

# NELSON MANDELA UNIVERSITY

## MISSIONVALE COMMUNITY PSYCHOLOGY CENTRE

### WHO WE ARE:

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The Missionvale Community Psychology Centre (MPC) is a satellite entity of the University psychology clinic (UCLIN). The MPC strive towards providing a range of psychological services to the community of Missionvale and surrounding areas within the Nelson Mandela Bay.

### THE SERVICES WE OFFER:



**PSYCHOLOGICAL COUNSELLING  
AND PSYCHOTHERAPY**



**PSYCHOMETRIC ASSESSMENT**



**COMMUNITY ENGAGEMENT AND  
PSYCHO-EDUCATIONAL  
PROGRAMMES**



**EDUCATION AND PROFESSIONAL  
TRAINING OF PSYCHOLOGY  
STUDENTS AND GRADUATES**



**AFFILIATION WITH  
UKHANYO COMMUNITY CLINIC**



**MEMORANDUM OF UNDERSTANDING WITH THE  
MISSIONVALE CARE CENTRE  
(MCC)**



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Psychology Clinic



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MPC, Building 502, Missionvale Campus.  
Nelson Mandela University



# PSYCHOLOGICAL COUNSELLING AND PSYCHOTHERAPY

The Missionvale Community Psychology Centre (MPC) offers psychological counselling and psychotherapy for both individuals and groups in order to promote, maintain and assist with healthy psychological functioning. These include, but are not limited to the following interventions:

- Marriage counselling or couples therapy
- Family therapy
- Trauma counselling
- Career counselling
- Play therapy
- Psychotherapy
- Counselling/therapy for gender related issues
- Parental support
- Teacher support

These services are offered by the following professionals or professionals-in-training, who are registered with the Health Professions Council of South Africa (HPCSA):

- Student Registered Counsellors
- Student Psychologists
- Intern Psychologists
- Registered Counsellors
- Psychologists

A minimal fee of R30 per session is charged for psychological counselling or psychotherapy at the MPC. This minimal fee is in accordance with the mission statement of the psychology centre which is aimed at training, education and community engagement.



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# PSYCHOMETRIC ASSESSMENT

We as a psychology centre provide psychometric assessment to individuals and groups to assess various domains of personal functioning which include:

- Cognitive
- Interest
- Personality
- Aptitude
- Diagnostic measures

Psychometric assessments offered by the psychology centre are conducted by the following professionals and professionals-in-training who are registered with the Health Professions Council of South Africa (HPCSA):

- Student Registered Counsellors
- Student Psychometrists
- Student Psychologists
- Intern Psychologists
- Registered Counsellors
- Psychometrists
- Psychologists

A minimal fee of R100 is charged for psychometric assessment at the MPC. This minimal fee is in accordance with the mission statement of the psychology centre which is aimed at training, education and community engagement.

*Please note that we do not conduct any psycho-legal or forensic assessments at the MPC as we are purely a training facility.*



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## COMMUNITY ENGAGEMENT AND PSYCHO-EDUCATIONAL PROGRAMMES

The Missionvale Community Psychology Centre (MPC) is a living laboratory where students are able to apply the theory learnt in the classroom, in a practical manner when engaging with the broader community. The MPC prides itself in providing a quality service to the community of Missionvale and surrounding areas. It has also adopted the new Nelson Mandela University slogan “change the world” and this is evident in the communities that we serve. Through our interaction with the communities, the MPC team is able to identify the key areas that need attention, and which includes psychological support, skills and knowledge on psychological issues.



One of the initiatives of the MPC was the P-project which commenced in January 2017, with the hope of providing a helping hand to the impoverished communities within the Nelson Mandela Bay Municipality. The ‘Ps’ in the P-project are an abbreviation of Providing Preventative Programmes that Promote Proud and Proficient People. This project encapsulates a number of community projects with the specific aim of empowering communities through psycho-educational support and leadership workshops. It is a multi-faceted intervention which includes life skills to assist learners, parents and teachers. It also aids in creating awareness of mental health issues to assist families via radio talks, and engagements with professionals in their fields.



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# EDUCATION AND PROFESSIONAL TRAINING OF PSYCHOLOGY STUDENTS AND GRADUATES

The Missionvale Community Psychology Centre (MPC) is a satellite entity of the University psychology centre (UCLIN) and provides a range of psychological services to the community of Missionvale and surrounding areas within the Nelson Mandela Bay. The facility is dedicated to the education and professional training of postgraduate psychology students in the Faculty of Health Sciences of the Nelson Mandela University with the end results of registration in specific categories of Registered Counselling, Psychometry, as well as Clinical or Counselling Psychology. The vision of the MPC is to strive toward academic excellence by ensuring that students are introduced, and encouraged to develop a comprehensive practical understanding and practical experience of psychological, neuro-psychological and psycho-educational problems. Other interventions include assessment procedures and therapeutic interventions that would meet the needs of the South African population. At the Nelson Mandela University, where the MPC is housed, community responsive engagement is recognised as one of the key general functions of higher education and a specific key function of the university. This action enriches scholarship, research and creative activity, enhances the university's curriculum-based teaching and learning, prepares educated and engaged future citizens, and strengthens democratic values and civic responsibility. In addition, it contributes to the public good and social transformation agendas, and boosts social, economic, and ecological sustainability.



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## AFFILIATION WITH UKHANYO COMMUNITY CLINIC

The Ukhanyo Community Clinic is a community mental health partnership initiated by the Walter Sisulu University (WSU) Department of Psychiatry at Dora Nginza Hospital (DNH) and the Nelson Mandela University in Port Elizabeth. The name Ukhanyo means “light” or “enlightenment”. It was chosen to represent a beacon of hope in an impoverished sector of the community where access to mental health services is impeded by a number of factors including poverty and low levels of education.

A multi-disciplinary team (MDT) completes the assessment and management of children and older adults with psychological and psychiatric problems. Members of the team are drawn from the already existing MDT within the DNH Department of Psychiatry, while the rest of the team is made up of Nelson Mandela University Department of Psychology staff and students. The main advantage of the Ukhanyo Clinic has been the reduction of a long waiting list for psychological and psychiatric treatment.

The multi-disciplinary team at Ukhanyo clinic includes the following professionals:

- Psychiatric Registrar
- Clinical Social Worker
- Occupational Therapist
- Clinical Psychologist



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# MEMORANDUM OF UNDERSTANDING WITH THE MISSIONVALE CARE CENTRE (MCC)

The Missionvale Care Centre (MCC) is an interdenominational non profit organisation operating in the extremely low resourced area of Missionvale, Port Elizabeth, South Africa. It was founded by Sister Ethel Normoyle, from humble beginnings, under a tree in 1988. It has grown into a centre which provides love and care for a disadvantaged community, with particular emphasis on those living with HIV and AIDS. It remains true to her original vision and is still directed by her and a Board of Directors. The MCC offers the following services:

- Primary school: Normoyle Primary School
- Child Support and Development Program
- Adult Skills Development
- Community Gardens
- Crafter's Unit
- Medical Unit
- Nutrition and Wellness Unit
- Clothing Warehouse
- Church and Community Hall

The MPC has signed a memorandum of understanding with the MCC for reciprocal access of services for the clients of both centres.

For more information please visit: [www.missionvale.co.za](http://www.missionvale.co.za)



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