



# ANNUAL REPORT 2023

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Psychology Clinic

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Welcome to the Psychology Clinic, an



**MEET THE STAFF**

integral component of the esteemed Psychology Department at Rhodes University. It offers professional training to those who are looking to advance their career in psychology. Our clinic is dedicated in to advancing the field of psychology, by making psychology relevant and accessible to the community of Makhanda. Our clinic stands as a dynamic hub offering comprehensive psychological assessment and intervention services. Rooted in the training needs of our student clinical and counseling psychologists, specifically first-year master's students, as well as our intern counseling psychologists, the clinic is a nurturing ground for professional growth. Operated under the vigilant guidance of our diverse registered psychologists, our trainees engage in hands-on experiences, contributing to the rich tapestry of mental health services. Committed to upholding the highest ethical standards as prescribed by the Health Professions Council of South Africa (HPCSA), our professional staff ensures a steadfast commitment to the well-being and confidentiality of our clients. Within these walls, we address a spectrum of emotional, behavioral, and cognitive challenges, ranging from academic and occupational hurdles to intricate interpersonal conflicts. The clinic also provides psychological services from a satellite site at the ADC Counselling Hub. The Hub is located at the Assumption Development Centre in Joza. The ADC

*Bazana*

***Clinic Coordinator***  
Sandisiwe Nabo-

***Clinic Administrator***  
Busisiwe Mzangwa

***Academic Coordinators***  
Prof Megan Campbell  
Dr Duane Booysen

***Trainee psychologists:***  
*Counselling Trainees*  
Nokuthula Chonco  
Zama Dube  
Mandisa Hadebe  
Onalenna Majoe  
Gladys Manamela  
Judd Viljoen

*Clinical Trainees*  
Sherwin Abrahams  
Jessica Louw  
Thembeke  
Mhlakwaphalwa  
Tebogo  
Mohlapamaswe  
Chante Odendaal  
Ziphozethu Salman

***"Giving connects two people, the giver, and the receiver, and this connection gives birth to a sense belonging."***

Counselling Hub, inaugurated in April 2022, emerged through collaborative efforts between the Rhodes University Community Engagement office, Psychology Department, Student Counselling Centre, and the Assumption Development Centre in Joza. The overarching goal of community engagement was to establish a Counseling Hub at the ADC that offers top-notch and impactful counseling intervention services. This initiative aims to address the mental health requirements of individuals residing in Joza. Additionally, it seeks to cultivate crucial skills among our training psychologists, including cultural competencies, community psychology, solution-focused psychotherapy, and crisis intervention. This initiative opens doors for the broader Makhanda community, breaking down the barriers of traditional psychological confines. By extending psychology beyond the confines of four walls, we aim to make it accessible to everyone, fostering the opportunity for an enhanced quality of life for all.

**Deepak Chopra**





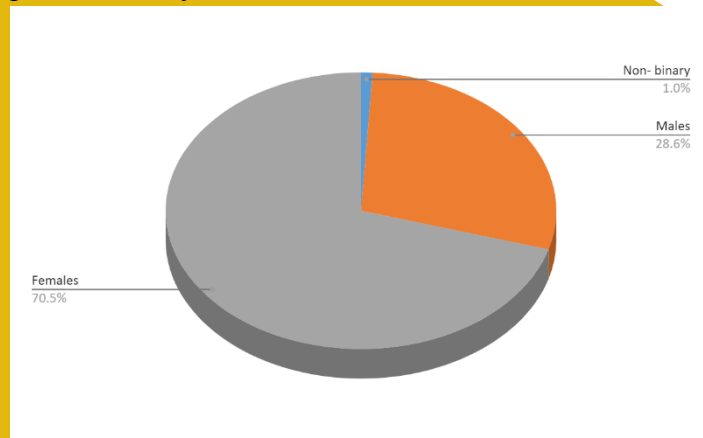


**Standing:** Onalenna Majoe, Jessica Louw, Thembeke Mhlakwaphakwa, Gladys Manamela, Zama Dube, Mandisa Hadebe, Chante Odendaal, Tebogo Mohlapamaswe, Zizipho Salman, Judd Viljoen, Nokuthula Chonco and Sherwin Abrahams  
**Seated:** Mrs Sandisiwe Nabo-Bazana (Clinic Co-ordinator), Dr Gary Steele (HOD), Prof Megan Campbell, (Counselling Programme Co-ordinator), Ms Busi Mzangwa (Office Administrator)  
**Inserted:** Dr Duane Booysen

