

SEVERUS H-OWAMPARO

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 speciality

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 8 to 14 sessions, 45 minutes each. Costs per session depending on the type of therapy and range from 50 to 100 USD.

The first four meetings will focus on the assessment of the issues presented, and the 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 like Interpersonal Therapy (IPT) among others, can be used to achieve this.

Contact Details:

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Availability Tuesday to Thursday (10 am – 5 pm) on appointment only.

