



CHARLES MALANGA

Counselling Psychologist
Individual & Group Psychotherapy
MA Counselling Psychology (UP)

HPCSA: PS 0139947
PR NO: 0752320

New Patient 2026 Treatment & Services Rates

Effective from December 2025 to November 2026's invoices

Initial Assessment / First Session

The first consultation is designed as a thorough introduction to your care. Time will be allocated towards:

- Administrative fees for the practice.
- Reviewing and assessing the available or submitted clinical information.
- Conducting your clinical interview to begin understanding your needs.
- Cash Rate: R1800
- Medical Aid Rate: Available (subject to your scheme's rate)

Note to Patients: Please provide as much detail as possible in the forms provided. The more information you share, the better the quality of care I can provide.

Per-Session Individual Psychotherapy / Follow-Ups

- Duration: 51-60 minutes
- Medical Aid Rate: Available (subject to your scheme's rate)
- Cash Rate: R1200

Additional Options

Fixed monthly fees and group therapy packages are available but will only be discussed after the initial consultation, once we determine together whether I am the appropriate level of care or intervention for your needs.

Payment Terms & Cancellation Policy

- Invoices are sent on the 20th day of every month or the first working day thereafter. Payment in full is due within two weeks of the sent invoice.
- Accepted methods: EFT or Cash
- Medical aid claims are processed according to your scheme's rate and benefits.
- Cancellations must be made at least 24 hours in advance.
- Late cancellations or missed appointments will incur the full session fee.
- Please send proof of payments to charles.malanga@isoevolve.com after you make payment so we can credit your account correctly

Medical Aid Queries & Contact

- For queries regarding your specific medical aid tariff or session coverage, please email: charles.malanga@isoevolve.com

Name: _____ Date: _____ Signature: _____



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Brief Clinical Interview Form

Name: _____ Referrer: _____

Age: _____ Occupation: _____ Location: _____

1. Presenting Concerns & Therapy Expectations

- What brings you in today? When did these concerns begin, and what do you think contributed to them?
- How do you feel about psychotherapy? Is this something you want and believe will help?

2. Mental Health & Emotional History

- Have you or your family struggled with emotional challenges? (e.g., stress, trauma, grief, relationship issues)
- Have you previously sought professional support for emotional difficulties? If so, what was helpful and what wasn't?

3. Self-Harm, Suicidal Ideation & Aggression

- Have you ever had thoughts of self-harm or suicide? If so, what are your triggers and coping mechanisms?
- Have you acted aggressively toward objects or people? Have legal issues ever been a concern?

4. Physical Health, Substance Use & Behavioural Patterns

- How would you describe your physical health and relationship with your body? What is your relationship with food like?
- Are you currently taking any prescribed or non-prescribed medication for emotional health concerns? Do alcohol, drugs, or other substances impact your life? Have others expressed concern about your use?

5. Work, Finances & Daily Functioning

- How do you feel about your work and career? What aspects do you enjoy or find frustrating?
- Do financial concerns play a role in your current stress or challenges?

6. Relationships & Family Background

- How would you describe your current relationships? (partner, family, friends)
- Were there significant experiences in your family or childhood that shaped who you are today?

△: Patient

□: Male

○: Female

X: Dead/Divorce

~ : Estranged/Conflict/Complex



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PDQ-4+

Personality Questionnaire

Developed by Steven E. Hyler, M.D. of the New York State Psychiatric Institute. The items included in the PDQ-4 were adapted from the diagnostic criteria for personality disorders of the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders, fourth edition, (DSM-IV) and contains items originally included in the PDQ and PDQ-R personality questionnaires. Investigators who wish to use this instrument should contact Dr. Hyler, New York State Psychiatric Institute, Unit #112, 722 West 168th Street, New York, N.Y. 10032. Telephone (212) 960-5656.

www.pdq4.com

8/98 AL

Full Name _____

Today's date _____

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Email: cimpsych@gmail.com | Website: www.cimpsychology.co.za

Instructions

The purpose of this questionnaire is for you to describe the kind of person you are. When answering the questions, think about how you have tended to feel, think, and act over the past several years.

To remind you of this, on the top of each page you will find the statement: “**Over the past several years...**”

Please answer either **True** or **False** to each item. Where:

T (**True**) means that the statement is generally true for you.

F(False) means that the statement is generally false for you.

Even if you are not entirely sure about the answer, indicate “T” or “F” for every question.

For example, for the question:

xx. I tend to be stubborn. T F

If, in fact you have been stubborn over the past several years, you would answer True by checking or ticking the box T.

If, this was not true at all for you, you would answer False by checking or ticking the box F.

There are no correct answers.

You may take as much time as you wish.

