

# SEVERUS OWAMPARO

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## COMMUNITY PSYCHOLOGIST

### Mission statement

Health and wellness for your mind, body, and being. The mind and body are intertwined and your thoughts, feelings, and actions affect your overall well-being. I am committed to helping you achieve and maintain optimal mental, physical, and emotional health.

### Areas of specialty

Mood & Personality Disorders, Sexuality, Gender Diversity & Mental Health, Psychological Trauma & Abuse, Crisis & Conflict Prevention, Mitigation, Resolution and Reconciliation.

### Personal profile

Severus has been the referral psychologist for The Taala Foundation since 2018. He holds a Bachelor's Degree in Community Psychology from Makerere University. Alongside his practice, Severus is involved in clinical research studies, and provides technical project advice and support for programs of non - governmental organizations, research facilities and hospitals. He also works together with other psychologists and psychiatrists in Uganda, and is a member of the Mental Health Innovation Network and The International Society for Traumatic Stress Studies.

### Therapy plan and costs

I provide psychotherapy and assessment for LGBTQ+ persons, youth, adults, couples and families with psychological problems such as:

1. Mood disorders, ie Clinical depression, anxiety, panic, phobias and post traumatic stress disorders
2. Personality disorders, ie Paranoid, schizoid, schizotypal, borderline, avoidant, dependent, and obsessive compulsive personality disorders
3. Bereavement Behavioural problems
4. Somatic symptoms, ie experience of body aches and pains, sexual and sleeping problems without a medical cause

Therapy plans typically consist of 6 to 14 sessions, 45 minutes each. Costs per session depend on the type of therapy and range from 50 to 100 USD.

The first two meetings will focus on assessment of the issues presented, and development of a treatment plan. 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.

The different methods I employ during the duration of psychological treatment can be used to achieve this, including Interpersonal Therapy (IPT), cognitive behavioural (CBT), dialectical behavior therapy (DBT), emotion focused (EFT), solution focused, eye movement desensitization and reprocessing (EMDR), narrative, play and systemic therapy.

The Taala Foundation closely collaborates with other general practitioners for referrals, admissions, and prescriptions when medication is recommended. Other services The Taala Foundation offers are trainings, supervision, monitoring and evaluation in psychosocial programs, HIV counselling, stress management, and inclusive education.

**Number of client successes:** 12

**Number of client referrals:** 2

**Contact Details**

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**Availability** Tuesday to Thursday (9am – 5pm) on appointment only .

