Dear Applicant,

**Professional Training in Clinical Psychology at Rhodes University**

The Masters Course in Clinical Psychology at Rhodes University is a professional training programmes that provides the foundation that will lead to registration as a Clinical with the Professional Board for Psychology of the Health Professions Council of South Africa (HPCSA). To achieve registration you are required to complete the following components to a satisfactory standard: (1) one year of academic and practical training, including a research dissertation; (2) a one year internship at a recognised training site; (3) the national examination set by the Professional Board for Psychology 4) one year in a community service placement in a government paid post.

Professional training at Rhodes was first offered in 1975 — to a single clinical psychology student — under the direction of Professor Dreyer Kruger. At that time, it was one of only two such programmes offered by English-medium universities. We now train six students annually in Clinical Psychology.

**Coursework in the First Year**

The course provide theoretical and practical grounding in psychology as applied in the professional practice of Clinical Psychology. Students are trained how to assess and respond to a wide range of problems that typically come to the attention of clinical psychologists. These include a) common forms of psychopathology such as anxiety, depression and substance abuse, b) more severe forms of psychopathology such as bipolar disorder, schizophrenia and psychosis. Students will receive training in the latest cognitive and psychodynamic therapies. Students also receive theoretical and supervised practical training in psychological assessment of children and adults.

In the first year, students do course-work and practical training, take written and oral examinations and conduct research which is written up into a dissertation. From the end of the first term they start to see clients through the Rhodes Psychology Clinic, which offers professional psychological services to children, adolescents and adults in the form of
assessment and psychotherapy for a wide variety of psychosocial problems. Neuropsychological testing and medico-legal investigations are sometimes undertaken.

The Psychology Clinic has a Secretary’s office, a seminar room, audio-visual facilities, two observation rooms, one of which is a play therapy room, a well-stocked test library, student work spaces, and individual consulting rooms.

**Internship**

In the second year, students proceed to their internship at Fort England Psychiatric Hospital, where interns are rotated through various wards so that exposure to a variety of cases is ensured. These include acute admission wards, chronic units, and community clinics. Interns function as part of a multi-disciplinary mental health team which includes psychiatrists, doctors, social workers, occupational therapists, and nurses.

**Definition of Clinical Psychology**

The shape and form of Clinical Psychology at Rhodes University is influenced by the Scope of Practice of the Profession of Psychology and the Scope of Practice of Clinical Psychologists promulgated in 2011 by the Professional Board of Psychology of the HPCSA, as well as South African literature on clinical psychology training (Ahmed & Pillay, 2004; Kagee, 2006; Pillay & Kritzinger, 2007; Pillay, Ahmed & Bawa, 2013) and recent reviews of mental health services in South Africa (e.g. Lund, Peterson, Kleintjes & Bhana, 2012). In particular, our vision is that the domains of practice of clinical psychology include: assessing, diagnosing and intervening with clients experiencing life challenges, in particular those in psychological distress and/or with forms of psychopathology; the holistic management of serious mental disorders; applying evidence based psychological interventions to people with psychological or psychiatric conditions; developing practice and research in line with increasing access to humane mental health care which involves recognising the value of short term models of psychotherapy, systemic understandings and interventions, prevention of mental health problems alongside remediation, and a focus on social justice and social betterment as permanent agendas; the promotion of community mental health through less traditional roles such as providing support and training to primary mental health workers, and getting involved in advocacy initiatives, public information campaigns and policy work; and research practices that are locally relevant and directly influence clinical psychology practice.

