

## FESTIVAL OF LEARNING – TALK OVERVIEWS – PSYCHOLOGY

### JOHANNESBURG – 18<sup>th</sup> May – Short Talk Evening

1)

#### **Negotiating resilience in a hostile environment**

**(Mirah Wilks - UNISA Doctoral Student in Hate Crimes, PsySSA Chair of RCP Division)**

**Resilience** is defined as the capacity of the individual to navigate his/her ways to resources that can sustain well-being; the capability of the individual's physical and social ecologies; and the capability of the individual's family and community to negotiate culturally meaningful ways to share resources.

**Negotiating resilience** is a complex mental, emotional and psychological process of problem solving, applied character strengths and attributes, feelings of control, capability of adapting to hostile environments and innovating life solutions for personal mental health over a lengthy period of time, through practice and perseverance.

**Gnc Gender non-conforming persons of all ages** encounter aggression, bullying, social neglect, verbal and emotional abuse, sexual violence and as well as hate crimes. How does such an adolescent or young student negotiate the minefield of micro and macro aggressions for survival?

#### **BIO**

info@counsel4life.co.za ; mirah@innov8trix.co.za

Doctoral student (specialising in Hate Crimes, LGBT: Lesbian, Gay, Bisexual, Transgender Mental Health, Negotiated Resilience | Psychology Practitioner HPCSA Registered Counsellor in Private Practice (specialising in Trauma, PTSD, Mental Health) | Psychometric assessments consultant in EQi (2.1), Career Assessments, Adaptation/ Innovation & Leadership) | Appointed Scientific Researcher for APR: Africa Post -Traumatic Relief (2014-2016); Appointed Chair of Psychological Society of South Africa (PsySSA) Registered Counsellors and Psychometry Division for 2<sup>nd</sup> Term (2014-2017) | PsySSA Congress presenter and chair of the RCP Symposium (2015-2017); Lecturer SACAP, WITS, DESIGN CENTRE and Max Price Institute (WITS).

#### ACADEMIC/ PROFESSIONAL

- 2017 PhD Doctoral Student, Department of Psychology, UNISA, specialised focus: Hate Crimes, LBGTIQ, Mental Health, Individual and Community Resilience, and Psychometric Assessments.
- 2010 KAI Accredited Psychometric Practitioner (Kirton Adaptation/ Innovation, Leadership, Diversity Talent Management, Psychometric Assessments ) PENN. STATE UNIVERSITY, PA, US
- 2006 Master of Education (Spec. Ed with Advanced Counselling), USQ, Australia.
- 1997 B.A Psychology (Honours), UNISA

#### PSYCHOLOGY PROFILE EXPANDED

2017-2008 Professional Psychology Practitioner:

- ▣ HPCSA Registered Counsellor in Independent Practice PRC 0006483.
- ▣ BHF PRC 0320757

PsySSA (Psychological Society of SA)

- ▣ 2017-15 PsySSA Council Member Executive Standing Committee: Tariffs & Private Practice ( 2<sup>nd</sup> two year Term appointment)

- ▣ 2017-14 Presenter of APR Scientific Research papers at PsySSA Congresses
- ▣ 2015-13 PsySSA Chair of the RCP (Registered Counsellors and Psychometry Division) a two year appointment; Chair of RCP Symposiums (1<sup>st</sup> two year Term)
- ▣ 2013-10 PsySSA RCP Gauteng, JHB, Counselling Representative

2016-14 SACAP Psychology Lecturer, Presenter, Workshops ▣ Community Mental Health: Policy & Planning (third year, two cohorts)

- ▣ Community Mental Health (second year)
- ▣ Fundamentals of a Helping Counselling Relationship (first year)
- ▣ Counselling Modalities (first year)
- ▣ SACAP CPD Workshops and Annual SACAP Festival Lecture ( Ethics, Registered Counsellors Scope of Practice, Hate Crimes, Resilience, Mental Health, Counselling Trauma and PTSD, the Psychological Imperative of Disgust)

#### SCIENTIFIC RESEARCH APPOINTMENTS/ STUDIES

▣ 2017-14 APR - Africa PTS Relief, Scientific Research Member. An experimental study of undergraduate students, at two universities who suffer from Post-Traumatic Stress Disorder (PTSD). The University of Johannesburg (UJ) students were the control group while the Maharishi Institute (MI) students were the experimental group. The effective intervention for Mental Health was the short term practice of Transcendental Meditation (TM). Results of this study were presented at KZN PsySSA Congress.

▣ 2017-10 PENN STATE Univ., PA, US ., Scientific Research Member in Adaptation and Innovation Psychometric Assessments. Accredited Practitioner, with training in the AI psychometric instrument, to ascertain how cognition styles of adaptation and innovation, coping, stress and creative problem solving move dynamically on a continuum from high Adaptation to high Innovation according to the preferred cognitive styles of the individual in reality context. AI outcomes highlight leadership qualities, thinking, and preferred leadership approaches, in Innovators and Adaptors, in varying contexts. Six month workshops and assessments were conducted with aeronautical and civil engineers from specialised industries such as Boeing, Chevron Oil and Lockheed-Martin. Lecturers from Dublin University, Virginia Tech., and Chicago provided input on cognitive processes, adult development and education. Delegates from the US Navy Leadership School and leaders in the US military and US Special Forces Operations brought their field and war expertise to the psychological training and assessments.

#### CONFERENCE SPEAKER

- ▣ 2017-14 Annual PsySSA Congress Speaker, in the capacity of Chair of the RCP Division; As Chair of the various Registered Counsellor & Psychometry Symposiums; and as Presenter of Scientific Research Papers to fellow professional psychology colleagues and academic students from universities in all SA provinces.
- ▣ 2012 -10 Key-note Speakers at Future-Ed Conferences: Presented to Principals, Heads of Departments, School Counsellors and Social Workers, regarding the emotional and learning needs of Learners in Special Needs Education, Learners with Dyslexia, ADHD; Creativity problem solving and decision making in all areas and contexts.
- ▣ 2011 IDC, 4<sup>TH</sup> Innovation Summit & Conference, Sandton. Invited Keynote Speaker -Innovation Workshop: "Adaptation and Innovation in Corporate Group Thinking" presented to delegates from the IDC, Eskom, Sasol Chem-City, Nedbank and FNB.
- ▣ 2003-94 IEB Examiner/Moderator feedback presentations on Senior Certificate Examinations at annual IEB Conferences in Gauteng an KZN; IEB educator workshops (academic & practical) based on curriculum changes in Government White Paper.

