



## - A PSYCHOLOGICAL HEALTH AND HEALTH SYSTEM CONSULTANCY

### **Introduction**

This wholly Nigerian company has positioned itself since 1993 for the delivery of a broad range of specialised services. Principal among these are Management Training with a Psychological Focus, General Psychological Health Services, and Consultancy Services in a broad field encompassing Psychology, Psycho-Social Services, and Health Systems development and strengthening.

### **OUR SERVICES**

#### **HEALTH SYSTEMS**

With an experienced team of experts covering a broad range of specialties, we offer Consultancy Services in all matters pertaining to Health Systems.

- a. Development of Health Services at different levels
- b. Public Private Partnerships
- c. Health Management
- d. Health Research
- e. Development of Services for targeted groups
- f. Policy Formulation
- g. International Liaisons
- h. Epidemiologic surveys
- i. Monitoring and Evaluation
- j. Development of Quality Assurance/Quality Improvement Structures

## **CLINICAL CARE AND TRAINING**

Our Clinical and Non-Clinical services.

They include the following:

1. Individual Consultations in Clinical Settings
2. Individual Consultations in non-Clinical Settings, including domiciliary and corporate environments.
3. Corporate Consultations on work-place issues, facilitation of employer-employee relationships
4. Employee Selection and Guidance
5. Motivation training.
6. Child Psychology Assessment (including Intelligence Quotient and other psychometric measurements)
7. Assessment and Treatment of Childhood and Adolescent Mental Health conditions
8. Adult Psychometric Testing (Clinical and Medico-legal)
9. Evaluation of Work-place Injuries/disability
10. Group Therapy (Open and Closed Groups)
11. Facilitation of Peer Support Groups for Special Issues e.g. Alcohol and Substance Abuse, Rape, Grief.
12. Bereavement Counselling
13. Disability Services, including Assessment, Individualised Training Design, Training of Counsellors and Care-givers, Operational Management of Special Homes.
14. Trauma and Disaster Counselling, including services for individual and group victims of Mass Accidents, Terrorist incidents and Kidnapping.
15. Training of Government, Corporate and NGO Staff on different forms of Counselling
16. Training of School Counsellors and Teachers on recognition and management of troubled minors
17. Adolescent Counselling Services
18. Recognition and Management of Alcohol and Substance Abuse problems in all age groups

19. Consultancy Services on Mental Health and Socio-Psychological issues, such as Policy Formulation, Services Development, Training of Manpower, Population Surveys.
20. Support for Counselling Services and Help Lines

## **GENERAL INFORMATION**

It is estimated that at least 25% of the Nigerian population will at some time in their lives experience diagnosable psychological problems that merit treatment by counselling or other methods such as medication. More than 90% of the people who fall into this category currently do not receive any diagnosis or treatment. They are the army of *walking wounded* who toil away in offices and Board Rooms, striving 'manfully' to carry on 'business as usual'.

### **The Social and Economic Costs of Untreated Psychological Problems**

There is a huge cost that is being paid by individuals, families, and society at large in strained and fractured relationships, in man-hours taken off work in futile clinic consultations with General Practice doctors or 'Alternative Practitioners' for vague ailments that refuse to go away, in sub-optimal productivity by workers, and in faulty judgement due to impaired concentration on the part of corporate executives.

### **Common Psychological Conditions that may merit Specialist attention**

#### **Adults**

Depression – in various manifestations, including the condition of long-enduring general discomfort known as 'Dysthymia'

Bipolar Mood Disorder

Panic Disorder

Generalised Anxiety Disorder

Post Traumatic Stress Disorder

Alcohol Abuse and Dependence

Obsessive Compulsive Disorder

Various Phobias

Psychotic illnesses – ‘functional’ or secondary to medical illness or other conditions.

**Children:**

Specific Phobias

Obsessive Compulsive Disorders

Post-Traumatic Stress Disorder

Tics

Attention Deficit Hyperactivity Disorder (ADHD)

Conduct Disorder

Generalised Anxiety Disorder

Depression

Psychotic Disorders

Autism

Intellectual disability

**Special Groups:**

There are other conditions which are relatively common in some ‘special groups’, such as **Mood and Other Disorders** related to Pregnancy and Childbirth in **Women**, and problems unique to the increasing numbers of **Elderly** citizens, such as Alzheimer’s disease.