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career and

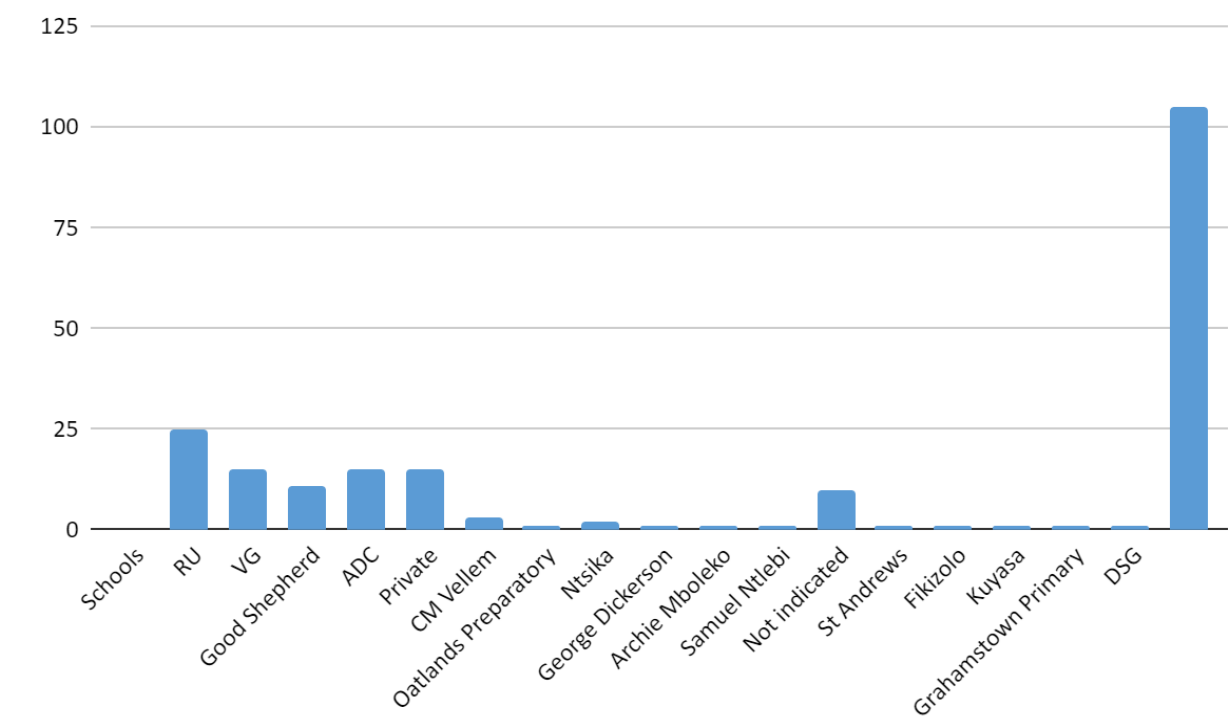
During the period from March to October 2023, twelve of our trainee psychologists conducted a total of 636 individual consultations with 104 clients. The predominant issues presented during these consultations encompassed performance-related challenges (including academic, work, and scholastic performance), social and relational difficulties, depression, and family-related issues. The primary demographic seeking treatment predominantly consisted of female clients with 71%% and males 29% and 0.96% who identified as non-binary.

#### Identifying Gender

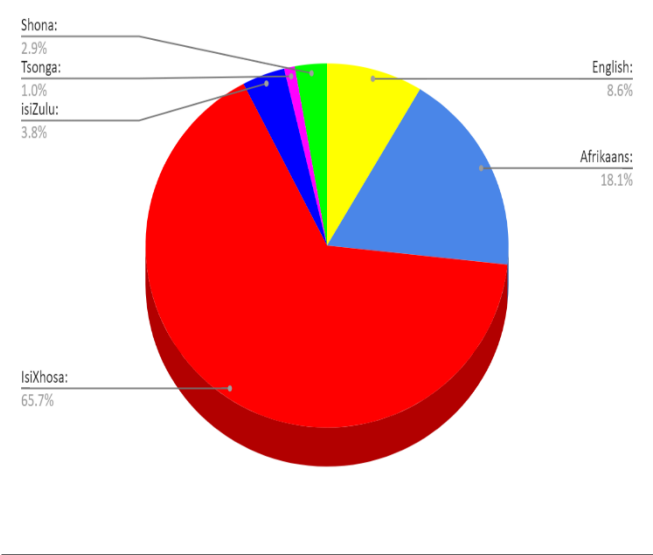


Moreover, our primary demographic consists of students aged 7 to 16, representing diverse schools in Makhanda. Notably, 23.8% of our clientele comprises students from Rhodes University, with additional representation from institutions such as Victoria Girls School and the Assumption Development Centre. We extend our sincere