The teaching of the clinical programme draws on a problem based learning model, in other words, learning will largely take place around particular psychological disorders. In addition, the programme emphasises that professional identities are not isolated: rather your identity as a clinical psychologist will develop within the particular contexts in which you work, contexts that are often unique to South Africa and Africa. Thus, the programme emphasises contextualising the problem based learning within a South African context drawing on local case examples.
Philosophy of the Course

In designing the training we recognise that graduates from the programme need to be able to function as competent professionals with skills in the areas of psychological assessment and intervention, by recognising and appreciating the ways in which social contexts shape people’s distress, acting in accordance with the stringent codes of ethical conduct that govern professional practice, and understanding the roles of psychologists in institutional settings or in relation to other professionals and service providers. The training is designed to expose trainees to a wide variety of clinical issues and experience so that they learn to respond professionally to the needs of diverse individuals and groups. We believe that whatever theoretical model psychologists work from, they will function best with a mature and sensitive understanding of human experience. In designing the course, we strive to maintain a balance between addressing issues of contemporary relevance on the one hand, and providing a grounded training that ensures that our graduates are competent to work as fully-fledged professionals.

We believe that psychology is first and foremost a human science. Students are taught to engage with each client as a human being in distress seeking help from experts to find solutions to crises and problems that he/she has encountered. On the one hand we provide technical skills and knowledge which has been shown in the research literature to be relevant and effective in addressing personal problems. On the other, we help students to appreciate psychotherapy as a process in which the quality of the therapeutic relationship between client and therapist is crucial, often providing a pathway to healing. We also believe that no psychologist can function effectively in South Africa without a sensitive understanding of the social context, and therefore our course engages with issues of race, racism, culture, gender, class, poverty, inequality and HIV and AIDS.

In the same way, we teach that psychological assessment is not simply about testing and the interpretation of test scores. While we provide training in the use of several of the most widely used psychological tests, we emphasize that a score taken out of context is essentially meaningless, and the value of testing ultimately resides in the degree of skill and clinical judgement which the psychologist brings to bear. Students learn to see each psychological assessment as an individual case study addressing the concerns of a unique individual in a specific context and at a particular time. This approach avoids dehumanization of the individual and provides a basis for sound management decisions which will most benefit the individual involved.

Rhodes University is committed to a high level of academic and professional excellence in the courses it offers. We believe that we have achieved this in our professional training in Psychology over four decades and are building on this with a number of exciting changes for the year ahead and beyond.
Lecturers

Most of the teaching and supervision is done by full time members of staff and clinical associates of the Department of Psychology, who are registered Psychologists or Psychiatrists. You will note that these staff members bring a nice blend of excellent local and international experience. In addition to these staff members, a number of local psychologists and visitors from other centres teach on the course and/or provide case supervision. Here we provide information about staff who play a major role in teaching and supervision in the Clinical Programme and about the psychologists who run the internship sites. To see an updated list of academic staff in the Department of Psychology visit our website at http://www.ru.ac.za/psychology/staff/academic/.

Professor Jacqui Akhurst is a Counselling Psychologist who trained at the then University of Natal (Pietermaritzburg, UNP) obtaining her MA in 1991. She later completed a PhD in Psychotherapy from Rhodes University, taking a grounded theory approach to her thesis on the topic of peer group supervision. As a former teacher, Jacqui trained counselling teachers at UNP in the 1990s, and having completed an additional registration in Educational Psychology, coordinated the Masters in Educational Psychology in Pietermaritzburg for ten years; then moving to the UK in 2003 for some extended 'gap years'. During that time, she worked first at the Higher Education Academy Psychology subject centre based at the University of York, before moving back into lecturing at York St John University (YSJU). She successfully led an initiative to launch a Community Psychology Section of the British Psychological Society, and became the inaugural chair of that section in 2010. She was part of a team that developed a Masters in Community and Critical Social Psychology at YSJU. Her work in the field and research productivity led to an award of the title of Professor of Community Psychology in early 2014, and she is an Honorary Professor at the University of KwaZulu Natal. She returned to South Africa in 2015 to take up the post of Associate Professor in the Department of Psychology at Rhodes University. Her research focusses on community-based interventions, often utilizing Action Research and Activity Theory. She is registered with the Health Professions Council of South Africa (HPCSA) in both Counselling and Educational Psychology and is also a Chartered Psychologist and Associate Fellow of the British Psychological Society (BPS) and a Fellow of the UK Higher Education Academy. Jacqui is currently Programme Coordinator of the Professional Training in Counselling Psychology.

