

Psychology Practice Team

Dr. Femke Bannink Mbazzi, director of the practice, and Associate Professor at LSHTM, is a Dutch and English speaking clinical and educational psychologist with 20+ years work experience in Uganda. She conducts child and adult assessments and offers individual, couple and family therapy (e.g. ACT, CBT, EFT, EMDR).

Anne Dewailly is a French and English speaking clinical psychologist with 20+ years work experience with clients in Belgium, France, Tunisia, Zimbabwe and Uganda. She is a EMDR Europe supervisor and Vice-President of Trauma Aid France.

Vivian Kudda is a Ugandan clinical psychologist with 10 years working experience with children and adults in hospital and refugee settings. She conducts assessments and offers CBT and EMDR therapy for children and adults in English and Luganda.

Laura Sparre is a Danish psychologist with 10+ years work experience in Denmark, Kenya and Uganda. She offers CBT and EMDR therapy, intensive short dynamic psychotherapy, and metallisation based therapy for adults in English and Danish.

Elizabeth Kawesa is a Ugandan clinical psychologist with 10 years working experience with children in educational and hospital settings. She conducts child assessments and provides child therapy in English, Luganda, and Ruyankole.

Laura Slater is an American Educational Psychologist in training (MSc). She has 20+ years of work experience in special needs and inclusive education in Uganda and supports our team in child assessments and home and school based follow up interventions.

Psychology Practice

January 2024



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	Post-traumatic 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), person centered therapy, systemic brief therapy, solution focused, eye movement desensitization and reprocessing (EMDR), narrative, play and systemic therapy.

Depending on the type of issues, therapeutic method, and preferred choice of therapist and day and time of treatment of the client, subsequent appointments with one of our therapists are scheduled.

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
- 120 USD children, couples, family sessions
- 200 USD school and home visits and emergency consults

A 24-hour cancellation policy applies for every appointment.

Full child and adult neuropsychological and educational psychological assessments range from 1,200 - 1,600 USD and include intelligence, achievement and other psychometric tests; socio-emotional and behavioural assessments; and where appropriate a school or home visit. The assessment process takes 4 to 6 weeks. For more details please refer to the child and adult assessment brochures on The Surgery website.

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

Other services

Psychology Practice offers trainings, supervision, monitoring and evaluation in the area of mental health, child safeguarding, HIV, stress management, and disability inclusion.

Appointments

Psychology Practice is open from Monday to Saturday 8.30am till 5.00pm on appointment only. For more information and appointments: info@psychologypractice.org. For medical services and emergencies please contact The Surgery 0312 256001/2/3 or reception@thesurgeryuganda.org.