



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

NORTH PARK PSYCHOTHERAPY UNIT

North Park Ward is Townhill Hospital's Psychotherapy Unit. This open intensive psychotherapy ward caters for 8 male and 12 female mental health care users.

In the interest of providing a holistic and comprehensive service to our patients, our multi-disciplinary team consists of a Specialist Psychiatrist, Registrar, a team of Clinical Psychologists, a team of specialist Nurses, a Social Worker, an Occupational Therapist and a Ward Clerk.

We are able to provide a comprehensive care package for a multitude of conditions, including Major Depressive Disorder, Bipolar Mood Disorder, Anxiety Disorders, Personality Disorders, and Women's Health Disorders (eg. PTSD due to trauma/abuse, Depression, Anxiety)

We believe that each person is unique, and is faced with his/her own set of challenges. Consequently we collaborate with each patient to create a treatment plan to address his/her specific needs.

Our 6 Week Psychotherapy Programme consists of

1. Individual therapy, i.e. one-to-one sessions with the therapist twice weekly, depending on the needs of the patient
2. Group therapy, ie. bi-daily sessions which include 1 psychotherapy and 1 lifeskills group; as well as weekly occupational therapy groups
3. Daily reviews and psychoeducation sessions by the medical team and the allocated nursing staff members.
4. Individual Occupational Therapy and Social Worker assessments and interventions

The North Park Psychotherapy Programme offers a patient:

- Life skills training.
- Anger management.

- Problem solving skills.
- Healthy living skills.
- Medication adjustment and revision.
- Coping skills to return to work.
- Discharge planning for re-integration back into the community.
- Complimentary therapies (Sleep Hygiene, Exercise and relaxation).
- Insight orientation (illness and medication).

We accept referrals from clinics and hospitals, as well as, all members of the medical community ie. GPs , Psychiatrists, Psychologists, Social Workers, Occupational Therapists and Nurses.

For more information about our services and referral process, please contact us on:

- Telephone: 033-3415568
- Email: reyanta.bridgmohun@kznhealth.gov.za
- Townhill Website: www.kznhealth.gov.za and look for Townhill Hospital under Health Institutions