## **Let's Wake Up and Work Together (Keneilwe Mahuma)**

Keneilwe Mahuma matriculated from Makgetse High School at Temba in 2009 and pursued her studies in the Psychology field with the University of South Africa. I believe my love for community development, education, people and being the difference i would like to see my country is the driving force behind me "making a difference", which enables me to ignite hope and inspire change. Making a difference to me it is all about being selfless, person centred and sharing the little that you have with the less fortunate. Being a difference maker is primarily guided by the principle of UBUNTU, but to me is it all about doing what you love without expecting anything in return, without even knowing where you will get the next donation tomorrow to continue with your voluntary work. Most importantly being able to make a difference because it is the right thing to do and you innocently want to bring change. In the era that we live in people use the platform of making a difference for PR stunts and to get fame and followership on social networks.

This topic is close to home for me I grew up poor at rural called Tladistad in North West and with the financial challenges my parents had, I was raised in a charitable manner by the relatives and community members. As little girl I never witnessed black December because my family was poor, our relatives would always buy clothes, food and toys for us so that we can the same December, poor or not. I told myself that when I grow I just want to be like people who give without ulterior motives, who give without counting and who love wholeheartedly.

I was fortunate to meet good friends in university, who share the same principles, values and visions as me. Today I am building and growing an NPO called Tsogang Re Direng Youth Foundation with Itumeleng Masisi and Tebogo Bokaba. "Friends are like trees, leaves are seasonal, branches cannot carry weight and roots always carry the weight through thick and thin and doesn't want fame in you" – Tyler Perry. As we leave today I would like us to do introspection about the circles we keep.

## **BIO**

Ms Keneilwe Mahuma matriculated from Makgetse High School in Temba situated at Hammanskraal in the year 2009. She then went on to pursue a bachelor's degree in psychology (specializing in Community and Health Psychology) which she successfully completed in 2015. She is currently pursuing an honours degree in Psychology.

Keneilwe is passionate about community development, women empowerment and the education of children. Between 2012 and 2013 she worked as a volunteer at the Home of hope for girls, an NGO situated in Sunnyside, Pretoria. Here she assisted with educational activities geared towards the betterment of the girls' learning. In 2015 she was shadowing a clinical psychologist and volunteering at the HIV and AIDS unit at the Suurman Clinic in Hammanskraal. Her yearning for knowledge and making a difference in people's lives guided her career vision as she is now aspiring to do her Master's degree in research and consulting psychology; a degree which will not enable her to contribute to knowledge production but one that will afford her the opportunity to imagine and be a part of figuring out possible solutions for society's ills.

In 2016 Keneilwe registered a Foundation called the "Tsogang Re Direng Youth Foundation". The purpose of the Foundation is to serve communities in various ways such as career guidance for the youth, raising funds for academic fees, mentorship and other practical necessities such as toiletries and academic tours. Keneilwe's hope is to make a difference in her community and beyond, and she believes that for change to happen each individual has to play their part as collective effort goes a long way.

**3)**

**IQ Dethroned: The Age of Working Memory**

**(Diane de Sousa)**

Dr. Diana Soares De Sousa is a Research Psychologist registered with the Health Profession's Council of South Africa, Vice-Chair of the Registered Counsellor and Psychometry Division of PsySSA. Her PhD thesis is on the benefits of childhood bilingualism on cognitive neuropsychology development and literacy acquisition from a bio-ecological perspective. Dr. De Sousa is the Head of Teaching and Learning at the South African College of Applied Psychology (JHB Campus) where she manages the Academic Department, teaches Quantitative and Qualitative Research Methods, Statistics, and Psychological Assessment and Interpretation, supervises Research Projects of Undergraduate and Postgraduate students, does research in the fields of bilingualism, biliteracy, educational linguistics, psycholinguistics and cognitive neuropsychology. Dr. De Sousa has published her research in international journals and presented her research findings at international conferences. Dr. De Sousa sees the promise of developments in the field of cognitive-neuropsychological assessments that include the roles of language as a means of understanding the positive effects of bilingualism in later-life cognition, including those who acquire a second language in adulthood.

## **JOHANNESBURG – 19<sup>th</sup> May – One Hour Long Talks**

1)

### **Court Preparation: Not a one-man-show, but a multi-disciplinary approach (Dr Shaheda Omar)**

#### Introduction:

It is a known fact that child sexual abuse (CSA) is associated with an array of life problems that can emerge immediately following the abuse and can last into the teen and adult years (Kendall-Tackett, Williams, & Finkelhor, 1993; Polusney & Folette, 1995). Research suggests that problems related to sexuality may become especially problematic in adolescence if not dealt with immediately (Kendall-Tackett, et al., 1993; Sauzier, Salt and Calhoun 1990; Tharinger, 1990). The purpose of this study is to examine one dimension of functioning in child sexual abuse victims, and that is self-esteem.

#### Purpose:

To highlight the value and importance of court preparation for all victims of child sexual abuse. The absence of court preparation could be more damaging and result in secondary victimisation of children.

#### Methodology:

For the purposes of this study two case studies were extracted from The Teddy Bear Clinic Court Preparation Programme. The case studies included children and their families who had undergone court preparation and testified. The study explores the children and their parent's feelings before testifying in court and after receiving information that the perpetrators have been convicted. In the above case studies the perpetrators received numerous life sentences.

This paper will examine the positive impact the outcome of the sentencing has on the children and their significant others who are also part of the court preparation process. This study will also confirm and validate the importance of court preparation for the victims and their families.

#### Conclusion:

This study will demonstrate the significant role that court preparation plays in lending closure; "finishing the unfinished"; and enabling children to tell their stories giving them a voice. It will also elucidate the fact that children present with fear initially but after a conviction they feel much stronger and in control of their lives.

#### Limitations:

The possibility of the alleged perpetrator not being convicted is a given reality. Hence, not every child that receives court preparation will be guaranteed a conviction and this may affect their mood levels including self-esteem. It must however be noted that it is inherent in the court preparation programme that the case is not about winning but getting the children to tell their story.

### **BIO**

Dr Shaheda Omar

- Qualifications: Masters in Mental Health, Dip. In Marriage Guidance and counselling, Forensic Assessment of child victims of abuse, and has completed her PHD on young sex offenders
- Position: Director on TTBC Board, Clinical Director
- Shaheda worked at the Johannesburg Institute for Social Services, Pedimed Clinic in Pretoria, Parktown School for Girls, Centre for HIV and AIDS Counselling at Medical Research Institute, Johannesburg Association for the Aged and Childline Gauteng. She has been working at The Teddy Bear Clinic for Abused Children since 2001 and is the Director of Clinical Services at the clinic

2)

## **Children's perceptions of the risks faced at school (Steenkamp Elizabeth and Omar Shaheda - The Teddy Bear Clinic for Abused Children)**

Children are the most marginalised population group but their voices are often not heard.

The purpose of this initiative was to hear the voices of children, to explore their understanding and experiences and use this information to develop a call to action campaigns.

The study was conducted in 2014 where a total of 1776 children participated in the survey from 8 different schools in Johannesburg, Soweto and Krugersdorp.

