

## Who are we?



Steve & Dr. Bernie Dalgety

The Centre was established in 1999 by Steve Dalgety, with the specific purpose to address the ever-increasing number of victims of crime. History reflects that shortly after the 1994 elections, the crime rate in South Africa increased in levels which left the existing helping professions and professionals, unable to deal with the sudden influx of victims. One year later Dr. Bernie joined the team and with her social work background immediately improved the supervision and administrative skills to an already highly skilled team.

### History

In many instances, these victims came from an array of social backgrounds as crime was perpetrated against the population and did not target a specific ethnic group. Many of these victims could not afford the therapeutic help that they deserved, and in many cases, the help they required to continue their lives with some resemblance of normality.

Based on the understanding that the effects of trauma are rarely repairable and are at best managed, the founders decided to call the trauma centre the Alpha House™.

Piet & Eileen from a private security company called Alpha Security & Alarms has being the sole champion's of this cause since the commencement of the Centre in 1999, and the Founders felt it fitting to call the Centre, Alpha House.

Naturally the word Alpha implies the "first", the "beginning" and therapists at "Alpha House" as it is affectionately known, believe that everybody deserves another "beginning", as if it were their "first" time. If one allows one's self to flow with the concept, we at the centre, believe everybody deserves a second chance at life no matter their race, creed or religious orientation.

### **Mission Statement**

The Centre endeavor's to provide a professional emotional therapeutic service to those individuals who require emotional healing, care and support in the East Rand Region better known as the Ekurhuleni Metropolis. The expertise provided will be described in detail under the heading of area professional services.

### **Objectives**

To provide local residents with a Centre or therapeutic hub, that is able to offer numerous specialized services under one roof. These services are listed below under the heading "Services" rendered. Our concept is if we don't do it we will find a suitable practicing therapist or practitioner who we trust to help the individual.

To network with existing local professional service providers, so that any person who contacts the Centre will be either helped by the Centre or referred to a service provider who will be capable of providing the professional service required by the client. This will eliminate the time wasted trying to find the "right" therapist.

To provide a professional emotional therapeutic service to the local population that is affordable to the client yet economically viable for the therapist providing the service.

Services that Dr. Dalgety & Associate are able to provide to our local community:-

#### **Ω Trauma Support & Counselling**

- Individual Trauma debriefing & behaviour modification
- Group Trauma debriefing
- Group Support (only if there is a group of 5 to 8 people)

### Ω Divorce Recovery Support & Counselling

- Individual counselling & support
- Group therapy & support (only if there is a group of 5 to 8 people)

### Ω Step parenting(Mom) Support & Counselling

- Pre-divorce support & cognitive psychotherapeutic counselling
- Post- divorce support & cognitive psychotherapeutic counselling
- Adoptive parenting (Step parenting)
- Bonding techniques & support

### Ω Colour Therapy

- Evaluation & assessment
- Identification of supportive & healing colours
- Cognitive & Behavioural Colour & Emotional Psychotherapeutic counselling

### Ω Weight Management & Lifestyle Support

- Weight assessment
- Lifestyle assessment & Behavioural management
- Weight monitoring & chart
- Cholesterol, glucose (sugar) & triglycerides testing
- Blood pressure management & chart

### Ω Health Assessment, Vitamin & Herbal Remedies

- Iridology
- Bio-resonance and meridians
- Detoxification
- Vitamins and herbal support