



MOORE STEPHENS

Good Hope

Psychological Service

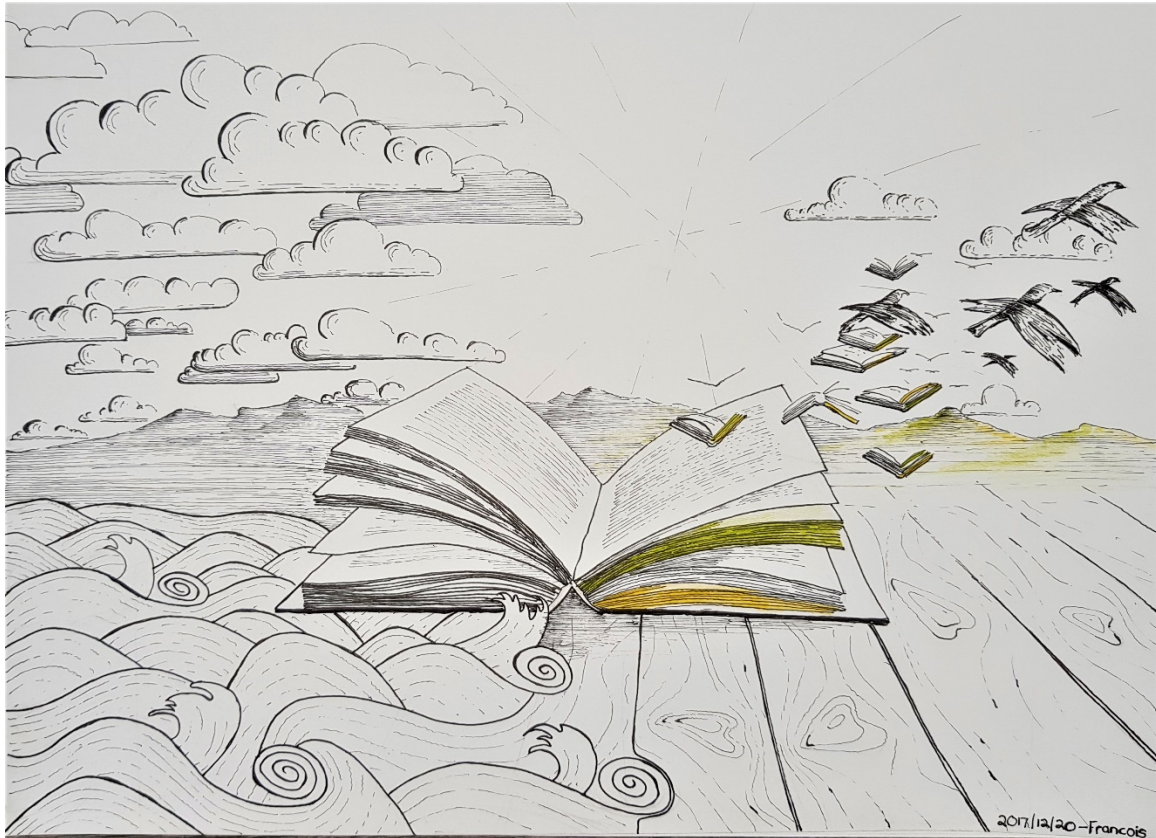
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True stories of hope after storms

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Long live sensible

www.moorestephens.co.za



Artwork done by Francois van Rooyen

“Hope is to believe things can change”

In 1488 Bartholomeus Dias, arrived to change the story of our beautiful Cape. Initially it was dubbed the Cape of storms, but Vasco da Gama renamed it The Cape of Good Hope. The storms still raged there, but they were eclipsed by hope. There was hope for a new trade route and the hope did not disappoint. That is why the Cape of Storms was renamed the Cape of Good Hope.

At Good Hope Psychological Service (GHPS), we also want to change people’s stories. Our dream is to give poor people from disadvantaged backgrounds, a gift of hope:

- Hope that can light the road through the dark storms of life.
- Hope that can encourage broken people and empower them to change their life stories.
- Hope to inspire people to rise up and advance especially those laid low by circumstances.

Here at GHPS, they receive the keys to open doors to a new road to hope.