Ms Lizelle De Wee registered as a Clinical Psychologist after the completion of her board exams at the start of 2007. Prior to this, she obtained her Masters degree at UJ in 2005, where training was offered in an integrated training programme. Her undergraduate and honours degrees were obtained at Stellenbosch University. Her clinical training spans the Tara Psychiatric hospital in Johannesburg as well the Chris Hani Baragwanath in Soweto respectively, where her preference for working within a short-term, CBT theoretical framework was borne. She then ventured into starting up private practice within a private psychiatric hospital setting, whilst also consulting within the employee wellness sector. Here her interests for working with female clientele around mood disorders, was borne. She is currently reading towards the completion of her doctorate which hopes to make a significant contribution towards gender violence in South Africa. She equally draws on her personal experience, but also professional and training
experience in diverse contexts (academia and corporate) in preparation for, and informing her approach towards the professional training of Masters students in Clinical Psychology.

**Mr Alan Fourie** is a Clinical Psychologist, Jungian Analyst and Senior Lecturer within the department. He trained as a Clinical Psychologist in Port Elizabeth and after completion of his internship, in 2001, at Elizabeth Donkin Psychiatric Hospital, he moved to Durban. After a year at King Edward district hospital he moved into private practice in Durban North and worked for the Life Healthcare group at Entabeni Hospital in both their sub-acute neuro rehab unit and in-patient psychiatric unit. He relocated to Cape Town in 2007 and worked for the Western Cape Department of Health and the University of Cape Town and was based at Valkenberg Hospital. While at Valkenberg hospital he worked on the in-patient therapeutic ward and the other inpatient and outpatient units of the hospital. While living in Cape Town he specialized in analytical psychology and trained as a Jungian Analyst through the South African Association of Jungian Analysts. He is currently working on research through the University of Stellenbosch in the field of applied ethics.

**Ms Sarah Green** obtained her Masters in Social Science (Counselling Psychology) from Rhodes University in 2006 following her internship at the University’s Counselling Centre in 2005. She holds an Honours degree in Social Work from Rhodes University (1991) and worked as a Social Worker in a Children’s Home in the Eastern Cape in the mid 80’s after graduating with a Bachelor of Social Science (Social Work) degree in 1986. Besides formal employment, she worked at FAMSA on a volunteer basis providing individual counselling, couple counselling and family interventions for a wide range of psychosocial issues before resuming part time studies and graduating with an Honours in Psychology through UNISA in 2004. Sarah began her professional career as a Counselling Psychologist at the Rhodes University Counselling Centre and has recently moved from her position as Manager of the Career Centre which she held for 3 and a half years to re-join the Counselling Centre as the Acting Manager. She has been involved in the clinical supervision of the interns at the Counselling Centre since 2009 and works from an Integrative theoretical perspective with a strong influence from CBT and Schema Therapy.

**Dr Sue Hawkridge** is Clinical Head of the Child and Adolescent Psychiatry Unit of Tygerberg Hospital, Cape Town. She obtained an MB ChB and a proper Marxist education at the University of Witwatersrand (Wits) during the 1970’s. After completing her internship at the Hillbrow Hospital in Johannesburg, she spent a few years trying out various medical disciplines as well as alternative cities, and then settled down to study psychiatry at UCT, where she encountered some excellent teaching in psychoanalytic developmental theories and psychotherapies. She qualified as a psychiatrist in 1990 and was fortunate enough to obtain a post in the Department of Psychiatry of Stellenbosch University, which very quickly taught her a great deal about the more biological aspects of psychiatry. About to embark on a career in psychosis, she was offered a post in child and adolescent psychiatry, so she went back to the books and qualified as a child and adolescent psychiatrist. Since 1993 she has headed the Tygerberg Child and Adolescent Psychiatry Unit, with a break of about 6 years during which she worked provincially, trying to stitch together the fragmented child and adolescent mental health services in the Western Cape. A brief spell working in Europe confirmed for her the wisdom of being African. Sue is currently a Senior Lecturer in the Department of Psychiatry of Stellenbosch University
and a Clinical Associate in the Department of Psychology at Rhodes University, where she has been teaching the child and adolescent psychopathology course since the turn of the century. She is involved in various professional bodies and is an examiner in child psychiatry for the College of Psychiatry of South Africa. Her interests include early onset schizophrenia, paediatric psychopharmacology, child and adolescent forensic psychiatry, public mental health and community-based child psychotherapy.

