

## **Wendy Rossouw**

### Profile

Wendy is a Clinical Psychologist and has been in private practice in Monte Vista, Cape Town for the past 30-years. She works with patients with complex presentations, such as Borderline Personality Disorder, Bipolar Disorder and trauma-related disorders. Her primary focus is on providing individual DBT and DBT skills groups.

She completed her advanced training in Rational-Emotive and Cognitive-Behavioral Therapy at the Albert Ellis Institute in New York. She is trained in Prolonged Exposure Therapy a trauma-focused intervention for the treatment of PTSD.

Wendy completed the DBT comprehensive training (Level 4) of the South African DBT Institute. She thereafter completed the DBT intensive-plus training with the Behavioral Tech Institute (previously known as the Linehan Institute). She belongs to both a national and international consult group which meet weekly.

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