Through the study a broad range of themes emerged, ranging from concerns around issues as serious as abuse to the children being unhappy with the rules that dictate what hairstyles they may and may not wear to school. Overall only 4% of the children said that they have no worries.

The findings highlight the nature and extent of the support that schools require, in order to make schools safer places for our children.

### **BIO**

Dr Shaheda Omar

- Qualifications: Masters in Mental Health, Dip. In Marriage Guidance and counselling, Forensic Assessment of child victims of abuse, and has completed her PHD on young sex offenders
- Position: Director on TTBC Board, Clinical Director
- Shaheda worked at the Johannesburg Institute for Social Services, Pedimed Clinic in Pretoria, Parktown School for Girls, Centre for HIV and AIDS Counselling at Medical Research Institute, Johannesburg Association for the Aged and Childline Gauteng. She has been working at The Teddy Bear Clinic for Abused Children since 2001 and is the Director of Clinical Services at the clinic

Elizabeth Steenkamp

Elizabeth Steenkamp obtained a Degree in Social Work (UNISA) in 1993.

The first 10 years in the profession, she practised in the field of Family Care.

Since 2003 she specialised in the field of Child Abuse by conducting forensic assessments, provided therapy to victims of abuse, provided expert witness in Regional and High Court cases, assisted as intermediary in court, compiling preventative and intervention programmes.

From June 2014 Elizabeth Steenkamp was appointed as the Project Manager at Teddy Bear Clinic specialising in leading on prevention and intervention programmes in order to decrease sexual violence in South African Schools.

### **3)**

#### **Survivor-Slut-Activist**

#### **(Karmilla Pillay Siokos; Slutwalk Johannesburg Organiser)**

This talk challenges our social perceptions around the issues of rape and sexual abuse. As a rape survivor and organiser of Slutwalk Johannesburg (part of the international Slutwalk movement), Karmilla speaks with open honesty about her trauma and the healing journey from victim to activist. She examines past and present attitudes towards female sexuality, male rape and sex education and offers new perspectives, including examples of talking to her children about sex and rape. We must develop a strong sense of body autonomy and a respect for the same in others instead the good girl/bad girl mythology that leads to teaching

our children who to rape instead of not to rape. The way to combat rape culture is to consistently reinforce the understanding that NOBODY deserves to be raped. We need to actively change the way talk to and about each other in order to create a culture of consent.

## **BIO**

Karmilla Pillay-Siokos was born in Durban in 1974. Living in an Indian community during apartheid inspired a passion to fight social injustice. A sabbatical on a kibbutz provided experience of communal living and true gender equality. Disillusioned with politics, she directed her skills and experience as a teacher (and home schooling parent) into activism, empowering others through education, thereby challenging entrenched attitudes. She became involved with Slutwalk Johannesburg in 2011, organising the annual rape protest march and distributing survivor support packs to underprivileged communities. This led to public speaking engagements and work with the TEARS Foundation, including developing a board game to facilitate discussion around rape and sexual abuse, Karmilla is very outspoken about her personal experience of rape as well as the social factors that perpetuate rape culture, working with other survivor support organisations to create awareness about the damaging effects of “victim blaming”.

## **4)**

### **The Transformative Power of Vulnerability (Deborah Ho-Chung)**

Deborah, a survivor of childhood sexual abuse is hell-bent on making a difference in our country despite being diagnosed with Borderline Personality Disorder. In fact, this has made her even more determined to educate and inform parents, caregivers and teachers on keeping children safe from sexual predators.

Initially Deborah started telling her story so that she could educate people on the warning signs and dangers of childhood sexual abuse, but soon realised she was doing much more than just that. She became acutely aware of the fact that the more she shared and opened up to others, the more she healed.

Deborah found that the admiration, acceptance and appreciation reflected from others, has a transformative power. By being vulnerable and allowing others to witness her darkest secrets and allowing them into her intimate space, she received affirmation, support and love that stays with her and contributes to her healing.

By using humour in the opening of her talk Deborah quickly puts her audience at ease. But then she lays herself bare and allows herself to be seen and experienced in a very intimate way.

## **BIO**

Deborah's life has been filled with tremendous adversity, cruelty and abuse as well as a spell of self destructive behaviour and a few bad choices. By all accounts she should have been crushed by the external events in her life but she chose to impose her strength and determination on life and has refused to be just another victim of circumstances. Her determination drives Deborah to continue on a journey of self-discovery and self-actualisation.

## **5)**

### **Psychosocial perspectives of the refugee experience: an interdisciplinary model of intervention**

## **(Federica Micoli)**

In the Psychosocial Rights Project at LHR we strive to address the complexities of the refugee condition by looking at their psycho-social and eco-social dimensions. The psychological consequences of forced migration are peculiar and cannot be standardised or oversimplified. They have a serious impact on the outcomes of the asylum claims of our clients and in general on their life conditions. Through a model of interdisciplinary intervention we look at an interpretation and application of the law that, while enforcing the human rights of our clients, remains respectful of their culture, their beliefs and their status in society. Through the cooperation with and the support from psychologists, counsellors, social workers and psychiatrists, we help our clients to regain their sense of identity, their agency and the power that often the refugee experience has temporarily deprived them of.

### **BIO**

I qualified as a lawyer in Italy. I practised for about ten years both in Italy and in England, dealing mainly with employment law. I have two Masters, one in Italian Labour Law from Ca' Foscari University in Venice, one in International Law from Kings College in London.

Having always wished to work in the field of human rights, in 2011 I decided to leave my job and entertain a career change. I started as a volunteer legal counsellor at Lawyers for Human Rights in Pretoria in January 2012, advising asylum seekers and refugees about their rights in the Republic.

I volunteered for a year and a half. In 2013 I created the Psychosocial Rights Project, which assists migrants who suffer for some sort of psychological or mental disability, within LHR Refugees and Migrant Program. I am studying for a PhD in Refugee Care at Essex University, Department of Psychoanalytical Studies.

## **6)**

### **Stories of Hope: Narrative landscapes fostering hopeful pathways to a preferred identity with vulnerable youth in South Africa**

#### **(Dr Cheryl Wright)**

This presentation is aimed at describing effective psychological interventions using a model of hope from research exploring landscapes that support vulnerable youth to transcend traumatic life circumstances. Narrative practices based on post-structural understandings of identity development were used in a study of hope to support youth from the child-headed household. Empowering youth to find a voice of hope by painting masks, photographing hopeful landscapes and dramatizing a preferred identity provided narrative data for grounded theory analysis. Four mechanisms characterised the nurturing of hope in the context of vulnerability: predatory, protective, promotion and possibility processes. Themes in each of the processes provide useful guidelines in the psychological care of vulnerable youth on multiple levels. The proposed model sees hope grounded in relationships and possibilities beyond prevalent individualistic conceptualisations of hope. Implications suggest a reconceptualisation of hope grounded in social context to support youth in integrating their preferred way of being.

