



NEUROPSYCHOLOGY: DIAGNOSTICS AND REHABILITATION

Welcome to Dr Katie Hamilton's Neuropsychology practice. Please read this information carefully to understand the services provided in this practice.

Neuropsychology is the study of the human mind. I study how disease and trauma affect the brain, and the relationships between the brain and cognition, behaviour, personality, and mood. My goal is to help you and you support structures understand your brain trauma, and to help you reclaim your life.

People usually consult a neuropsychologist because they have experienced a brain injury, or because they feel there has been a change in their cognition or behaviour and they suspect it is because of brain injury or disease. Injuries to the brain most commonly occur from physical trauma (e.g. falls, motor vehicle accidents, assaults), strokes, brain tumours, or progressive illnesses (e.g. dementias, including Alzheimer's Disease and Parkinson's Disease). Patients may also benefit from neuropsychological intervention if they are experiencing changes in cognition, mood, or behaviour after severe illness resulting in encephalitis or meningitis, or if they have chronic conditions such as HIV or diabetes.

Treatment focuses on helping you understand how your brain functioning has been affected. In our sessions, through discussions, history taking, and some pen-and-paper interactive tests, we will establish which neurological systems have been affected, and what the effects are on your cognition, mood, personality, and behaviour. We will then start rehabilitation to restore functions where possible and will implement compensatory strategies in your daily life to reduce the fallout from any difficulties. Depressive mood, anxiety, and difficulty regulating emotions are common during recovery, and we will work together to better understand these emotion systems and how to cope with the challenges experienced.

Neuropsychological sessions are typically individual sessions between you and I, but you are welcome to request that someone attends with you if you need their assistance with providing information, and if you would like them to hear feedback from our sessions so they can also understand what changes you are experiencing and how they can better support you in recovery. If you have difficulty with speech or memory, it can be useful to bring someone with you in the first session so they can provide additional information.

APPOINTMENTS

Appointments can be in-person or online. I have rooms at Morningside Mediclinic and in Bryanston. Online sessions are available for intake, rehabilitation, and support, while neurocognitive assessments must be conducted face-to-face.

 MONDAYS 08:00-18:00	 TUESDAYS 08:00-18:00	 WEDNESDAYS 08:00-18:00	 THURSDAY 08:00-18:00
BRYANSTON 78 Wilton Ave, Bryanston, Johannesburg, 2191 Online available	BRYANSTON 78 Wilton Ave, Bryanston, Johannesburg, 2191 Online available	MORNINGSIDE Room 311, East Wing, Morningside Mediclinic Wheelchair friendly	BRYANSTON 78 Wilton Ave, Bryanston, Johannesburg, 2191 Online available

Dr Katie Hamilton

BA (WITS), BSocSci Hons (UCT), MA Neuropsychology (UCT), PhD Psychology (UCT)

First appointments are 50 minutes regardless of the reason for referral. This appointment is charged at R1350.00, with payment on the day (cash, card or Snapscan). Thereafter I will charge medical aid rates, and will charge most medical aids directly unless you request otherwise. Please note that you remain responsible for any shortfall on payments.

Please note the following:

- Appointments are 50 minutes (excluding assessments)
- Appointments cannot be extended if you are late as this affects other patients
- Appointments will be considered missed if you do not arrive in the first 10 minutes

PROFESSIONAL RECORDS

I am required to keep records of the professional services I provide. These records contain the personal information you provide and our session notes, which are highly confidential. These notes are written in a manner that mental health professionals will fully understand, but are open to misinterpretation by non-clinicians. If you would like a record of your treatment, a clinical summary can be provided on request – you can use this for your own records, to share with other professionals in your treatment team, or if you transfer to another psychologist. If I believe the summary will be emotionally damaging, I will request to send it directly to a mental health professional whose care you enter who can then assist you in reviewing it. Please note that written reports are not suitable for court appearances. Your personal information and records are securely stored when not in use.

CONFIDENTIALITY

In general, the privacy of all communications between client and psychologist are protected by law. Information about treatment is only released with the patient's permission. There are, however, exceptions to confidentiality which will be discussed in person, such as if you are a risk to yourself or someone else.

While your records are secured, absolute confidentiality cannot be guaranteed. Your personal information and diagnostic codes (ICD-10 codes) are shared with your medical aid for claim submission. This information is processed and shared via a POPI compliant practice management software suite.

YOUR FIRST SESSION

Our first session will focus on understanding what has happened and why you have sought treatment, and whether you need formal neurocognitive assessment or can immediately start rehabilitation and/or psychotherapy. In later sessions we will set up a rehabilitation and support plan to help you achieve your recovery goals and adjust to life after brain injury, and we will adapt as you move through rehabilitation.

To prepare for your first appointment, please either complete the intake form on my website, or compile a list to bring to the session that includes your current doctors and medication, and please bring any reports if you have had brain scans.

CONTACTING ME

Please contact me via Whatsapp or email. I am usually not immediately available to answer calls, but I will call back if you leave a Whatsapp message with your details and reason for the call. I will typically respond within one working day, and will not call or respond outside of working hours without prior agreement. If there is an emergency, please proceed to your hospital emergency room.