIC
2021



Claire Arendse



Asanda Hadebe



Prof. Charles Young
Head of the Department



Deneo Sekese



Mamdlalose Dipholo



Maryna Slabbert



Prof. Lisa Saville-Young
Clinical Coordinator



Allison Simonse



Nkanyi Maqanda
Clinic Administrator



Daniella Augustine



Prof. Megan Campbell
Counselling Coordinator



Nwabisa Bungane



Palesa Chele



Philani Ndlovu



Nqobile Msomi
Clinic Coordinator



Siyanda Shabalala



Siphuxolo Bikwe

People 2021

Clinic co-ordinator

Nqobile Msomi

Clinic administrator

Nonkanyiso Maqanda

Administrative assistant

Busi Mzangwa

Academic co-ordinators

Prof Lisa Saville-Young

Prof Megan Campbell

Trainee psychologists

Counselling trainees:

Siphuxolo Bikwe

Nwabisa Bungane

Mamdlalose Dipholo

Deneo Sekese

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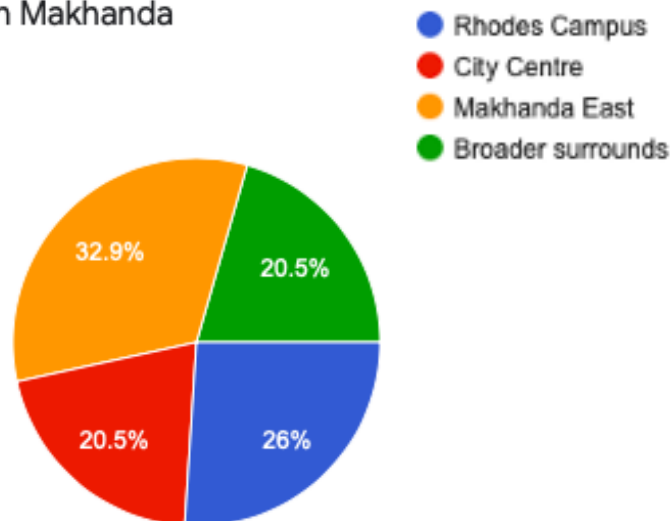
2020 Overview

Clinical Statistics

Despite the COVID-19 lockdown restrictions, our 12 trainee psychologists engaged in 557 consultations with 73 clients between May and November 2020. 60% of the clients engaged in online psychotherapy offered via Zoom, and 22% came in for face-to-face consultations once the Clinic was accessible again in mid-September. 40% of clients were students at Rhodes University and 30% were scholars at the local and surrounding schools. 58% of the consultations were for adult psychotherapy, and 16% and 11% for child assessment and child therapy respectively. Some of the predominant presenting problems included performance-related problems, anxiety and depression.

Place of residence in Makhanda

73 responses



Because of the barriers associated with the provision of services via online platforms, we established community hubs, at which clients had access to a device and internet connection. As indicated by the chart above, members across various areas of Makhanda were able to access our services.

Community Engagement

Responsive to COVID-19 related distress during the early phases of the pandemic in 2020, the counselling trainee psychologists partnered with The Learning Trust (TLT) and Rhodes University Community Engagement (RUCE) to offer psychoeducation and psychosocial support to TLT staff, and educators and at local Makhanda schools. 8 online workshops were conducted between July and October. The trainees reached scholars through psychoeducational videos sent via their school WhatsApp groups. Further public mental health interventions were facilitated with the Raphael Centre and Ntsika Secondary School by the clinical trainee psychologists.