Mr Jan Knoetze is an Educational Psychologist and Senior Lecturer in the Department of Psychology. After completing his Honours at the University of Port Elizabeth in 1984, he worked as a teacher/counsellor in Cape Town for seven years. Towards the end of this time he completed his training at the University of Stellenbosch (MEd in Psychology) where he worked as an Intern during 1990 in the Child and Family Guidance Clinic at the Unit for Educational Psychology. In 1993 he came to Grahamstown as head of the Education Support Centre. He is a trained systemic therapist with a strong interest in family dynamics and systems. He is also quite involved in child assessment and especially interested in new dynamic and constructionist approaches to assessment and understanding of child behaviour. He maintains that being reflective about his role as a father of three boys probably outweighs academic knowledge in preparation to work with, as well as trying to understand, child and family behaviour.

Professor Mo Nagdee is Clinical Head at Fort England Hospital, who began his career at the University of Witwatersrand (Wits) where he obtained his BSc (Medical), Honours (with an interest in human evolution in South Africa) and MSc degrees (focusing on malnutrition amongst pre-school children). After a few years as Lecturer in Human Anatomy & Biology at Wits University, he returned to full-time study to obtain a Bachelor of Medicine and Surgery degree in 1996. Mo completed his Medical Internship at CH Baragwanath Hospital in Johannesburg, and then worked as a Senior House Officer in the UK. He returned to South Africa to commence post-graduate specialization in Psychiatry in 1999, graduating with Honours as a Fellow of the College of Psychiatrists in 2002. He worked as a Consultant Psychiatrist in General and Forensic Psychiatry in the UK between 2003 and 2006, after which he returned to home soil. He took up a post as Specialist Psychiatrist at Fort England Hospital in Grahamstown, where he remains to the present. Mo is also an Associate Professor in the Department of Psychiatry at Walter Sisulu University, and a Clinical Associate in the Department of Psychology at Rhodes University. He is an active member of the South African Society of Psychiatrists and the College of Psychiatrists of South Africa. Mo’s fields of interest include forensic mental health (especially in respect of female offenders in South Africa), functional neurobiology and the philosophy of science.

Mr Iain Reid obtained his MA (Clinical Psychology) degree from Rhodes University in 1999. Since 2003 he has been Head of the Department of Psychology at Fort England Hospital where he coordinates the Clinical psychology internship programme. On graduating Iain initially ran a private practice focusing on psychodynamic psychotherapy and neurological assessment. He has been involved in clinical supervision and training in various capacities and prior to his current position was Co-director of the Rhodes Psychology Clinic for two years. Iain’s major area of clinical interest is forensic psychology and he is part of the clinical team working in the Maximum Security Unit at Fort England Hospital. This unit, the only one of its kind in South
Africa provides for psychiatric observation assessments of accused persons in the Eastern Cape and for the rehabilitation of State Patients from all over the country.

**Professor Lisa Saville Young** qualified as a Clinical Psychologist in 2001 after completing her training at the then University of Natal (Pietermaritzburg). She was awarded the Flanagan Scholarship which enabled her to continue her studies abroad obtaining an MPhil in Social and Developmental Psychology from Cambridge University and a PhD from the University of London, Birkbeck College. She worked as a lecturer at Birkbeck College and Anglia Ruskin University in the UK before taking up the position of a Postdoctoral Research Fellow in the Rhodes Psychology Department in 2008. She is currently an Associate Professor and her theoretical interests include psychoanalytic theory and contemporary attachment theory, and their application to social issues. She has expertise in qualitative research methodology and her research interests include family relationships – in particular all aspects of sibling relationships and parent-infant relationships – and childhood disability. She has a small private practice and works psychoanalytically, with a growing interest in parent-infant psychotherapy. Lisa is Programme Coordinator of the Professional Training in Clinical Psychology.

