

Stellenbosch: Stellenbosch Hospitaal, Merrimanlaan, Stellenbosch 7600, Tel: 021 887 7913, Posbus 2075, Stellenbosch 7600
Paarl: TC Newman Gemeenskapsgesondheidsentrum, Broadway Boulevard, Paarl-Oos, Tel: 021 877 64001
www.ghps@telkomsa.net

Sara van Tonder

Mth (Clinical Pastoral Care)(US), MSc (Ent)(UOVS), Bsc Hons (Psych)(Unisa), NLP Practitioner
HPCSA Reg Nr: 0006777
082 772 0699 | papiro2@mweb.co.za

Good Hope Psychological Service is an NGO that provides free psychological counselling to people who cannot afford it otherwise. The service is offered in Stellenbosch and Paarl. A further service provided by the organisation is a support group for psychiatric patients and their supporters in Paarl.

The group had a desire to make a garden and TC Newman Hospital management had seen it fit to give the group a part of the garden at the hospital to develop. This garden reflects the phases that a person experiences when he/she had been raped or sexually abused.

The phases that are depicted are:

Not wanting physical contact with someone

Depression

Anxiety

Guilt

Fear

Flashbacks

Anger

Brokenness

Corrective rape

There is also a healing section with a Zen garden and a prayer labyrinth.

The garden services as a therapeutic garden as well as for patients to learn new skills. It is also being used to train medical students. The garden is open for visitors.