



THE PSYCHOLOGY COUCH MONTHLY NEWSLETTER: MARCH 2022 EDITION

Warmest Welcome to our Couch Community

We are glad to have you with us as we share our first ever monthly newsletter.

WHO ARE WE?

The Couch is a private psychology practice based in Sandton/Rivonia, Gauteng, South Africa. Founded by Clinical Psychologist, Yumna Zubi. The Couch offers a diverse team of mental health professionals who provide a wide range of psychological and psychiatric services that caters to both private individuals and corporate institutions.

MEET OUR TEAM OF PRACTITIONERS



Yumna Zubi

Clinical
Psychologist



Melina Georgiou

Educational
Psychologist



Cindy Van Wyk

Clinical
Neuropsychologist



Sikander Kalla

Clinical
Psychologist



**Dr Sanushka
Moodley**

Psychiatrist



Viwe Dweba

Clinical
Psychologist



Nandi Atteridge

Educational
Psychologist



**Dr Annette
Antwi**

Psychiatrist



Jon Pedrosa
Clinical
Psychologist



Dr Alicia Porter
Psychiatrist



Elri Hettema
Counselling
Psychologist



Samantha Slaven
Occupational
Therapist



Kayleigh Green
Clinical
Psychologist

We have experienced Clinical Psychologists, Counselling Psychologists, Educational Psychologists, Psychiatrists and an Occupational Therapist who is available for online or in-person therapy sessions.

MEET OUR ADMIN TEAM



**Shahida
Maritz**
Receptionist



Lucia Milazi
Coffees, teas &
Greetings



**Caithleen
Ngwenya**
Accounts



**Zukiswa
Mkatshwa**
Receptionist



Jade Davids
Receptionist

VOLUNTEER TRAINING

The Couch hosted its very first Volunteer Team Training sessions held at The Couch Practice of Psychology and Psychiatry in Rivonia on the 27th and 28th of January 2022. This training consisted of

working through the following topics related to Basic Counselling Skills: self-awareness skills, non-verbal skills, listening skills, tools to facilitate communication in counselling and therapy and roleplays facilitated by registered practitioners.

We would like to express our gratitude and appreciation to practitioners Yumna Zubi, Melina Georgiou, Jon Pedrosa, Kayleigh Green, Viwe Dweba and Nandi Atteridge for volunteering your time to facilitate the programme and sharing your expertise with the Volunteer Team.

IN THE MEDIA

Yumna Zubi's 21st Century Women's Magazine Article

The impinging physical, sexual, or mental harm or suffering caused by Gender-Based Violence affects thousands of South Africans every year.

Clinical Psychologist & Founder of The Couch, Yumna Zubi, tells us more about the pressing problem of Gender Based Violence against both men & women during the pandemic in South Africa.

Follow the link below to read the article between pages 49-52 which provides a background, risks & signs associated with gender based violence, as well as what you can do if you are in an abusive relationship: <http://21st.diamantepublishing.co.za/2021/10/30/magazine-mockup/>

Kayleigh Green on Power FM

Clinical Psychologist Kayleigh Green joined Power FM to add to the discussion about Teenage Suicide in South Africa.

Sikander Kalla joins SADAG's #Facebook Friday

Clinical Psychologist Sikander Kalla joined SADAG's #FacebookFriday Online Chat and gave insight on Relationships and Mental Health. They unpacked tips and tools to cope more effectively, where to get help and get advice on how to navigate through relationship stress and more.

Sikander Kalla joins Newzroom Afrika

Clinical Psychologist Sikander Kalla joined Channel 405 to speak about suicide in South Africa and the mental health of men in light of the passing of Riky Rick and Patrick Shai.

DBT GROUPS RETURNING SOON

A group DBT workshop will be running at The Couch over 12 consecutive weeks, with weekly 2 hour sessions. This out-patient group will be facilitated by Psychologist Melina Georgiou, and is expected to start face-to-face by 8 March 2022 from 18:00-20:00.

The workshop will focus on the four main modules of DBT: mindfulness, distress tolerance, emotional regulation and interpersonal effectiveness.

A deposit is usually required after the intake session occurs and DBT group sessions are deemed a good fit. This deposit amounts to R4 000 (intake + first 2 sessions). The follow-ups will thereafter be R1 200 per session. Kindly note intakes cost R1 600. You will be able to claim a portion back from your medical aid.

MENTAL HEALTH MATTERS INITIATIVE

Join our team of Psychologists, Psychiatrists, Admin staff & Volunteer Group as we launch a new initiative in collaboration with @SADAG_Official called #MentalHealthMatters in an effort to raise awareness and funds for Mental Health and Suicide Prevention.

The Couch, a psychology and psychiatry practice in Gauteng, aims to create an awareness about the importance of mental health and in doing so hopes to break the stigma around mental illness. The South African Depression and Anxiety Group shares the same goal and has been successful at assisting thousands of those in need through the accessibility of their toll-free help lines and support groups.

We would like to lend a helping hand toward this cause and you can too, simply:

- Take a picture of yourself with a sign that says #MentalHealthMatters
- Tag @the_psychology_couch and @sadag_official in your post on Instagram, Facebook and LinkedIn
- Why does mental health matter to you?
- Nominate 3-5 other practitioners/organisations/companies by tagging them in our posts.

To contribute towards SADAG's toll-free helplines, make a donation of any amount to SADAG via our BackABuddy link: <https://www.backabuddy.co.za/mental-health-matters-with-sadag>

SOCIAL MEDIA POST OF THE MONTH

Going to therapy means there is something wrong with you right? No, definitely not!

There has been a misconception that one has to have something 'wrong' in order to go to therapy.

This is not the case and in fact there are no regulations or requirements an individual has to meet to see a therapist. Your emotional wellbeing is just as important to us as breathing is. The goal of therapy is to inspire change and improve the quality of life through self-awareness and self-exploration.

WHY IS THERAPY BENEFICIAL?

- Help you feel more empowered
- Develop fresh insights about your life
- Develop coping strategies to manage every day stressors
- The effects of talk therapy are long-lasting
- Helps improve communication skills
- Therapy does not only help you understand yourself better but may also help you understand other people

DISCLAIMER: Every person's journey and experience of therapy is uniquely different.

Thank you for being a part of our Couch Community. Stay tuned for next month as we share the April edition of The Psychology Couch Newsletter.

Until next time, our wish for you is to heal, learn and grow.

Stay in touch via our social media platforms:



https://www.instagram.com/the_psychology_couch/?hl=en



<https://www.facebook.com/thepsychologycouch/>



<https://www.linkedin.com/company/-the-couch/>



https://www.youtube.com/channel/UC9G_QArbf17pat-sv_JXD1w



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