### **BIO**

Cheryl Wright is a registered Educational Psychologist and Somatic Experiencing Practitioner® in private practice in Johannesburg. The focus of her work is seated in narrative practices supporting children and their families by nurturing a preferred sense of self in the face of adversity. She completed her doctoral studies in 2013 exploring pathways of hope with adolescents from the child-headed household. This provided her with an opportunity to work with a community in Soweto under the guidance of an NGO, *Ikageng*. She furthered her narrative studies by completing an *Intensive One Year Narrative Therapy Training Program* with the Dulwich Centre in 2013.



7)

**Well-being of a transsexual: The power of loss in connection and transformation  
(Bianca Olivia Jeanne Cassell)**

From a Jungian perspective (Jung, 1990), I will highlight and explore two dream images that symbolise the story of my individuation as a (a) transsexual woman who underwent gender realignment surgery, and made use of medical technologies (Foucault, 1963/1994; Hausman, 1995) and (b) as a transgender woman. While exploring *genderqueer* performances I discovered that these actions were inadequate to meet my desire to create a sense of personal freedom for myself, through the act of gender play (Butler, 1990, 1993, 2004).

Our connection to the Other depends on the degree of active and interested Self-reflection and awareness (Lacan, 1966/2007) about the sensate body, the emotions and the mind, while in contact with 'Love-Others', through and with whom we make meaning about the world (Redfearn, 1992), and that provides the 'raw material' from which to realise the Self.

Lost love-objects are best seen as a present loss and a living component of the psyche through symbols (Jung, 1960; Lacan, 1966/2007), which are intensely personal, and as the experience of learning is shared and granted space for movement, the way it is spoken about creates different spaces for well-being. My story is about what love means to me as I have created space for myself, and the challenges of harnessing the power within the most powerful transformative space of all, silence (Castaneda, 1987).

8)

**The Forbidden fruit  
(Tintswalo Mashele)**

The Talk is to start with looking and addressing the issue of the forbidden fruit, where the term originates in terms of the bible. The talk is then to bring up the question of why it is taboo to talk about sex and female health in comparison to male health, the speaker is to then address why virginity is seen as a 'big deal' to some people. The speaker spoke to a number of students in and around campus asking why they feel sex is seen as a taboo topic answers are to be discussed in the talk. Thereafter the speaker is to look at the idea of normalizing sex and how parents could tackle 'The Talk' with their children in a way that may not be so awkward.

**BIO**

Tintswalo, who commonly goes by Tinie, is a 21-year-old student at the South African College of Applied Psychology. She was initially a registered law student at UNISA but later decided to abandon the course as it was not for her and is now doing her final year in the Diploma in Counselling and Communications. Tintswalo is also a member of the student representative council and her role is student affairs officer.

9)

**Don't touch my hair! The colour complex of race in psychotherapies  
(Zamo Mbele - Clinical psychologist)**

The relatively recent 'Pretoria Girl's High School *hair protest*' is a contemporary example, reminder and articulation of the residue of structural racisms, South African society's

dissonance with racialised identity and *colour*, and nuanced experiences of *othering*, inclusion and exclusion, and the potential for social dissociations, respectively. It remains however only one of many such examples that litter greater social experiences and dialogues for many South Africans that have gained the privilege of discourse. Inherent in this case study or *slice of life*, are the mechanisms of insidious, implicit, unwitting and inconspicuous enactments of racialism, racisms and race based *collusions* and collisions in contemporary South Africa. These conversations, we would expect, are abound in psychotherapies in the manifest and the latent as much as in the conscious and unconscious processes. Creating a better awareness of these complexities, complication and complexions can only enrich therapies and invariably cascade towards a greater social awareness of the *colour complex of race in psychotherapies*. More particularly, a considered exploration on the matter of 'seeing colour' and the interpolation of colour may straighten the kinks in these and other hairy matters.

## **BIO**

Zamo Mbele is a clinical psychologist in Johannesburg, South Africa. Zamo has worked predominantly within the public healthcare sector and currently works at the Tara H. Moross Hospital, a specialist psychiatric hospital. Zamo also forms part of the multidisciplinary team at the Wits Donald Gordon Medical Centre. Zamo's professional interests include working with severe psychopathology, trauma therapy, and adolescent psychotherapy. Zamo Mbele is also a director of the South African Depression and Anxiety Group (SADAG) and the MH Foundation – the latter of which he is also a co- founder. He also lends his expertise to the African Leadership Academy (ALA), acting not only as a consultant, but also providing supervision and training. Zamo advises the ministry of Justice and Correctional Services as a member of the National Council of Correctional Services. He is also the only African member of the Crest.BD, an international collaborative research initiative.

## **10)**

### **Finding Balance (Natalee Holmes)**

Coming home to stress and chaos? Finding it hard to transition between work and home? Is it difficult to switch off?

Learn a few tips on how to find the balance. Learn how to nurture yourself and your home life, so that your home life supports your work, and so that it is peaceful, happy and a rejuvenating space.

In this talk, I will outline:

- Stressors: how to identify them and isolate them
- Down time – prioritising it
- Family time – scheduling it
- Me time – without guilt
- How to separate work and home
- Figuring out your coping mechanisms

## **BIO**

Natalee has a BA in Psychology with a focus on communication. She completed her Honours in Psychology and has worked in counseling and family counseling in various forms over the years. As a Certified Parent Educator, founder of RCB of SA and a PINT Instructor Trainer through the International Network for Children and Families, she was excited to bring that knowledge home to South African families. She believes that the current parent generation is caught between 'old school parenting' which raised children out of fear to be seen and not heard, to more modern parenting where children are very much seen and heard. RCB of SA brings you the perfectly balanced solution where children are raised firmly but kindly.

Natalee was born and raised in Johannesburg, SA, and has worked in education, counseling and in the corporate environment. She has always had a passion for training and helping people with personal development. Since becoming a mom of three boys, her passion has diverted to helping parents raise children who are self-confident, independent and respectful. She believes that bringing fun back into families is key to a positive and peaceful home. Her goals for families include creating open communications and the real connections that foster respect, cooperation and happiness.

Through her sincere, direct approach, her humorous anecdotes and stories, and insightful observations, Natalee offers your family techniques and principles that will build children's self-esteem and parents' confidence. Natalee is a down to earth mom of three boys, which makes her very easy to talk to and relate to. She makes herself available to you because making your home a fun, cooperative, peaceful place is her ultimate goal.

