

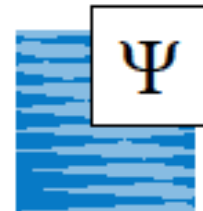
## Referral Psychologist at The Surgery

Dr. Femke Bannink Mbazzi, director of Psychology Practice, is the referral psychologist for The Surgery since 2003. She holds master degrees in Psychology, and Cultural Anthropology from The Netherlands, and a Ph.D. in Educational Sciences (Disability Studies) from Ghent University, Belgium. Alongside her practice, Femke is involved in clinical research studies, and provides technical project advice for programs of non-governmental organizations, international schools and hospitals. She works together with other psychologists and psychiatrist in Uganda, and is a member of the Ugandan Clinical Psychology Association, and part of Eutelmed, a European psychiatrists' and psychologists' consultants online support network for persons living abroad.

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Monday to Friday  
8am – 5pm  
on appointment only

# Psychology Practice



**The Psychology Practice** is based at The Surgery and provides psychotherapy and assessment for children, youth, adults, couples and families with psychological and psychiatric problems, such as:

- Depressive disorders
- Anxiety, panic, phobias and post traumatic stress disorders
- Bereavement
- Behavioural problems
- Burnout and work problems
- Adjustment problems
- Anger management
- Experience of body aches and pains, sexual and sleeping problems without a medical cause
- Eating disorders
- Relational and family problems
- Parenting challenges
- Autistic Spectrum Disorders
- Attention-Deficit / Hyperactivity Disorder
- Learning disorders

**A first meeting** will focus on assessment of the issues presented, and development of a treatment plan. For children and adolescents a full psychiatric and psychological assessment may be recommended.

**Further appointments** consist of therapy sessions designed to reduce symptoms, cope with problems or stressful conditions, and restoration of balance in your life, relationships and work.

Different methods of **psychological treatment** can be used to achieve this, including cognitive behavioural (CBT), dialectic behavior therapy (DBT), emotion focused (EFT), solution focused, eye movement desensitization and reprocessing (EMDR), narrative, play and systemic therapy.

The Psychology Practice closely collaborates with **The Surgery's** general practitioners for **referrals, admissions, and prescriptions** when medication is recommended.

### **Costs and duration**

Therapy plans typically consist of 5 to 10 sessions, 45 minutes each. Costs per session depend on the type of therapy and range from 80 to 100 USD for outpatient sessions at the clinic.

Child assessment costs vary based on tests used and range from 1,200 to 1,600 USD for a complete assessment.

This includes psychometric tests; interviews with parents, teachers, and the child; and a classroom observation by (child) psychologists. Referrals to a (child) psychiatrist or neurologist may be recommended.

**Other services** the Psychology Practice offers are trainings, supervision, monitoring and evaluation in psychosocial programs, child protection, HIV counselling, stress management, community based rehabilitation, and inclusive education.