



DIANA SOUTHGATE

Counselling Psychologist

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www.surelysober.com | facebook @DianaSouthgatePsychologist

- Over 27 years as a Counselling Psychologist includes founding and operating a successful clinical practice in Kwazulu-Natal (currently in practice in Empangeni and Richards Bay, with Umhlanga Rocks available on request).
- Expert in diverse psychotherapeutic approaches, including Eye Movement Integration (EMI) and Brain Working Recursive Therapy (BWRT), among others.
- The only Clinical Hypnotherapist with the most advanced 'Diplomat' accreditation in Natal, with 17 years' experience applying hypnotherapy as a therapeutic modality.
- Passionate dedication to clinical practice delivers multi-faceted, wide-ranging experience.
- Experienced in treating diverse psychological syndromes and disorders, with special interest in treating trauma and addiction, including alcoholism.
- Creator of *Surely Sober: A Pathway for Recovery from Alcohol Addiction*, an approach successfully applied in practice, and currently in development as an outpatient programme.
- Closely involved with major national corporations' Employment Assisted Programmes as Counselling Psychologist. Experienced in Safety Behavioural Risk Assessments.
- Practiced in group presentations and workshops.

WORK EXPERIENCE

1990–Present ♦ Counselling Psychologist & Clinical Hypnotherapist, DC Southgate

My practice of 27 years has covered a broad range of therapeutic challenges, including traumatic stress and addiction (alcohol, chemical, food, and gambling), anxiety disorders, phobias, eating disorders and obesity, mood disorders, personality disorders and post-traumatic stress disorder. I provide counselling on marital, child and family issues, loss and bereavement, and health and lifestyle.

2010–Present ♦ Consulting Psychologist to Mindstretch CC

I provide as-needed consulting to Mindstretch in relation to the company's programme serving children with learning challenges.

SELECTED PRESENTATIONS AND PROGRAMMES OF WORK

2013 ♦ South African Society for Clinical Hypnosis Workshop

A model for treating alcoholism based on *Surely Sober*; delivered in two parts over two days.

2012 ♦ South African Society of Clinical Hypnosis

Case studies in addiction (Part II).

2011 ♦ South African Society of Clinical Hypnosis

Case studies in addiction (Part I).

2010 ♦ Further Education & Training Colleges; South African Department of Further Education & Training

Co-developed a Cognitive Screening Tool to help guide students select vocational studies.

2009–Present ♦ *Surely Sober: A Pathway for Recovery from Alcohol Addiction*. In-practice application of Diana Southgate's proprietary alcoholism recovery approach.

- 1999 ♦ Psychological Society of South Africa International Congress**
Working with somatic memories within the content of childhood sexual abuse.
- 1999 ♦ South African Society for Clinical Hypnosis National Workshop**
Cohabitation within the context of ego state therapy.
- 1995 ♦ Africa International Congress in Clinical Hypnosis & Psychosomatic Medicine**
Techniques for dealing with repressed trauma.
- 1995 ♦ Psychological Society of South Africa International Congress**
The importance of well-focused intervention in treating eating disorders.
- 1994 ♦ South African Society for Clinical Hypnosis National Workshop**
The release of negative emotions in trauma victims.

ACCREDITATION

- ♦ **Counselling Psychologist** (Practice Number 861 853 4), Health Professions Council of South Africa.
- ♦ **Clinical Hypnotherapist, SASCH Advanced (Diplomat) Status** (Registration Number: PS 003 0287), South African Society of Clinical Hypnosis.

HIGHER EDUCATION

- Internship: Psychologist** Zululand Psychological Clinic, South Africa; 1989.
- Masters: Counselling Psychology** University of Natal, South Africa; 1986–1988.
- Honours: Psychology** University of South Africa; 1983–1985.
- Bachelor of Social Science: Social Work** University of Natal, South Africa; 1978–1981.

Advanced Training in Eye Movement Integration Therapy

- 2012 ♦ Advanced Intensive Eye Movement Integration Therapy: Trauma.**
- 2011 ♦ Level 1 Eye Movement Integration Therapy.**

Advanced Training in Brain Working Recursive Therapy

- 2017 ♦ BWRT Level 2 (Advanced): The Psychology of Identity & Behaviour** (eating disorders, addiction, substance abuse, depression, OCD).
- 2015 ♦ BWRT Level 1: General Psychopathology** (anxiety, phobias, trauma).

Advanced Training in Clinical Hypnotherapy

- 2014 ♦ Advanced Ego State Therapy.**
- 1997 ♦ Hypnotic Interventions.**
- 1997 ♦ Clinical Hypnotherapy Diplomat Accreditation.**
- 1996 ♦ Advanced Ericksonian Hypnotherapy.**
- 1995 ♦ Advanced Ego State Therapy.**
- 1994 ♦ Advanced Hypnoanalysis.**
- 1993 ♦ Clinical Hypnotherapy as a Treatment Modality and Therapeutic Intervention.**
- 1992 ♦ Clinical Hypnotherapy.**

MEMBERSHIPS AND AFFILIATIONS

Health Professions Council of South Africa (HPCSA).

Psychological Society of South Africa (PsySSA).

South African Society of Clinical Hypnosis (SASCH).

Durban Practicing Psychologist's Group (DPPG).

Board of Healthcare Funders of Southern Africa (BHF).

Affiliate for Employment Assistance Programmes (EAP) for major national corporations, including: ICAS; Careways; Trauma Clinic; Metropolitan Health; Healthi Choices & Universal Care.