Natalee lives in Johannesburg, South Africa, and can be reached on 082-525-7941 or [Natalee@nataleeholmes.com](mailto:Natalee@nataleeholmes.com)

## CAPE TOWN – 25<sup>th</sup> May – Short Talk Evening

1)

### **Group therapy: exploring the dialogue between inner and outer (Angela Hough-Maxwell)**

As human beings, we are born into and mostly grow up in family groups. We live, work and are educated in groups. South Africa is a country that has been divided by a politically sanctioned segregation. This continues to create pain and division. In the world the sources of identity and continuity traditionally derived from family, neighbourhood and faith are diminishing. Mass social media while bringing benefits and choice seems to be contributing to alienation, individualism, uncertainty ambiguity and dissatisfaction with self, increased stress and poor relate-ability. We still see in the world many examples of separation based on race, gender, religion , age and privilege. Group therapy is an affordable means to bring healing both on an individual and collective level. A psychoanalytical group most resembles a sensitive resonating membrane which intersects the individual personal and the social collective domains, and mediates the intra-psychic and the interpersonal. The context cannot be ignored, and the individual remains important. Through observing content , symbolism, transference, and group interactions; individuals of a group get an experience of themselves in relationships, as well as recognising they are not alone in their experiences. This presentation explores the usefulness of psychoanalytic group in the South African context.

### **BIO**

Angela Hough-Maxwell, MEd (Psych), BA Hons (Psych), HDE, is an Educational Psychologist. Angela is the experiential group facilitator for the introductory course for the Centre for Group Analytic Studies (CGAS). She also teaches at SACAP and works in private practice. Angela values holding space for deep authentic dialogue with each other and with ourselves and with our context.

2)

### **As a counsellor – can we make a difference? (Mandy Denoon-Stevens – Hope House)**

“The cycle of violence is traumatising our children” Weekend Argus (April 1, 2017) A quote from the article the “Cape Flats out on child killers”.

Each story, each client paints a picture of pain, of hopeless and a continual cycle of trauma.

As a counsellor – can we make a difference?

Drawing on her own counselling experience and that as a counselling supervisor, the speaker will use illustrations to

- unpack the value of having a safe space to “stop, breathe and express the thoughts and emotions that have been suppressed”
- show how counselling moves clients from a suspended state of survival and safety to self actualisation and ability to attach
- show how in working with the client to move from an external loci of control to an internal loci of control, this brings the recognition that they have the right to choose

As people regain hope, it empowers them to own their lives.

### **BIO**

Mandy Denoon-Stevens (B.Psych Hons) is presently the operation manager at Hope House Counselling Bergvliet centre. Her main responsibility is the supervision of the counselling volunteers and students completing their field work. Both Hope House and a NGO where Mandy previously worked, draws a number of their clients from disadvantaged communities who live in sustained trauma.

Mandy's belief in counselling comes from her own 35 years of experience in counselling in the church and from her own personal journey.

Throughout her life, Mandy has come alongside others to mentor them in discovering their interest and skill in being able to counsel. Presently at Hope House, Mandy runs training workshops in Lay Counselling skills.

### 3)

#### **Engaging South Africans from all walks of life**

##### **(Marlene Nunes)**

Why I chose this subject I asked myself before committing. I am not an expert, yes I have a diverse client base but that doesn't make me an expert. I am curious enough to want to explore the subject further though. I am a South African who has noticed similar needs in fellow South Africans in our diverse culture. This need to be acknowledged, heard, cared for, understood, nurtured, to be safe, to be loved, ....and the list goes on. I have also noticed a gaping huge hole of where these needs are not being met...hence my choice

- What does that mean ?  
Diversity in our culture can make this difficult collectively perhaps  
What are the pitfalls  
Is there really a common ground  
Why is it even important
- Who's responsibility is this?  
How does this affect me in my work with my clients?  
Will I have to do pro-bono work?  
Are there ways around this?
- Complimentary health/charities – how it affect communities – Teaching to fish or feeding fish?
- How do we go about it? -  
Who am I looking to engage?  
The need for specificity

##### **BIO**

Marléne ,is a life coach who has worked with hundreds of people through their own journey of mental and physical discovery and transformation. In addition she is a TRE Provider, Pilates & Callanetics instructor, facilitator and trainer, she founded Self & More in 2011. Her 33 years of experience in the corporate and physical fitness fields combined with her life experience, has allowed her to refine her skills as a coach and physical fitness professional.

She herself has experienced trauma, which has equipped her to empathise with others who have. She has a strong fundamental theme of creating safety in allowing the client to explore the awareness around how our thinking affects our every result. Marléne's style of coaching is very personal, relaxed, nurturing yet it is disciplined enough to encourage clients to feel safe enough to be vulnerable and push through their barriers to find the self-empowerment beyond.

### 4)

## **Social Movements and NGOs – the challenges of overcoming inequality in a low cost women led housing project**

**(Professor Salma Ismail)**

At the beginning of South Africa's democratic change in 1994, the Victoria Mxenge Housing Project was founded, by a group of 30 women who lived in shacks on the barren outskirts of Cape Town. These women had come from rural areas and were poor, vulnerable and semi-literate. Yet they learned how to build, negotiate with the government and NGOs, architects and building experts, and form alliances with homeless social movements locally and internationally. The desolate piece of land they occupied is now a thriving, sustainable community of more than 5 000 houses. Over a period of 10 years I tracked the history of the Victoria Mxenge Housing Association, from its start as a development organisation to its evolution into a social movement and then as a service provider. This research was published in a book titled, *The Victoria Mxenge Housing Project- women building communities through social action and informal learning* (UCT Press/ Juta. Cape Town). Through the stories of these women, I will discuss the choices this housing movement made when caught up in the struggle to mobilise for housing and become service providers in a context where the state did not live up to its social responsibilities. The seminar weaves together perspectives on agency, identity and the usefulness as well as limitations of popular education and will highlight the value of local and traditional knowledge, experiential learning, and emphasise on how women relate to and interact with knowledge. My more recent research explores the current context (2013-16) in which the housing movement has become fractured, with different and more complex interactions between social movements, NGOs and the state and how knowledge is produced in informal sites can lead to social transformation

### **BIO**

Associate Professor Salma Ismail teaches Adult Education at all levels at the University of Cape Town. Her research interests include adult learning in informal contexts, namely development projects and social movements, and how knowledge is produced in these sites, which can lead to social transformation. Part of an international and national network of popular educators. Publishes in the field of feminist popular education, equity and institutional transformation, see latest publication, *The Victoria Mxenge Housing Project- Women building communities through social activism and informal learning*. 2015 UCT/Juta Press, CT.

**5)**

## **Democratising Access: Language and Mental Health in South Africa**

**(Kentse Radebe)**

Language is more than just a means of communication. Language is underpinned by meaning, symbols, expressions, and gestures. In its essence, language is the foundation of culture. Language also allows us to make sense of our social reality. Simple or direct translations can fail to capture the meaning of a concept or phenomenon. Therefore, language competency should be a key element in the training of mental health practitioners who engage with clients about complex mental health illnesses utilising terminology that is not strictly substituted with local language vocabularies. This is particularly crucial in a context where mental health is still culturally stigmatised. In order to address issues of access and equality, a greater case needs to be made for ensuring that training, knowledge

production and the dissemination of that knowledge, with reference to mental health, is accessible in numerous South African languages.

