



Vista Clinic empowers  
people to cope with  
emotional and  
psychological problems  
such as depression, anxiety,  
suicidal thoughts,  
traumatic experiences  
and aggression.

All hours (012) 664-0222  
[www.vistaclinic.co.za](http://www.vistaclinic.co.za)  
135 Gerhard Street  
Centurion

### **The leader in treatment**

Vista Clinic is the leader in the treatment of psychiatric illness in South Africa.

### **Highly specialised team**

Our highly specialised professionals design and implement individualised therapeutic programmes.

### **Occupational therapy**

Healing is enhanced by participation in structured activities.

### **Cost effective**

At Vista Clinic the focus is on the best way to treat a specific problem in the shortest possible time, within the medical aid tariffs.

### **Therapeutic milieu**

Our therapeutic milieu is created by interpersonal communication, the provision of structure, the setting of limits and the use of our therapeutic environment. This involves a calm, homely atmosphere that is conducive to healing.

### **Therapeutic programme**

Participation by patients in general and individualised daily programmes ensure that objectives are reached so that specific problems can be addressed. Patients can be treated on an out-patient or in-patient basis.

Our programmes provide for both group and individual therapy and include the following:

- Stress management • Coping with loss
- Victimisation • Depression
- Assertiveness training • Spiritual growth
- Drug dependency • Coping with divorce
- Alcohol dependency • Communication skills
- Problematic relationships • Parental guidance
- Coping with conflict • Suicidal thoughts
- Future planning • Aggression
- Self knowledge • Positive self-esteem
- Problem solving • Time management
- Post trauma treatment • Medication information
- Psychodrama • Decision making skills

### **Contact your doctor**

or phone (012) 664-0222

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