All the Pre-Congress Workshops take place on Tuesday 20 September 2016, Emperor’s Palace, Johannesburg

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**Workshop Title:** Beyond the PTSD evidence base: Treatment realities for trauma practitioners in South Africa

**Morning Session:** 09:00 – 12:30

**Presenters:** Prof Debbie Kaminer and Mr Kempie van Rooyen

**Prof Debbie Kaminer** is a clinical psychologist and Associate Professor in the Department of Psychology at the University of Cape Town, and chair of PsySSA’s Science of Psychology Committee. She has been working in the field of traumatic stress as a clinician and researcher for 16 years. She has counselled trauma survivors in her own clinical practice, supervised the clinical work of trainee psychologists and registered counsellors working with traumatised adults.
and children, and provided consultation for a number of volunteer organisations that work with trauma survivors. She is a co-author of the book *Traumatic Stress in South Africa* as well as numerous journal articles on the prevalence, impact and treatment of traumatic stress in the South African context. She is currently collaborating on several treatment studies to evaluate interventions for traumatised South African youth living in contexts of continuous violence.

**Mr Kempie van Rooyen** is a clinical psychologist and lecturer at the Psychology Department in the School of Behavioural Sciences at the Nelson Mandela Metropolitan University, and the co-convenor of the PsySSA Trauma and Violence Interest Group. His research and practice interests relate to traumatic experiences across cultures, the traumatic experiences and treatment of rape survivors, the training and supervision of lay and professional counsellors and clinicians in crisis and trauma intervention, and the psychometric assessment of clinical syndromes. He trains and supervises extensively in these areas and has had a number of publications in the field of traumatic stress.

**Abstract**

While there is an extensive international evidence base to guide the treatment of posttraumatic stress disorder (PTSD), South African mental health practitioners are often called on to assist trauma survivors who do not present with the classic symptoms of PTSD. These include survivors in the early stages of trauma recovery, and those who are struggling with ongoing danger and threat rather than only with past traumatic events. This workshop aims to highlight strategies that can assist practitioners to support trauma survivors in these circumstances. The current evidence base for the treatment of PTSD will be reviewed, and its application to the range of traumatic circumstances found in the South African context will be discussed. This will be followed by a consideration of the need for brief, early interventions aimed at immediate psychosocial relief and the mobilisation of survivors’ internal and external resources to prevent the escalation of traumatic stress symptoms. The concept of continuous traumatic stress will then be discussed, particularly in
light of pervasive community violence, and strategies for adapting traditional PTSD interventions to reduce the impact of ongoing trauma will be identified. Case illustrations will be provided and participants will have the opportunity to share their own experiences of working in complex treatment realities.

Workshop title: Towards an African-centered Approach to Psychotherapy
Morning Session: 09:00 – 12:30

Convenor: Prof Tholene Sodi

Presenters: Prof Nhlanhla Mkhize & Dr Lesiba Baloyi

Prof Tholene Sodi is a clinical psychologist with more than 25 years of clinical, teaching and research experience. He is Professor and Head of the Department of Psychology at the University of Limpopo. His main areas of research interest include indigenous knowledge systems, culture and mental health, ethics, and mental health policy.

Prof Nhlanhla Mkhize is the Dean and Head of Applied Human Sciences at the University of KwaZulu-Natal. His primary areas of research involve indigenous knowledge systems including ethics as well as the role of African languages in teaching, learning, and psychological practice.

Dr Lesiba Baloyi is a Chief Clinical Psychologist and Head of Department of Clinical Psychology at Dr George Mukhari Academic Hospital & Sefako Makgatho Health Sciences University. His areas of research interest include African philosophy and psychology, indigenous healing systems and methodologies.
Abstract
The dominant therapeutic modalities and the associated professional codes of ethics reflect their ontological and epistemological origins in the western, Euro-American context. In recent years, there has been a growing number of voices that have challenged these Eurocentric psychological approaches to healing. In the first part of the workshop, the presenters highlight some of the limitations associated with the epistemologies that underpin these dominant therapeutic modalities. The second part of the workshop will introduce and propose the adoption of African-centred psychotherapeutic approaches that are grounded in Ubuntu, Botho or Hunhu. The presenters will further seek to show that therapeutic approaches reflecting a Southern African philosophy are not only possible, but are long overdue. The third part will provide an opportunity for joint reflection on the ethical dilemmas arising from the failure to accommodate competing ethical paradigms in practice. The presentation will also interrogate various ways of ensuring that ethics comprises a dialogue between equal traditions of scholarly thought, and not an unproblematised imposition from the North, on the Southern peoples. In the fourth and last part of the workshop, case studies will be used to illustrate the limitations of Western oriented therapeutic methods and to demonstrate the application of Ubuntu/Botho philosophy in therapy.