MURDERS AND TRAUMA

I had to look on how my neighbour’s son, stabbed my son to death in cold blood. I

had constant headaches and I was very emotional. I blamed myself and my husband. Whenever I saw young people having a good time, I became very heart sore. At the clinic I attended, they referred me to GHPS. In all honesty I can say today that a change has come about. The fact that someone listens to you and understands your circumstances meant so much to me.

I learned to look life with its challenges in the eyes again. I learned to laugh again and have vision. Anger has disappeared and I no longer bear resentment towards my husband and myself. I try and enjoy every day.

REGRET AND LOSS

A seven-year-old boy was referred to GHPS. At the age of three, he was removed from his mother due to neglect and her abuse of alcohol. A year later his mother died in a motor vehicle accident. His grandmother, with whom he lived, became worried about his aggressive behaviour and poor scholastic progress.

Play therapy was undertaken to help him deal with his losses and other emotional problems. After termination of therapy, his grandmother noted a big change in him. She says he is not aggressive at all and no longer cries without reason. He also is more energetic, shows greater interest and confidence. His teacher has confirmed this and reported that his behaviour and school work have improved greatly.

When one considers all the hardship he has had to endure in his short life, it is amazing to see how resilient he is.

RAPE AND POST – TRAUMATIC STRESS

The past 28 years of my life were not moonshine and roses. At the age of six, I was raped for the first time. After that I did not want to play with boys anymore, because I was afraid of boys and men. Even so, with the help of my parents and teachers, I successfully completed my school career.

In 2000, I was raped again. This time by a group of men who pretended to be detectives. I considered suicide, but wondered what would happen to my little son if I were no longer there.

I landed in hospital with a Post-Traumatic Stress Disorder. Since being raped I always looked at men I did not know as though they were my rapists. I lived in fear. I was always afraid when I heard cars or when an unknown car stopped near me. I endured regular nightmares. GHPS came to my assistance. Since beginning with therapy, my life has changed. I opened my heart and the counsellor helped me to deal with my problems.

Week after week she helped me to view my problems in a different way, how to deal with them and how to sort out my problems by myself.

I would like to encourage people in our community who are struggling with depression and stress to seek help for their problems. I would like to encourage others who are going through the trauma of rape, not to reject other people. Listen to one another's problems, don't judge one another, support and encourage others to seek professional help if necessary.

ALCOHOLISM AND VIOLENCE

For twenty years I was an alcoholic, and during this period, I did many things I regret now. I was not a mother for my children and I was involved in a relationship that broke me down emotionally and physically. My life was out of control. My home circumstances were so bad that I could not go home.

I was desperate and arranged appointments at GHPS. My life started changing. It helped me a great deal to see a counsellor with whom I could open my heart. After every session, I felt better and had more hope. Previously I bottled everything up and drank to forget my troubles. I am a new person. In the future I want to keep my eyes on God and I never want to take refuge in alcohol again. I so badly want to be a good mother to my children. My involvement with children who need me gives me the greatest pleasure today.

MOLESTATION

The counselling sessions with GHPS, helped me to deal with my dysfunctional background of sexual molestation. It helped particularly because it was free of charge, because as a single parent with two children, I am struggling financially.

I was able to look my constant fear of rejection, depression, heartache and

anxieties in the eye and begin to manage them. The therapy was like a mirror I could look into and really get to know myself. It saved my life.

ISOLATION AND PSYCOSIS

A male came to GHPS at the hospital for help. He had been isolated, psychotic and depressed for nine years. It affected every aspect of his life. He terminated his studies, could not work and broke off all contact with people.

After four months of intensive therapy and medication, he could turn his life around. At present he has a permanent job and is due to get married soon.

This service meets a great need in a community for whom psychological services are normally unaffordable. GHPS's long waiting list clearly illustrates the great need of people in our country. The Good Hope Psychological Service team of professional experts offer their services free of charge to people who are in need, enduring trauma and searching for answers. We consider it a privilege to empower people, to hand our gifts of hope to those who have lost direction and are broken and fatigued.

Contributions will enable us to continue our service and to reach more people sooner in order to help them place their feet on firm ground.

Bank details if you wish to share our dream and vision and would like to contribute:

- ABSA, Stellenbosch (632005)
- Check account number: 407 417 8215

We will greatly appreciate any financial contributions.

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