## **BIO**

Kentse is currently the Research and Development Manager at the South African College of Applied Psychology in Cape Town. Kentse's role mainly focusses on driving SACAP's wider social impact agenda. Kentse is a Sociologist, with a background in Organisational Psychology. She completed her M.S. degree at Mississippi State University, on a Fulbright scholarship, and her Honours and Undergraduate studies at the University of the Witwatersrand in Johannesburg. Kentse has a keen interest in the broad study of social stratification with a sharp focus on the role that institutions and organisations play in advancing and reducing inequality.

## **CAPE TOWN – 26<sup>th</sup> May – One Hour Long Talks**

**1)**

**Gordon Isaacs**

**“Sexuality, stigma and HIV – The South African response to the epidemic”**

The talk will look at:

- The latest research – and stats on HIV – indicating its relevance to sexuality, sexual performance, the “culture of condoms”- and prevention and identity concerns.
- The current discourse around Prep ( prevention) and treatment as prevention – as well as post exposure prophylaxis HIV and sexually transmitted infections.
- Stigma – as a factor within the context of sex, sexuality, identity and behaviour.
- Men who have sex with men, and injecting drug users.
- The concept of gender non-conformity, and the breaking down of binary constructs – specifically around hetero-normativity.
- Male medical circumcision and its relationship to culture and belief systems.

### **BIO**

Dr. Gordon Isaacs’ professional career spans over forty years in the field of Clinical Social Work. Gordon opened the first Crisis Clinic in Johannesburg, where he worked as Head of Therapeutic Services, as well as serving as a consultant for many addiction centres in South Africa. He gained his Masters and PhD degrees at the University of Cape Town, where for several years he was Professor and Head of the Social Work Department. Gordon has published extensively in the fields of human sexuality and HIV, crisis intervention, rape, and has co-authored a textbook, published by Oxford University Press, on homosexual identity, culture and crisis. He has also recently published a chapter (with co-authors) in two separate academic texts, on male sex work, and men who have sex with other men (MSM).

**2)**

**Addiction and Denial**

**(Julia Sharkey)**

The talk will start off with a brief description of addiction and the brain. Thereafter Julia will explain what denial is, how it is related to addiction and the importance of understanding your own denial as an individual living with an addiction or as a concerned other. It is common for people who are living a clean and sober life to fall back into addictive behaviour once denial returns. Julia will explore how to avoid this and what signs to look out for. The most common justifications people use as a reason for relapsing will also be explored.

### **BIO**

Julia Sharkey is a counsellor with a special interest in addiction. She currently works as a counsellor in Stellenbosch where she helps clients on an individual basis and runs an intensive out-patient program for people who are substance dependent. She studied psychology at Stellenbosch University and through UNISA and then went on to further her studies at SACAP (focusing on addiction). Furthermore she did training in the matrix model of addiction treatment. After her studies she worked in a few private addiction centres in the Cape Town area before branching off to work privately.

**3)**



## **Animal-Assisted Therapy (AAT) : An Overview with a specific focus on Canine-Assisted Therapy (Claire Voges)**

This presentation will explore a very exciting, different and unique approach to counselling – the use of the human-animal bond in the counselling space and its many applications. In this hour we will explore the human-animal bond and its benefits, the history of AAT, the difference between AAA (Animal-Assisted Activities) and AAT (Animal-Assisted Therapy) as well as the current international and local trends in the field and the practical application of incorporating therapy animal into your counselling work. Participants will be given an opportunity to interact with my two therapy dogs Shiloh and Jesse and a short demonstration will also be given. This talk will appeal to anyone who has a passion for animals and people and is interested in combining the two as well as anyone who is eager to learn about this incredible and growing field.

### **BIO**

I am a Social Worker and currently run an AAT Practice that offers canine-assisted therapy services to children and adolescents called PAWZ AND PLAY. I have worked in higher education at both UCT and SACAP for many years in different capacities – predominantly lecturing and supervising students completing their Work Integrated Learning or practical component of their qualification. I was previously in private practice for 7 years doing general counselling for children and adults. I have always been passionate about animals and have been on the receiving end of the healing power of the human-animal bond through pet ownership, but my interest in AAT was piqued through an experience that I had whilst working with a young boy in private practice. We were not making tremendous progress until he accidentally met my first Pomeranian puppy which I bought for my daughter's 8<sup>th</sup> birthday as her present. He asked if the puppy could join our session and we went on to develop an amazing therapeutic relationship. All credit goes to Cody the Pomeranian for this success!  
[www.pawzandplay.org](http://www.pawzandplay.org)

### **4)**

#### **Social media's grip on Fitness culture (Gayle Bowey)**

A culture of fitness has exploded into mainstream health narratives. The fitness phenomenon is integrated into daily discourse, largely attributed to the prevalence of social media.

Fitness inspiration, or #fitspo, is represented in images and words on social media, seeking to facilitate healthy lifestyle choices and positive concepts of self in our daily lives. Yet social media's powerful effect on culture and socialized norms not only reinforces gender bias but asserts the hegemonic dominant discourse of heteronormative values.

Extensive literature exists on the impact of social media on body-image concerns for both women and men. However, little research has been conducted that identifies the psychological and social processes that lead to body-image disturbances, disordered eating and shame.

Socially comparing oneself to others in Western society indicates the deeply embedded nature of gender ideology, enculturated since birth. Socio-cultural influences of the body-ideal reflect the extent of objectification on women of all races.

This presentation will address the impact of social media on perceptions of self, body-image dissatisfaction, objectification, gender and cultural norms, couched in fitness.

### **BIO**

Gayle Bowey is a Mental Health Counsellor specializing in the field of mental health, addiction and vulnerable populations. Gayle has worked extensively in the NGO field with Group work and counselling in vulnerable populations, HIV, gender violence and homelessness. She is passionate about human rights and mental health care in adult populations. The impact that social media has on the wellbeing of people is another passion

she has, focussing on the psychosocial narratives attributed to engaging with social media. Gayle also has her own successful private practice. Gayle has completed the Counselling & Communications Diploma, BAppSocSci and recently the BSocSci Hons all at SACAP. For contact details [missgct@gmail.com](mailto:missgct@gmail.com) 071 3550097

## 5)

### **How to effectively co-parent during and after a divorce/separation (Nina Mensing)**

The talk will cover various aspects of parenting plans and how to set them up in order to co-parent effectively whilst taking each family's specific situations into consideration. Mediation, as opposed to litigation, has been proven to limit the conflict in divorce and family cases, which limits the negative effects on the children who are involved. The following points will be covered:

- Care and Contact
- The benefits of mediation
- Age appropriate parenting plans
- Safety considerations in high-conflict situations
- Relevant sections of The Children's Act
- Attachment and the concern about supervised visits
- Ongoing conflict between the parents

The move towards mediation in divorce and family cases in South Africa is following international trends and is proving to have a more positive effect on the children involved, with co-parenting and child focused solutions being paramount.

