



Newsletter

Hello!



R-Quester:

One who is intentionally curious about and/or on a quest to uncover/discover certain things about themselves, others and/or their surroundings for their own betterment/wellbeing.

In our RQ Psych Newsletter, we share important information that might be of use to you as a client. Additionally, important announcements are shared using this platform.

We have dubbed everyone who is passionate, supportive or even curious about their journey to self and wellbeing, as an *R-Quester*.

New Team Members

As per our previous issue of the RQ Psych Newsletter (June 2024), our team is growing!

Two ladies are joining the RQ Psych team; one clinical psychologist and one receptionist/administrative assistant. Their roles come into effect from the 1st of August 2024.

Kgomotso Siwelane *Clinical Psychologist*



Kgomotso B Siwelane is a HPCSA-registered Clinical Psychologist. She has over 11 years of training in the psychology field. She seeks to assist clients clarify and accept emotional problems, understand the root of their difficulties and gain mastery over them, as well as obtain insight into their behavioural patterns that maintain their psychological challenges. All this is to facilitate a move towards acceptance, modification, and change. An emotional crisis could very well be a turning point in a client's life where they can choose to either move forward to backward.

Bella Ndou

Receptionist/Admin Assistant



"I am so excited to be joining the RQ Psych family. My role is to make everyone's journey to self and wellbeing easier. I really look forward to it."

Operations

Please take note of the following information regarding Psychotherapy:

Thato Nchoe-Giliana will no longer be seeing/taking on any new clients, but continuing with existing clientele.

Kgomotso Siwelane (new clinical psychologist) will be taking on new clients moving forward.

Work Days:

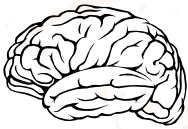
Monday – Friday

We do not operate on Weekends and/or Public Holidays

Psychologist on duty on Mondays, Tuesdays & Wednesdays: **Kgomotso Siwelane**

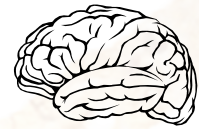
Psychologist on duty on Thursdays & Fridays: **Thato Nchoe-Giliana**

Appointments to be booked accordingly!



Operating Hours:

08:30 – 16:00



Services:

Psychotherapy (individuals, couples, families, groups, etc.)

Teletherapy

Psychoeducational Workshops/Events

Trauma Debriefing and Counselling (Crisis Intervention)

Psychological Consulting

Psychological Assessments

Employee Wellness Programmes

Speaking Engagements


Enquiries/How To Book An Appointment


Request an appointment on the RQ Psych Website


WhatsApp/Call +27 69 697 4308


Email info@revelationsquestpsychology.com OR rqpsychinfo@gmail.com


Connect with Us


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Psychoeducation

RQ Psych appreciates one's journey to self and wellbeing. One other way RQ Psych looks to contribute to one's journey is by sharing psychoeducational content in a relatable, palatable manner. The educational content, sometimes based on lived experiences, is shared across the different RQ Psych platforms mentioned above.

If you would like to be featured on the RQ Psych Blog as an author or RQ Psych Podcast as a guest, sharing a lived experience of living with a mental/psychiatric disorder/supporting someone with such an experience, and believe it could be educational, as well as eradicate stigma, write a short essay to info@revelationsquestpsychology.com about your experience and we will get back to you ASAP!



MENTAL HEALTH CARE RESOURCES

RQ Psych Store

COMING SOON



RQ Psych looks to sell products/items curated and developed by a clinical psychologist to accompany individuals on their journey to self and/or wellbeing. These items includes:

- *Psychoeducational Story Books for Kids*
- *Reflective Journal for Adults*
- *Reflective Journal for Kids*

Some Aromatherapeutic Products from Repa Self-Care (RSC) will also be sold, contributing to individuals' self-love journey. These products include:

- *Aromatherapeutic/Scented Candles (Normal and Massage Candles)*
- *Aromatherapeutic Soaking Bath Salts*

Expect a Newsletter Every Month