



# ANNUAL REPORT

## Psychology Clinic

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Psychology Clinic

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# Welcome

## Welcome to the psychology clinic

The psychology clinic is an integral part of Rhodes University's esteemed psychology department. We are committed to advancing the field of psychology by providing professional training opportunities and delivering accessible psychological services to the broader Makhanda community.

Our clinic serves as a dynamic hub, offering comprehensive psychological assessments and interventions. It plays a crucial role in the practical training of our first-year master's students in clinical and counselling psychology. Under the vigilant supervision of experienced and registered psychologists, trainees engage in hands-on practice that fosters professional growth while ensuring high-quality service delivery.

We uphold the highest ethical standards as prescribed by the Health Professions Council of South Africa (HPCSA), ensuring the confidentiality and well-being of all our clients. The clinic addresses a wide range of emotional, behavioural, and cognitive challenges, including academic and occupational issues and complex interpersonal conflicts. In addition to our main facility, we also offer psychological services through our satellite site at the ADC Counselling Hub, which is located at the Assumption Development Centre in Joza.

This hub, which established its psychological services in April 2022, extends our reach, allowing us to better serve the broader community and uphold our mission of making psychology relevant and accessible outside of the four pillars. The ADC counselling hub emerged through a collaborative effort involving the Rhodes University Community Engagement office, the Psychology Department, the Student Counselling Centre, and the Assumption Development Centre in Joza. This initiative was driven by a shared commitment to establishing a counselling hub that provides high-quality and impactful psychological services to the Joza community.



## **Meet the team**

### ***Clinic Coordinator***

*Ms Sandisiwe Nabo-Bazana*

### ***Clinic Administrator***

*Ms Busisiwe Mzangwa*



### ***Academic Coordinators***

*Prof Megan Campbell/ Ms Camagwini Gqibithole*

*Dr Duane Booysen*

### ***Trainee psychologists:***

#### ***Counselling Trainees***

*Inge Ackerman*

*Britney Bengston*

*Henri Cillier*

*Andiswa Mgwatyu*

*Kgothatso Mmbodi*

*Naledi Tsomele*



#### ***Clinical Trainees***

*Buhle Buthelezi*

*Danielle de Villiers*

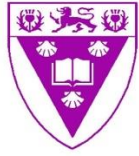
*Lizaan Humphrys*

*Annuschke Landman*

*Amukelani Tshuketani*

*Aubrecia Zealand*





# RHODES UNIVERSITY

## PSYCHOLOGY CLINIC

### 2024



**Standing:** Britney Bengtson, Danielle De Villiers, Annuschke Landman, Naledi Tsomele, Henri Cilliers, Andiswa Mgwatyu, Kgothatso Mmbodi, Lizaan Humphrys, Buhle Buthelezi, Amukelani Ishuketana  
**Seated:** Aubrecia Zealand, Dr Duane Booysen (Clinical Programme Co-ordinator), Prof Megan Campbell (Counselling Programme Co-ordinator), Prof Liezille Jacobs (HOD), Ms Busi Mzangwa (Office Administrator), Inge Ackerman  
**Inserted:** Mrs Sandi Nabo-Bazana (Clinic Co-ordinator)

## *Outcomes for 2024*

The program extends beyond traditional one-on-one counselling sessions to include broader initiatives, such as organising workshops and community outreach activities. Additionally, our trainees play a pivotal role in conducting comprehensive assessments that address various dimensions, including career and scholastic evaluations, thereby significantly contributing to the community's overall well-being.

Between March and October 2024, twelve of our trainee psychologists provided a remarkable 433 consultations to 122 clients. The consultations addressed a wide spectrum of concerns, with the most prevalent issues being performance-related challenges—spanning academic, workplace, and scholastic contexts—alongside social and relational difficulties, depression, and family-related matters.

Our client demographic was notably diverse. The primary group seeking assistance was female clients, accounting for 50%, followed closely by males at 48.4% and 1.6% identifying as non-binary. Most clients were scholars, with ages ranging from as young as 3 to 17, as well as adults aged between 18 and 64.

