



Who are we?

CHHP: Psychology & Wellbeing is a dynamic multidisciplinary team of HPCSA registered health professionals. The team includes a psychiatrist, clinical psychologists, counselling psychologists and speech-language therapists. The team offers evidence-based therapeutic services from different therapeutic frameworks which include, amongst others: Cognitive Behavioural Therapy (CBT), Dialectical Behaviour Therapy (DBT) and Schema Therapy.

What do we offer?

- ✓ **Individual Psychotherapy** is a collaborative process between a psychologist and client focused on meaningful change and enhancing quality of life. This may involve reducing symptoms or addressing unhelpful coping patterns. Therapy supports the full mental health continuum, from managing mental disorders to building resilience. Sessions are typically 60 minutes and scheduled weekly, bi-weekly, or at suitable intervals. CHHP: Psychology & Wellbeing provides individual psychotherapy using a range of evidence-based therapeutic approaches.
- ✓ **Couples Therapy** is a collaborative process between a psychologist and a couple aimed at improving their romantic relationship and resolving interpersonal conflict. Common focus areas include communication, problem-solving, and addressing unmet needs. Sessions typically run for 90 minutes and may occur weekly, bi-weekly, or at intervals that suit the couple. CHHP: Psychology & Wellbeing provides couples therapy using a range of evidence-based therapeutic approaches.
- ✓ **Family Therapy** is a collaborative process between a psychologist and a family, aimed at improving family functioning and strengthening relationships. Any combination of family members may be involved. It is useful when family dynamics contribute to a member's difficulties (e.g., eating disorders) or when one person's challenges significantly affect the family (e.g., substance abuse). CHHP: Psychology & Wellbeing provides family therapy using a range of therapeutic approaches.
- ✓ **Psychological assessment** involves a trained professional using psychometric tools to evaluate different aspects of your functioning, including personality and intellectual abilities. CHHP: Psychology & Wellbeing also provides career guidance assessments and educational concessions. In addition, ADOS assessments—the gold-standard tool for diagnosing autism spectrum disorder—are available for clients of all ages, including adults.
- ✓ **Psychiatric consultation** involves a psychiatrist working with you to evaluate psychological, biological, medical, and social factors contributing to emotional distress. This comprehensive assessment supports accurate diagnosis and treatment planning. Psychiatrists can prescribe medication to help relieve symptoms. CHHP: Psychology & Wellbeing offers psychiatric consultations grounded in evidence-based practice.
- ✓ **Speech-Language Therapy** involves collaboration between a speech-language therapist and a client to improve communication skills. Therapy supports adults with stuttering, voice disorders, dysphagia, and post-stroke recovery. It also includes social skills training for neurodevelopmental conditions such as autism spectrum disorder. CHHP: Psychology & Wellbeing provides evidence-based speech-language therapy tailored to individual needs, focusing on functional outcomes and daily communication, while working with families, caregivers, and other professionals to ensure comprehensive, person-centered support.



Contact us

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