

Psychologists

Dr. Femke Bannink Mbazzi, director of Psychology Practice, holds a PhD in Disability Studies and master degrees in Psychology, and Cultural Anthropology from the Netherlands and Belgium. She provides therapy in English and Dutch. Femke is a member of the international mental health consultants networks Eutelmed and Konterra. She moved to Uganda in 2003, and is affiliated to and involved in research studies with Ghent University, and the MRC/LSHTM Uganda research unit.

Anne Dewailly is a French psychotherapist with over 15 years working experience with clients with depression, anxiety, and posttraumatic stress disorders. She is a licensed EMDR Europe supervisor and provides therapy in English and French.

Vivian Kudda is a Ugandan clinical psychologist in training with 3 years working experience with children and adults. She administers psychometric tests as part of our child assessments and provides trainings and therapy under supervision of Femke.

Appointments

Our psychologists work from Monday to Friday 8.30am till 5.30pm on appointment only. For more information and appointments: info@psychologypractice.org. More information about general services at The Surgery can be found at www.thesurgeryuganda.org.

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	Bereavement
Anxiety disorders	Posttraumatic stress disorder
Adjustment problems	Behavioural problems
Burnout and work problems	Anger management
Autistic Spectrum Disorders	Attention Deficit and
Learning disorders	Hyperactivity Disorder
Relational and family problems	Parenting challenges
Eating disorders	Sleeping problems

The first meeting will focus on assessment of the issues presented, and development of a treatment plan. For children and adolescents a full 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), acceptance and commitment therapy (ACT), dialectic behavior therapy (DBT), emotion focused (EFT), systemic brief therapy, solution focused, eye movement desensitization and reprocessing (EMDR), narrative, play and systemic therapy.

Costs and duration

Therapy plans typically consist of 5 to 10 sessions, 45 minutes each.

Costs per session are as following:

- 100 USD individual adults first session
- 80 USD individual adults for subsequent sessions
- 100 USD children, couples, family sessions
- 150 – 350 USD school and home visits

A 24 hour cancellation policy applies for every appointment.

Child psychological and educational assessments range from 1,600 – 1,800 USD and include interviews with parents, teachers, and the child; intelligence, achievement and other psychometric tests; socio-emotional and behavioural assessment; classroom and home observations. The full assessment process takes 6 to 8 weeks.

The Psychology Practice closely collaborates with **The Surgery's** general practitioners for **referrals, admissions, and prescriptions** when medication is recommended. The Surgery's consultation and admission rates apply for these services.

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.