**Professor Charles Young** is an Associate Professor in Psychology and Counselling Psychologist. After completing his MA and internship in Counselling Psychology at the University of Natal in Pietermaritzburg in 2000, he worked at Addenbrooke's Hospital in Cambridge (a Cambridge University Teaching Hospital) from late 2001 to the end of 2006, where he gained exposure to some of the cutting-edge developments in the cognitive therapies; in particular, he was involved in the development of low-intensity, brief cognitive therapies for common mental disorders, which was an early part of the pioneering developments in the National Health Service to increase access to psychological therapies. During this time he completed a Doctorate in Counselling Psychology at the University of Essex and registered as a Chartered Counselling Psychologist with the British Psychological Society. On returning to South Africa in 2007, Charles was Head of the Rhodes University Counselling Centre for a couple of years, before moving to the Psychology Department, where he was Academic Coordinator of the Professional Training Programmes in Clinical and Counselling psychology from 2009 to 2012. Charles teaches courses on cognitive psychotherapy, counselling psychology professional practice, HIV, and trauma. Practice interests include cognitive psychotherapy for anxiety disorders and the medico-legal assessment of psychological trauma. Charles is Head of the Psychology Department.

**Living in Grahamstown**

Grahamstown is a fairly small town approximately 1½ hours from Port Elizabeth and 2 hours from East London. It hosts the annual National Arts Festival in the middle of the year, the largest festival of the arts on the continent and a highlight of the cultural year. The University is close to the city centre, and Grahamstown also has several private and state schools, as well as the Carinus Art Centre. The University has departments of Drama, Fine Art and Music and there are regular cultural activities in these areas offered by the staff and students of these University
Departments, alongside a busy public lecture schedule offered by University staff and its many visitors.

Most students find it an ideal place for studying, and comment on its peaceful and tranquil atmosphere relative to many other areas in the country. The University has good sports facilities including a well-equipped gym and aerobics hall and a large swimming pool. There are scenic walks in the Botanical Gardens next to the University as well as on Mountain Drive on the edge of town. Those who enjoy running or mountain biking will find plenty of scope for both in the countryside and good opportunities for hill training! The beaches of Port Alfred and Kenton-on-Sea are amongst the best that the country has to offer and only 45 minutes' drive away. And areas of natural beauty in the mountains can be reached by car in an hour or two. These include the Hogsback area, and the Katberg and Outeniqua ranges. Several private game reserves (including Kariega Park, Kwandwe, & Shamwari) and two National Parks (Addo Elephant and Mountain Zebra National Parks) and a large provincial reserve (The Great Fish River Nature Reserve) can be reached by car and it is possible to drive on public roads alongside or even inside some of these reserves.

Be warned: Many students have found, upon completion of their studies, that they are unable to cope with the traffic, tension, aggression, smog, pollution and overcrowding of the cities, and end up practicing, lecturing, marrying one of the co-trainees or related professionals, or in some other way remaining stuck in Grahamstown! Our staff, of course, cannot take responsibility should this happen to you.

Accommodation for students is available in the University residences which include dedicated postgraduate residences. Contact the Student Bureau in the Registrar’s Division (Mrs Desiree Wicks: d.wicks@ru.ac.za or phone 046 603 8276) for information on residence places. For those students who prefer to stay in ‘digs’, it is advisable to begin looking for accommodation before the end of the year.

For more information about the courses, department or University, please contact the Clinic Secretary, Mrs Yvonne Scheepers at 046 603 8502 or y.scheepers@ru.ac.za; or the Programme Coordinator of the Professional Programme in Clinical Psychology, Prof Lisa Saville Young at 046 603 8407 or l.young@ru.ac.za. You may also visit the website at http://www.ru.ac.za/psychology/courses/mastersclinicalcounselling/ for more information and to download an application pack.