Significant linguistic diversity was observed among our clientele, with 61.5% identifying isiXhosa as their home language. Afrikaans speakers accounted for 18.9%, followed by English speakers at 12.3%, with a small proportion representing other vernacular languages. These statistics highlight the program's reach and ability to cater to various individuals within the community, reflecting its commitment to inclusivity and culturally responsive practices. The graph below illustrates the diverse schools our trainees have collaborated with, as well as a breakdown of the demographic distribution of our clients.

## **More Outcomes for 2024**

### **• Group Therapy:**

A total of five group interventions were successfully conducted by the M1 students across various sites as part of their community psychology interventions and outreach initiatives. These interventions, which lasted an average of six weeks each, addressed topics identified by the participants, including team-building exercises, strategies for managing life stress, workplace conflict resolution, exam stress and anxiety, and the creation of a debriefing space for group discussions. These sessions highlighted the students' ability to effectively engage with and address the diverse needs of the communities they served, showcasing both their commitment and adaptability.

### **• Psychological Assessments:**

Throughout the year, a significant number of requests for psychological assessments were received, prompting the implementation of a comprehensive series of evaluations. These included 13 assessments specifically focused on career exploration and development, as well as approximately 20 assessments designed for children. These requests emerged through collaborative partnerships with the Assumption Development Centre (ADC) and the Department of Education, underscoring our dedication to addressing a wide range of critical needs within the field of psychological assessment.

### **• Workshops:**

In 2024, our M1 students facilitated weekly group therapy sessions at Kuhliso Daniels Secondary School in the Joza location and PJ Olivier High School. These sessions were designed to address essential life skills topics, such as time management, anxiety, and stress management, catering to the specific needs of the learners.

The initiative was prompted by requests from the clinic and the ADC Hub, which identified a growing demand for structured interventions to support students in navigating academic and personal challenges. Notably, the topics covered in these sessions were determined by the students themselves, ensuring the content was relevant, responsive, and aligned with their lived experiences. This learner-centred approach not only fostered engagement but also empowered participants to actively address the issues most pertinent to their well-being and development.

## **Reflections from the student**

I am very satisfied with the Counselling Psychology training program. It has provided me with valuable insights and enhanced my competence as a Counselling Psychologist in training. I have particularly appreciated the opportunity to gain practical experience both within the surrounding community and through my work with university students, and children. **Naledi**

The Clinical Psychology Master's programme was both challenging and rewarding, deepening my understanding of theory and practice while fostering personal and professional growth. **Buhle**

The Clinical Psychology programme was both enriching and challenging, providing a comprehensive learning experience. The staff and lecturers were consistently supportive, offering valuable guidance and encouragement throughout the year. However, clearer communication and guidance regarding the administration of case files at the start of the programme would have been beneficial to streamline the process. **Amukelani**

The M1 Clinical Psychology program was a truly transformative experience that offered invaluable learning opportunities. It not only deepened my understanding of the profession but also helped me gain a deeper understanding of myself. **Lizaan**

The MA in Clinical Psychology program was one of the most challenging yet rewarding experiences. It pushed me in ways I had not anticipated, both academically and personally. The lecturers and other supporting staff were incredibly supportive, creating an environment where I felt encouraged to go beyond my comfort zone. Their guidance and belief in my potential motivated me to aim higher and work harder. While the workload was intense, the practical experience and theoretical grounding made it all worthwhile. I believe it was an environment that shaped me into a more confident and capable clinician. **Aubrecia**

The course was well planned with truly engaging content and the opportunity to be exposed to the profession of counselling psychology in the South African context. **Henri**

The programme was invaluable, not only was theoretical knowledge learnt but we were offered the opportunity to practically apply that knowledge. Additionally, it allowed for personal growth



and reflection. Holistically contributing to how I view myself within the psychology profession. **Britney**

The Counselling Psychology master's program was an intense but transformative journey. It deepened my understanding of human experiences, challenged my perspectives, and strengthened my ability to navigate complex emotional and relational dynamics with empathy and purpose. **Inge**

I found the clinical programme well-organised and efficiently managed, covering a sufficiently wide base of foundational information necessary to becoming a successful psychologist. The lecturers were warm, helpful, engaging, and knowledgeable. I thought that perhaps more examinations/tests could be spread out more throughout the year rather than having to write on everything at the end of the year. **Danielle**