## **BIO**

The talk will be given by Nina Mensing, a FAMAC accredited mediator, who has her own mediation and divorce coaching practice. Nina helps couples to successfully negotiate the divorce/separation process with the children's best interests being the focus. Nina also works at Cape Town Children's Court mediating high conflict cases. Nina is admin of the group Child Maintenance Difficulties in South Africa, a social justice group supporting parents to navigate the maintenance courts, whilst advocating for better processes and service within the system.

## 6)

### **Model for Social Change (Stanley Henkeman)**

Based on 5 years of consistent work with same constituents

#### **Some Guiding Principles include,**

- Inclusive, Multi-stakeholder engagement
- Safe spaces for interaction
- Community-led approaches
- Long-term relationship-building

#### **Empowering Methodologies ACAP 2017**

- Phased approach
- Respectful, inclusive engagement
- Experiential learning to surface gaps, challenge perceptions, confront prejudices and explore transformative practices
- Intentional approaches to foster local buy-in, ownership and sustainability

### **Observable shifts**

- Involvement of historically dominant groups
- Increased agency for historically marginalised groups
- Change exclusive narratives to inclusive narratives
- Emergence of community actors as leaders of processes
- Awareness of practitioners and intervenors of own positionality and need to move from centre to periphery over time.

### **Intended Outcomes**

- Cohesive communities
- Inclusive practices
- Sustained ownership and buy-in
- Shared vision of the future

### **Empowering individuals as agents of change**

- Parallel processes (community & individual development)
- Capacity building
- Process facilitation
- Practical, empowering initiatives that yield social & economic dividends.

### **BIO**

Stan Henkeman is Executive Director at the Institute for Justice and Reconciliation. Stan is an experienced mediator and played a pivotal role as facilitator/mediator in many protracted conflicts. He holds a Teacher's Diploma, MA Degree and a number of short-course qualifications. He is a Common Purpose graduate of the Meridian Programme. Stan is an accomplished communicator and has attained Advanced Communication (Silver) status with Toastmasters International. Stan is a steering committee member of the Anti-Racism Network of South Africa.

Stan also enjoys a national profile through his work and commenting on national issues on television, radio and in print media. He is a keen hiker and has traversed many trails inside and outside South Africa. He is currently the national Chairperson of the SA Transplant Sports Association. He holds SA records in the veteran category for 100m, 200m, Ball Throw and long jump in Transplant Sports. Stan has represented South Africa at four World Transplant Games in Australia, Sweden, Durban and Argentina and will be member of the SA team at the World transplant Games in Malaga, Spain in June 2017. He captained the South African team at the 2013 and 2015 Games.

### **7)**

#### **Using Psychology to Maximise Your Impact & Build Your Personal Brand (Marlo Martin)**

"All of us need to understand the importance of branding. We are CEOs of our own companies: Me Inc. To be in business today, our most important job is to be head marketer for the brand called - You." – Tom Peters. How do you define what value you bring to others and in your career?

Everything you say, do or post online helps to create a perceived value and image of who you are. You can take control of this by developing and managing a unique personal brand for yourself. But, it starts with your thinking, mindset and making a paradigm shift!

Topics & Tips in the talk include:

- The importance of a personal brand in your career.
- The role psychological-mindedness, self-awareness and values play in building my unique personal brand. How do I become more self-aware?
- Leveraging your brand and purpose. Using psychology to influence.
- Proactive networking for success.

- Communication strategies – How do I make a lasting impression?
- Managing your social media presence.
- A unique personal brand can shape your legacy. What legacy do I want to leave behind?

\*The talk will include short practical activities which will engage audience participation.

## **BIO**

Marlo is a qualified educator, facilitator, speaker and registered counsellor with the HPCSA. In 2011, his passion for the education and psychology industry was ignited while facilitating Life Skills workshops to students, as part of a community project. He was truly inspired by this experience and decided to further pursue his postgraduate studies in the fields of education and psychology.

He currently works as an Academic Support Facilitator at a TVET College where he facilitates Study Skills and Job Readiness/Career Development classes to first and final-year students. Marlo considers himself a lifelong-learner and values personal development and believes that learning never stops. He combines his teaching, writing and speaking expertise with his passion for psychology, career & personal development to equip individuals with valuable knowledge and advice to enhance their own career and life. Marlo's life mission is to inspire, influence & teach people to reach their full potential and create positive change through the power of education, career development and psychology.

## **8)**

### **Transitions to Eldership – Making Meaning from Just Being (Nidhi Amanda Chaitow)**

“When we are no longer able to change a situation, we are challenged to change ourselves.”  
Viktor Frankel

Moving from the role of mother/father to a new way of being is something that is frightening and often so overwhelming. Transitions to Eldership is the process on a psycho-sexual level exploring the sexual, physical, emotional, cognitive, social and spiritual elements of transitioning into the Wise Elder.

Finding meaning as changes happen within us is often the challenge, and by honouring the process of transition and being empowered to make decisions about how to be an Elder with dignity, grace and sharing the wisdom of life's experience, can add so much value to one's own life, to the lives of our family and friends, colleagues as well as the collective.

As the world is changing, and the youth take life forward with technology and the fast pace of external meaning and achievement, embracing Eldership provides the space to really settle into a new way of Being.

The talk will offer discussion, connection, and practical processes of mindfulness, breath and somatic movement.

## **BIO**

Nidhi Amanda Chaitow is a seasoned psychosocial counsellor and group facilitator offering a wide range of counselling, workshops, and therapeutic programmes using somatic movement, mindfulness and rhythm as tools for transformation, connection and healing. Nidhi completed her BApp.Soc.Sci at SACAP in 2016 with extra modules in Somatic Counselling and Grief and Loss. She also trained in Palliative Care Counselling and

Group Process. Passionate about empowering people to maximize their potential and celebrate their own unique rhythm, Nidhi offers a variety of individual and organisational wellness personalized programmes.

Nidhi has found that Transitions seem to make the biggest impact and can often be traumatic and soul changing. Moving into Eldership can be frightening and often overwhelming as this transition is not valued or honoured enough within our society and individually.

Transitions to Eldership is the process on a psycho-sexual level exploring the sexual, physical, emotional, cognitive, social and spiritual elements of transitioning into becoming the Wise Elder.