	True	False		True	False
1) I avoid working with others who may criticize me.			2) I can't make decisions without the advice, or reassurance, of others.		
3) I often get lost in details and lose sight of the "big picture."			4) I need to be the centre of attention.		
5) I have accomplished far more than others give me credit for.			6) I'll go to extremes to prevent those who I love from ever leaving me.		
7) Others have complained that I do not keep up with my work or commitments.			8) I've been in trouble with the law several times (or would have been if I had been caught).		
9) Spending time with family or friends just doesn't interest me.			10) I get special messages from things happening around me.		
11) I know that people will take advantage of me, or try to cheat me, if I let them.			12) Sometimes I get upset.		
13) I make friends with people only when I am sure they like me.			14) I am usually depressed.		
15) I prefer that other people assume responsibility for me.			16) I waste time trying to make things too perfect.		
17) I am "sexier" than most people.			18) I often find myself thinking about how great a person I am, or will be.		
19) I either love someone or hate them, with nothing in between.			20) I get into a lot of physical fights.		
21) I feel that others don't understand or appreciate me.			22) I would rather do things by myself than with other people.		
23) I have the ability to know that some things will happen before they actually do.			24) I often wonder whether the people I know can really be trusted.		
25) Occasionally I talk about people behind their backs.			26) I am inhibited in my intimate relationships because I am afraid of being ridiculed.		
27) I fear losing the support of others if I disagree with them.			28) I have many shortcomings.		
29) I put my work ahead of being with my family or friends or having fun.			30) I show my emotions easily.		

	True	False		True	False
31) Only certain special people can really appreciate and understand me.			32) I often wonder who I really am.		
33) I have difficulty paying bills because I don't stay at any one job for very long.			34) Sex just doesn't interest me.		
35) Others consider me moody and "hot tempered."			36) I can often sense, or feel things, that others can't.		
37) Others will use what I tell them against me.			38) There are some people I don't like.		
39) I am more sensitive to criticism or rejection than most people.			40) I find it difficult to start something if I have to do it by myself.		
41) I have a higher sense of morality than other people.			42) I am my own worst critic.		
43) I use my "looks" to get the attention that I need.			44) I very much need other people to take notice of me or compliment me.		
45) I have tried to hurt or kill myself.			46) I do a lot of things without considering the consequences.		
47) There are few activities that I have any interest in.			48) People often have difficulty understanding what I say.		
49) I object to supervisors telling me how I should do my job.			50) I keep alert to figure out the real meaning of what people are saying.		
51) I have never told a lie.			52) I am afraid to meet new people because I feel inadequate.		
53) I want people to like me so much that I volunteer to do things that I'd rather not do.			54) I have accumulated lots of things that I don't need but I can't bear to throw out.		
55) Even though I talk a lot, people say that I have trouble getting to the point.			56) I worry a lot.		
57) I expect other people to do favours for me even though I do not usually do favours for them.			58) I am a very moody person.		

	True	False		True	False
59) Lying comes easily to me and I often do it.			60) I am not interested in having close friends.		
61) I am often on guard against being taken advantage of.			62) I never forget, or forgive, those who do me wrong.		
63) I resent those who have more "luck" than I.			64) A nuclear war may not be such a bad idea.		
65) When alone, I feel helpless and unable to care for myself.			66) If others can't do things correctly, I would prefer to do them myself.		
67) I have a flair for the dramatic.			68) Some people think that I take advantage of others.		
69) I feel that my life is dull and meaningless.			70) I am critical of others.		
71) I don't care what others have to say about me.			72) I have difficulties relating to others in a one-to-one situation.		
73) People have often complained that I did not realize that they were upset.			74) By looking at me, people might think that I'm pretty odd, eccentric or weird.		
75) I enjoy doing risky things.			76) I have lied a lot on this questionnaire.		
77) I complain a lot about my hardships.			78) I have difficulty controlling my anger, or temper.		
79) Some people are jealous of me.			80) I am easily influenced by others.		
81) I see myself as thrifty but others see me as being cheap.			82) When a close relationship ends, I need to get involved with someone else immediately.		
83) I suffer from low self-esteem.			84) I am a pessimist.		
85) I waste no time in getting back at people who insult me.			86) Being around other people makes me nervous.		
87) In new situations, I fear being embarrassed.			88) I am terrified of being left to care for myself.		
89) People complain that I'm "stubborn as a mule."			90) I take relationships more seriously than do those who I'm involved with.		

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91) I can be nasty with someone one minute, then find myself apologizing to them the next minute.			92) Others consider me to be stuck up.																																												
93) When stressed, things happen. Like I get paranoid or just "black out."			94) I do not care if others get hurt so long as I get what I want.																																												
95) I keep my distance from others.			96) I often wonder whether my wife (husband, girlfriend, or boyfriend) has been unfaithful to me.																																												
97) I often feel guilty.																																															
98) I have done things on impulse (such as the things below from A to F) that could have gotten me into trouble. Cross or tick the things below all that apply to you:			99) When I was a kid (before age 15), I was somewhat of a juvenile delinquent, doing some of the things below. Cross or tick the things below all that apply to you:																																												
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