

Therapy is for Everyone!

The common belief that therapy is only meant for people with behaviour problems is wrong. Research has shown that those with the most serious behaviour problems experience the greatest challenges in therapeutic sessions. Therapy is actually most effective in helping relatively healthy people improve their quality of life, reach personal goals and enhance the quality of their relationships.

There are many specific types of psychotherapy, each with its own approach to improving personal wellness. Typical conditions and problems that benefit from psychotherapy include, anger management (domestic abuse), depression as well as drug and alcohol addiction.

In Ghana, according to the Chief Psychiatrist Officer it is estimated that 40% of the population of over 24 million people are affected by a moderate to mild disorder. These are the people who are likely to get the quickest results from therapy, yet the treatment gap is 98% with as little as only 2% of those in need is currently receiving any sort of treatment. People with severe addictions and behavioural problems are even less likely to receive treatment for their conditions.

In his scholarly contributions addressing drug and alcohol problems in Ghana, former Drug Czar Dr. Asare argues that since there are no adequate detox programs and no long-term treatment facilities where habitual drug users can receive psychological care and meet their social needs, they result in going back to using drugs. He further explained that the stigma attached to people visiting the existing psychiatric hospitals often prevent many people with drug related problems from receiving medical attention.

THE PEEP-TERS EXTENSION INSTITUTE

The Peep-Ters Extension Institute sets a new precedent and has established a foundation for widespread quality behavioural healthcare and addiction recovery (rehab) in Ghana. The first institute is strategically located in Akrade, Akosombo (Ghana Vatican City) in the Eastern Region, only half an hour drive to the Volta Region or an hour to Accra, Ghana's capital city. The Peep-Ters Extension Center is a joint project of Martha Educational Foundation (MEF) and The Extension (USA), and its addiction treatment program is based on The Extension's successful model. The Center's set-up encourages freedom of interaction between providers and clients, by providing a residential homelike environment, with a serene atmosphere that promotes successful recovery.

Peep-Ters Extension's programs also reduces stigma and discrimination while encouraging professionals and everyday individuals to have access to deal with their psychological health. After **rehabilitation, clients may be matched with potential agencies for employment** opportunities. The director of services of the Peep-Ters Extension is Jennifer Peparah, a Clinical Psychologist, a product of Wesley Girls High School and The University of Ghana Legon graduate school. Peep-Ters Extension also employs Dr. Fred Siaw as the medical doctor, and Dr. Eugene Dordoye as the Psychiatrist.

For more information visit www.marthaedu.org

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