## **Our Team**

### **1. Dr Femi Olugbile**

The team lead. He is a Fellow of the Royal College of Psychiatrists (UK), and a Fellow of the Nigerian Institute of Management (FNIM). He is a Consultant in Behavioural Medicine of over three decades standing, as well as a Medical Manager with a strong track record. He is a past Chairman of the African Division of the Royal College of Psychiatrists, and a leader in the propagation of Mental Hygiene and Stress Management.

He has worked with diverse populations in different continents on various aspects of Mental Health, including Policy, Advocacy, and application to all human situations, such as the Work-place, Politics, Religion, and Relationships. He has helped to de-mystify Psychology by writing the first weekly Mental Health newspaper column in Nigeria. He is an expert on issues pertaining to various age groups, from children to the elderly, as well as mental health legislation and Mental Health Policy.

### **2. Dr Matthew Zachariah**

Holds a PhD in Clinical Psychology. He is widely renowned for his Research and practice in the area of Human Behaviour. He is an expert in Cognitive Behaviour Therapy, as well as different forms of Psychotherapy. He has vast experience working with adults and children. He is also an accomplished Trainer, teaching Life Skills, and training practitioners and trainers in general and single-issue Counselling.

### **3. Dr Kunle Oyeyemi**

A Clinician with over two decades of Psychology practice in various settings, including hospitals, community clinics, and private clinics. He has a PhD from University of Wisconsin, and post-doctoral certificates in Psychotherapy and Psychosis. He is a Registered Clinical Counsellor in Canada, and a Member of the Ontario Association of Consultants, Counsellors, Psychometrists, and Psychotherapists of Canada. He is a Member of the American Counselling Association, USA, and a Licensed

Alcohol and Drug Counsellor. He is a Disability Rehabilitation Specialist, a provider of Workplace Crisis Response Management, and Employee Assistance Programme (EAP).

#### **4. Ms Folashade Jinadu**

A Clinical Psychologist with experience spanning three decades of active practice. She is an expert in in-depth Psychological Assessment, using various Psychology instruments to measure Intelligence Quotient (IQ), and Personality and Cognitive Functions. She is skilled in the treatment of troubled Adolescents, and conducts Group Psychotherapy for various target groups, including people recovering from Drug Addiction. She conducts Individual Psychotherapy and Family Therapy. She co-founded the first Drug Free Boys and Girls School Clubs in Lagos. She is an expert on gender-based psychological issues, as well as problems associated with Refugees and internally displaced persons. She has served as in-house Consultant to Reality Shows, and as a trainer of trainers on Counselling skills.

#### **5. Dr Adenike A Adewakun**

Educated at the Universities of Ife (B.Sc. Health Sciences) and Lagos (Dentistry); Kings College, University of London (M.Sc); the Royal College of Surgeons, England (DDPH); Andrews University, Michigan (MBA) with certificate courses from the Centre for Disease Control and Prevention, Atlanta (epidemic surveillance); Emory University, Atlanta (epidemiology); Global Health Action, Atlanta (health systems management); With almost 30 years combined experience in academia, administration, clinical practice, health systems research, she has further training in problem-based learning, production of teaching and learning materials, project management (PRINCE2), ISO 9001:2008 QMS implementation, clinical audit, conformity assessment, process improvement techniques and phlebotomy.

She has worked in various institutions in Nigeria, the UK and several countries in the West Indies. Until recently, the Quality Assurance Manager, Lagos State University Teaching Hospital, Ikeja (LASUTH), she was involved in workforce capacity development, strategic planning, hospital standards and performance measures for health professionals, service quality evaluation and clinical research coordination. Adenike was a member of the team involved in the pre-certification audit of the first hospital in Nigeria to receive ISO 9001:2008 QMS certification.

A Certified Manager of Quality and Organisational Excellence (ASQ)<sup>1</sup>; Lead Auditor (BSI<sup>2</sup> and SON) she became formally involved in quality management in 1995 following the production of a Quality Assurance Report as coordinator of the pre-licensure extramural training programme for newly qualified dentists trained in the West Indies. Prior to this assignment, she was actively involved in document preparation for the General Dental Council [UK] and American Dental Association accreditation teams invited by the CARICOM and the Trinidad and Tobago Dental Council. She has participated in management reviews and proffered advice on health systems, hospital waste management, and intelligent hospital design to Ministries of Health in several countries.

Her vision is the institutionalisation of care standards and service quality indicators through the adoption of evidence-based best practice in every Nigerian hospital.

## Contact Us

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