**9)**

### **Co-dependency as a coping mechanism from a traumatic past (Leigh Joy Mansel-Pleydell)**

Co-dependency is the misplaced belief that control of other people and events outside myself will make me happy. A sense of control, or the lack of it, is central to everything you think, feel and do. Co-dependency is a generational and cultural epidemic. The co-dependent is driven by different compulsions (addictions included). The co-dependent is bound and tormented by the way things were in the family of origin. Self-esteem is often a stumbling block for the co-dependent. The co-dependent feels over responsible for others through care taking and enabling behaviours as a way to cope with the deep-seated feelings of being out of control. Children are incredibly resilient and we learn coping strategies so as to survive. These strategies worked for us as children but when we get older these strategies can have debilitating effects on our relationships. I am passionate about helping my clients find themselves.

#### **BIO**

Leigh Joy Mansel-Pleydell – UNISA (2 ½ Years BA Psy) SACAP (Hons. Diploma Communication, Counselling, Coaching and Facilitation)

Leigh is a natural empath, a truth speaker, teacher, courage mentor and guide and inspirational speaker. She specialises in identity work as relating to grief and loss, codependency and love addiction. Leigh is the creator of Just Love: communication cards and app. She has featured on CCFM for 24 Sessions as a relationship coach and twice on Smile Radio as a relationship and communications expert. She was also featured on SABC Hectic 99 for two segments – overcoming our phobias and bullying. Leigh has a thriving international practice and is one of the founders of the LAA group in Cape Town.

[www.leighjoy.co.za](http://www.leighjoy.co.za)

**10)**

### **FALLING FOR LOVE - The Illusions of Romantic Love (Aron Gersh)**

The occurrence of a “True Love” romantic engagement between two people is usually hailed as a wonderful event. But “older and wiser” folk know it might be a bursting bubble before the couple have to face “reality”. This second phase is usually deemed the problematic one. In my book, “Falling for Love”, I suggest this phase has great potential, is not necessarily inherently “problematic”, though it might be challenging. The central thesis though is this: that the first phase of romantic love is already inherently problematic, contains illusions, and we should “press the pause button” on the romance, to consider them. The illusions here are postulated to be based on regressive attachment feelings and behaviour, mainly in the very first years of life with mother. I suggest 9 “Elements of Regression” showing parallels between early infant behaviour and romantic love. After that, I encourage a move to a more mature true love.

#### **BIO**

I am a London trained psychotherapist, worked as one in London for 8 years, then ran a small Humanistic Psychology magazine entitled *Human Potential*, for 7 1/2 years.

Psychotherapy training was based on all the Humanistic psychotherapies, but much psychoanalytic theory (but not practice) was included. I have the unusual status of a Masters degree in Humanistic Psychology at a respected American University. In 2001 I was part of a team of men who brought the “Mankind Project” (MKP) to South Africa, and which has now “initiated” over 1500 men.

I self-published a book “Deeply Touched Inside — metaphors of sex and love” in 1990 which was based on my master’s thesis (which suggested that everything in an on-going relationship which has *nothing* directly to do with sex has a *profound impact* on the sexual experience). In January this year I self-published *Falling for Love*, which is about the psychodynamics of romantic love.

11)

### **Creating Space; Centering Voices: A Photovoice Project with South African Transgender Youth (Sorrel Pitcher)**

This presentation focuses on the Photovoice research with transgender youth that I am currently undertaking for my Master’s thesis. Until recently, transgender youth have largely been excluded from research initiatives and gender equality programming. Although literature is emerging from the global west, very little is currently known about the lives of young transgender persons in the southern African context. Furthermore, Psychology has historically played an active role in the pathologization of and discrimination against transgender people. This project thus sought to increase the visibility of transgender youth within mainstream psychological research and South African society by creating a space where they could discuss and represent their lived experiences. Through this process the project aimed to challenge dominant narratives about transgender youth; youth gender and sexuality, and to expand transgender research in South Africa. This project also intended to contribute to the empowerment of participants by positioning them as experts and bringing their knowledges to the forefront. The study was conducted in partnership with an LGBTI+ advocacy NGO and made use of the participatory action research methodology Photovoice. This presentation will discuss Photovoice as a research methodology, the preliminary results from this project, as well as highlight how psychological research can be a tool for social change and the importance of reflexivity in qualitative research.

**BIO**

Sorrel Pitcher is currently completing her Master’s degree in Psychological Research at the University of Cape Town. Her areas of interest include gender and sexuality, critical Psychology, qualitative research methodologies, and research as a tool for social change. She is particularly interested in how the discipline of Psychology intersects with contemporary understandings of gender and sexuality. Sorrel also works as a researcher at the Cancer Research Initiative at UCT’s Health Sciences Faculty. She is currently involved in initiating qualitative research projects investigating factors that influence women’s pathways to diagnosis. In a volunteer capacity Sorrel works as secretary for the Gender and Sex Project (GASP) committee. This is a student-run organisation that facilitates comprehensive sexuality education workshops in high schools around Cape Town.

12)

### **“You can’t pour from an empty cup” – Understanding Burnout**

**(Kerry van Zyl & Melanie Godfrey)**

Burnout is a state of emotional, mental, and physical exhaustion caused by excessive and prolonged stress. It is a syndrome incorporating cynicism, emotional exhaustion and

professional inefficacy. *“While stress is characterised by over-engagement, burnout is characterised by disengagement”*.

This talk aims to provide tools to identify the symptoms of burnout and addresses prevention and management strategies. This will include developing knowledge of:

- The difference between stress and burnout;
- Warning signs of burnout and the importance of early recognition;
- Impact of burnout;
- Prevention strategies (individual and organisational);
- Managing burnout and developing self-care
- Support group information for continued management

## **BIO**

Kerry van Zyl (Educational Psychologist)

I am an educational psychologist working from Foundations for Life Family Centre with a special interest in developmental psychology and the effects of various experiences on development through the life stages. I offer psychotherapeutic support to children, adults and families dealing with difficulties in various areas with the aim of facilitating optimal growth and development across various life stages. Additionally, I conduct various psycho-educational assessments for school readiness, identifying barriers to learning, concession applications as well as career guidance sessions and subject choice. I have an interest in community development and consult for various non-profit organisations. I run workshops and staff development in the areas of burnout and self-care as well as teacher training and development in the areas of inclusive education and emotional literacy. I hold a Masters degree in Psychology (Educational) from the University of KwaZulu-Natal. My time in KwaZulu-Natal ignited a passion for community based work and systemic practice with individuals and communities from various backgrounds. I have a special interest in attachment and it's contribution to development across the life span.

Melanie Godfrey (B Soc.Sci - Sociology & Community Development) Counsellor

I am one of three Managing Directors at Foundations for Life holistic family Centre which has recently opened in the Southern Suburbs. I am a qualified Counsellor having specialised in working with children / adolescents and family therapy. I have an interest in burnout especially with teachers, having worked in the school environment for six years as a school counsellor. I offer counselling for children and adolescents utilising art and play therapy, both of which I have studied. I am also very interested in community development especially for adolescent males and young men and am presently developing a programme in this including mentoring. I work with schools regarding social skills programmes for both teachers and students and offer a study skills programme to primary and high schools.