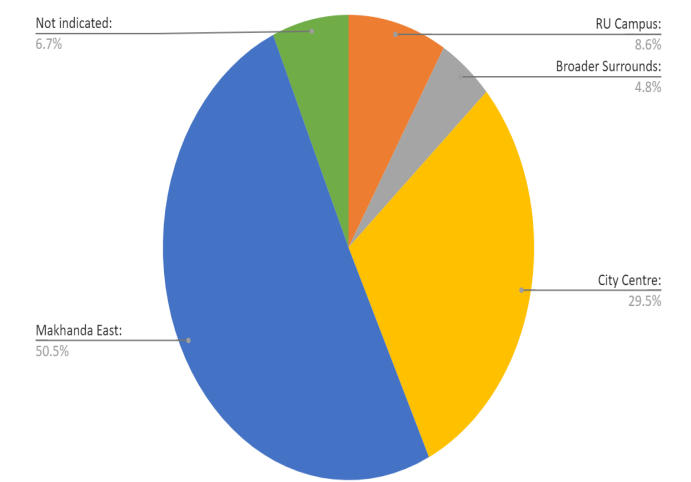
appreciation to our esteemed partners, including the Assumption Development Centre, Good Shepherd Primary School, Victoria Girls, and the Department of Education, for their invaluable contributions to our successful and mutually beneficial collaborations.



A significant portion of 65.7% of our clientele consisted of individuals whose home language is isiXhosa.



**First language**  
**More Outcomes for 2023**



**Place of residence in Makhanda**

- **Group Therapy:**

Our M1 students initiated weekly group sessions at TEM Secondary School in Joza Location, focusing on life skills topics. These sessions comprised four groups, each consisting of 10-20 learners. The request for these sessions originated from the ADC Hub, responding to a specific need identified by our learners. The topics discussed during these sessions were determined by the students at TEM Secondary School.

- **Psychological Assessments:**

Throughout the year, we received a considerable number of requests for psychological assessments, and in response, a comprehensive series of assessments were conducted. Notably, this encompassed 10 assessments focused on career exploration and development, as well as around 15 assessments tailored for children. These requests were sourced from collaborative efforts with the Assumption Development Centre (ADC) and the Department of Education, highlighting our commitment to addressing diverse and essential needs in the field of psychological assessment.

- **Workshops:**

Once more, our students were approached by a local educational institution in the vicinity of Makhandia, namely Graeme College. The request pertained to the facilitation of a psychoeducational workshop centered on Mental Health. The targeted audience for this workshop encompasses students ranging from Grade 1 to Grade 12.

## **REFLECTIONS FOR 2023 FROM THE STUDENTS**

The MA Clinical Psychology programme and curriculum is well designed to incorporate both experiential and didactic learning. Through a scientist-practitioner model, M1 students were exposed to theory and practice, allowing for the development of well-rounded clinicians with the necessary core competencies and critical thinking skills to succeed in internship and beyond.

The Rhodes University M1 programme is successful in the training and development of psychologists whilst meeting HPCSA requirements.

**Sherwin Abrahams**

It has been such both a great and tough year for me personally. There was so much to learn, and we are grateful for all the efforts made by the coordinators in ensuring that we get the relevant experience in terms of clients. Would have loved more childhood experience if the time allowed. However, overall, it has been a great year.

**Ziphozethu Salman**

This year has been the most eye-opening years of my academic journey. It was a year that required self-awareness, self-reflection, and curiosity at nearly every moment of the process. I have learnt more about myself, the way in which I view and relate to others and how I have

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shown up in this world. I have also had to confront these realizations in a manner that was rooted in grace, understanding and kindness which was not always easy. While there were amazing milestones such as meeting different clients, going on a journey with them, exploring different theoretical points of departure, and having a research proposal approved, the biggest highlight/milestone was learning and appreciating how complex human beings are and the importance of empathy and grace in all aspects of this profession and my personal journey of growth. In hindsight, I am grateful for the little town and what it is taught me in terms of perseverance, peace and the importance of the little things. I am also grateful for lecturers who, wherever or whenever I saw them, greeted me with a smile (particularly on the days that were more challenging and tiring than others). Lastly, I am grateful to have met and developed a beautiful friendship with one of my colleagues. I will forever be grateful for the memories and space this individual held for me this year. I will always be grateful to have met this individual during the program, particularly during a time when I deeply needed a friend.

