



Gardens Neuroclinic

Practice no. 5500028

Introduction

Gardens Neuroclinic is a 10-day intensive day-patient Life Skills and Stress Management programme managed by a professional multi-disciplinary mental health team in Broad Road, Wynberg.

Background

Gardens Nursing Home was established during the 1980's as a private in-patient psychiatric hospital in the Gardens area of Cape Town. This facility was down-scaled to a day-patient facility, initially in Breda Street and later at the De Lorenz Centre in the same area before it found its final resting place at Lukhanyo Clinic in Broad Road, Wynberg. This facility has been operational since 1999 in this location.

Programme

The Gardens Neuroclinic offers a specialized programme. The programme caters for an adult population with an extensive range of psychological problems including:

- Anxiety and depression
- Adjustment Disorders
- Personality Disorders
- Post Traumatic Stress Disorder
- Stress caused by environmental factors
- Relationship difficulties

The programme is aimed at patients unable to cope with their immediate environment, either at an interpersonal, an occupational or at a psychological level. Whether this inability is caused by depression or triggered by a family crisis or traumatic event, the objective is to restore the patient to an optimal level of function. In the treatment process, we aim to provide the patient with critical essentials.

The Team

The multi disciplinary team consists of the following professionals:

- Psychiatrists
 - Dr Ashraf Jedaar
 - Dr Nazea Jamie
- Clinical Psychologists
 - Rashid Ahmed
 - Kamal Kamaloodien
 - Aziza Allie (Educational)
- Occupational Therapists
 - Shamilla Parker
- Social Workers
 - Haseena Parker

- Dietician
 - Zakiera Brey
- Reflexologist
- Music/Drumming therapist

Therapies offered include:

- Group work including Support Groups, Life Skills Groups and Psycho Education groups
- Creative Art Therapy
- Women's Empowerment Programme
- Specific focus groups e.g. Grief
- Individual therapy sessions with Psychiatrist, Psychologist, Occupational Therapist or Social Worker

Life Skills Guidance:

- Conflict Management
- Stress Management
- Self Esteem
- Relaxation Techniques

What does the programme cost?

The clinic operates within the private sector and is "contracted-in" with most medical aids. Patients are billed on a 'fee for service' basis. Most medical aid schemes fund our programme (for more information, kindly consult our staff). Non-medical aid private patients are required to pay a deposit on admission.

To arrange an admission or further enquiries:

This is easily done through direct contact with the clinic. We welcome further enquires about our programme and encourage people to make an appointment for an assessment with a view to treatment.

For further information regarding Gardens Neuroclinic and its service, please contact us on:

Tel: 0217620223/4

Fax: 0866848915

E-mail: lukhanyo@mweb.co.za

Website: <http://www.lukhanyo.co.za>