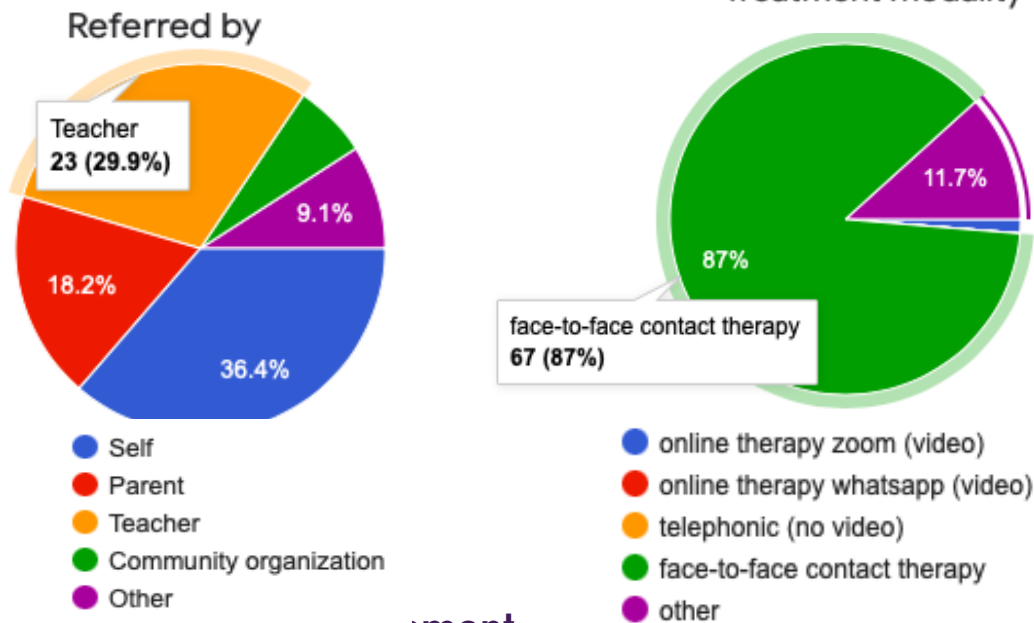
- 12 trainees
- 73 clients
- 557 consultations
- 60% via online therapy (Zoom) and 22% face-to-face
- 40% RU students and 30% pupils
- Performance-related problems, anxiety, depression



2021 Overview

Clinical Statistics

As the COVID-19 lockdown restrictions eased, we were able to offer progressively more access to the Psychology Clinic. The students saw a total of 77 clients for a total of 512 consultations. 87% of the clients had face-to-face consultations at the Psychology Clinic, and associated community hubs. Only 1% of the clients engaged in online psychotherapy offered via Zoom. We strengthened our ties with the local schooling community and a majority 51% of clients were learners from the local schools. As shown below, 30% of the referrals came from school teachers and 18% from parents. The predominant presenting problems remained: performance-related problems, anxiety and depression. There continued to be a relatively even spread of clients from the RU campus, city centre, Makhanda East and broader surrounds.



Community engagement

In partnership with the Rhodes University Community Engagement (RUCE) office, the *Psychosocial Support for Makhanda Educators* continued in 2021. 5 online workshops were conducted, and 3 organisations invited students to facilitate workshops face-to-face. Again, students produced videos for distribution on school WhatsApp groups. Students also facilitated public mental health interventions with the Jabez Aids Health Centre and the Association for Persons with Disabilities (APD). A conflict resolution workshop was provided to the broader Rhodes University staff and students in October 2021.

- 12 trainees
- 77 clients
- 512 consultations
- 87% face-to-face therapy and 1% online therapy
- 23% RU students and 51% pupils
- Performance-related problems, anxiety, depression



Student reflections on service-learning

This year has been challenging and making everything work with the ups and downs of COVID-19 has definitely made it worse. I have learnt, though, that it is possible regardless of the challenges; and sometimes the challenges make it worth it at the end. COVID-19 has meant that we disrupt a lot of our psychotherapy processes but with the community hubs that were set up, for example, we could continue giving support regardless. We found ways that were sustainable in order to continue being there for our Makhanda community and that is definitely a highlight for me.

**Nwabisa Bungane,
Student Psychologist 2021**

As I ventured into my internship programme I was concerned about getting a full exposure to psychological presenting problems. Having child clients has created this curiosity in working with children that I never thought I had.

**Sandisiwe Nabo-Bazana,
Intern Psychologist 2021**

Working at the Psychology Clinic this year has been an invaluable experience. I have learnt that growth is an ongoing process – I continually learnt from my experiences as a student counselling psychologist in my academic, professional and personal life. Self-awareness is key and I continuously reflected on my strengths, as well as worked on my weaknesses. Displaying multicultural competency, as well as adopting a multicultural worldview has furthermore allowed me to establish good rapport with my clients and created a “safe space” where healing and growth could take place.

**Maryna Slabbert,
Student Psychologist 2021**

The greatest highlight was definitely being able to engage with communities outside of RU, which was achieved through the psychosocial workshops provided to educators by the M1 counselling cohort.

**Allison Simonse,
Student Psychologist 2021**

The CBSL where theory was applied to practice and through our work we were able to reach not only a few individuals but other members of the community as well. This for me was the biggest highlight as it exposed us to one of the reasons why I wanted to become a counselling psychologist.

**Siphuxolo Bikwe,
Student Psychologist 2021**