**Chante Odendaal**

The program was very beneficial in developing one's knowledge of psychological procedures and interventions through the support of all the staff members. Not only did I grow professionally but I grew personally as well. It was a tough year in terms of workload, but it was worth it.

**Nokuthula Chonco**

This year has been quite a rollercoaster. There has been a lot of learning, unlearning, and adjusting that has taken place. Nothing could have prepared me for it; however, I have learned so much about myself in the process. I look forward to working on my areas of development during the internship year as well as putting into practice all the learnings from the year. The program itself has been wonderful, the way it was planned, the delivery of the seminars (content) as well as the practical element of it. I did find the casework, particularly the supervision space challenging. I felt constantly uncontained and not as supported in terms of growth and development. Perhaps I also did not know how to fully navigate and utilize the space however I did not benefit much from it. This program is quite challenging, and I believe that M1 students could benefit from a built-in one-on-one development plan, in this way, no one is left behind.

**Zama Dube**

2023 a year that one would have never fully prepared for mentally. It was an academic year that was

a “marathon race” and you are just running with it. One had to be careful not slip and fall in the race

or be left behind too much or it will be difficult to catch up with the race. My experience can be captured as a marathon race. It was fun and amazing. You are in competition with yourself in how

you show up in the course and show up for yourself. It is up to yourself to seek help and utilize your

time effectively. 2023 days everyday counted and literally everyday counted. What a colorful 2023

of learning. Learning your academic work that sharpens your professional skills, your professional



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identity, and your professional relations. I am beyond grateful for the professionals I have encountered. The passion and love for our work has been added and their enthusiasm to teach has rubbed off me.

**Mandisa Hadebe**

M1 has been challenging, uncomfortable, anxiety provoking and fast paced. However, I am so proud of myself that I was able to make a positive impact on my client's lives. One of my highlights is the screening and referral system we introduced at V Shumane clinic, so for our community group project we did an intervention where we trained community health workers on the screening tool to screen for Depression, Anxiety and substance use disorders. Lastly, my main highlight is based on personal inner work through this journey and the significant growth, because towards the end of M1 I felt like the challenges I faced were meant to realign and shift me into my purpose.

**Thembaka Mhlakwaphalwa**

The M1 year was both challenging and fulfilling. A great welcome from the staff members and support through weekly clinic meetings with the course coordinator and supervision spaces. Greatly, I appreciated the opportunity to have practicals for assessments, casework. Working with the Joza community through the ADC Hub and the introduction of group therapy modules and an opportunity to observe established various psychoeducation for high school students in TEMS Mrwetana High School. The introduction into the two modalities: CBT was precise and well set, could have appreciated a more precise and detailed Psychodynamic approach such as inclusion of additional techniques e.g., Brief Psychodynamic modality or DIT. Most modules linked unto one another as the course progressed, which made the load bearable. Personal growth was central to most of the experiences throughout the course. The history of counselling psychology, cultural competency and Community psychology fed well unto one another in establishing a firm grip of the counselling psychology discipline and assist us in dating back to its establishment. Although there were nudges and sludges in the program, the course coordinators, staff members, made the training more manageable and realistic, as we transition into the real world.

**Gladys Manamela**

The program was amazing and equipping, I cannot trade it for anything. When chatting with colleagues from other institutions, they envy us at Rhodes, and I can only imagine how theirs were. But with the little they told me, one can conclude that they did not have the support Rhodes students have, their programs did not always have versatility in content. I am therefore ever grateful. Before I got into the program, those who went in ahead of me always told us of the massive pressure that came with it, which I so much anticipated. Yet honestly, I did not feel it to the extent of cutting ties with friends or letting family relationships suffer. I found that yes it had its pressures, which in my experience were bearable. Interestingly, being part of that team of 12 opened my eyes to a whole lot of personality traits I had not encountered before, which added to my training as a psychologist in constant interaction with them daily. All I can say is that I always felt like part of an awesome community at the clinic, which aided in my sense of belonging, hundreds of kilometers away from home. I cannot trade this M1 experience for anything. My appreciation to the Psych Department as a whole. MY GOD IS GOOD, WE MADE IT!



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Tebogo Mohlapamaswe