Workshop title: Psychological Assessment in the Digital Age: Implications for Ethical Practice
Morning Session: 09:00 – 12:30

Presenter: Prof Cheryl Foxcroft

Prof Cheryl Foxcroft is the Dean: Teaching and Learning and oversees the Higher Education Access and Development Services (HEADS) at the Nelson Mandela Metropolitan University in Port Elizabeth. For more than two decades prior to moving into the senior management of NMMU, Cheryl lectured psychology, with a specific focus on psychological testing and assessment and neuropsychology. Nationally, she has served on
sub-committees of the Professional Board for Psychology and her research interests include developmentally-focused admissions testing, variables and models related to student success and retention, and psychological testing and assessment in multicultural contexts.

Abstract
Computer-based and Internet-delivered testing has revolutionised all aspects of psychological assessment from the design, to the nature of the test tasks, delivery modes, scoring and interpretation through to reporting. In addition, the plethora of tests that look like and sometimes are the same as existing psychological tests being freely available on the worldwide web poses a growing challenge. As a consequence, many dilemmas arise for psychological practitioners. This workshop will explore the dilemmas that are arising in a range of practice contexts (e.g., clinical, counselling, educational, workplace, and research) and develop some ways of negotiating and responding to such dilemmas. Among the dilemmas tackled will be issues such as whether psychology professionals can still perform appropriate assessments without using computer-based measures; can they include tests available on the worldwide web in a test battery; what happens if a client claims to have done the same test on the web and to have done better in the web version; and whose responsibility is it to educate the public about tests available on the web? Case studies will be used to explore these and other dilemmas in an interactive way in the workshop. Existing good practice guidelines will be drawn on to resolve the dilemmas. Where these guidelines are found to be incomplete, suggested additions will be proposed to assist practitioners to respond in ethical ways when dilemmas arise when conducting psychological assessment in the digital age.
Workshop title: Forensic Psychology  
**Morning Session: 09:00 – 12:30**

**Presenters:** Dr Louise Olivier and Advocate Org Basson

Dr. Olivier is a Clinical- and Counselling Psychologist and has years experience in forensic work. She is in private practice and involved in forensic work nationally and internationally. She has just completed a chapter (on invitation from forensic psychiatrist in Canada) in a book in collaboration with different forensic psychiatrists and psychologists all over the world.

**Abstract**

Forensic work in Psychology is always challenging. In this workshop two case studies will be presented and discussed as a basis for framing the issues and challenges encountered by psychologists working in forensic settings. The first case is a case in which a woman was charged because she was ‘wasting’ the time of the South African Police Service and because the investigating officer thought that she was expressively taunting the police. In fact it was found that the woman stalked herself. This behavior could not be understood by the woman’s family or by the investigating officer.

The second case is a case of medical negligence in which a civil claim was instituted against the Superintendent of a Hospital as well as the Department of Health. The pre-birth and birth process of the child in the hospital indicated neglect from the medical staff. This case is especially important as the child sustained serious brain injury and the question in court was if the child had any awareness of her state and how the psychologist proved awareness regardless of the complexity of the case. Hence Case 1 is discussed from a purely clinical forensic perspective and Case 2 from a neuropsychological perspective. In the workshop perspectives on the cases will be given regarding the psychological/neuropsychological factors and psychodynamics. This will be contrasted with the perspective of the court and the questions the court would ask of the expert.
Afternoon Session 13:30-17:00

Workshop title: Sanctions result from these acts: Understanding ethical transgressions and the consequences thereof
Afternoon Session: 13:30 -17:00

Presenter: Prof Saths Cooper

Prof Saths Cooper, PhD, is President of the International Union of Psychological Science and the Pan-African Psychology Union. A Fellow of the British, Irish, Indian and SA psychological societies, he is Vice President of the International Social Science Council. The 1st non-medical/dental practitioner to be elected Vice President of the HPCSA, he was the lead author of the current ethical code for psychologists.

Abstract
Psychologists are consistently reported to the HPCSA for ethical transgressions either by clients or fellow psychologists. In this interactive ethics workshop, the type of transgression and kinds of sanctions that have been levelled against practitioners registered with the HPCSA will be presented and discussed. The dilemmas confronting registered persons in a highly litigious environment will also be explored. Shortcomings in the current Rules of Conduct pertaining specifically to the Profession of Psychology (4 August 2006), which the presenter was the principal author of, will be discussed and practical advice will be proffered.
Workshop title: Working with Youth in Disadvantaged Communities
Afternoon Session: 13:30 - 17:00

Presenters: Prof Mzikazi Nduna, Leonie Human, Oncemore Mbeve

Prof Mzikazi Nduna (PhD) is an NRF Y-rated scientist and an Associate Professor in the Department of Psychology, University of the Witwatersrand, South Africa. Mzi has research interests in HIV/AIDS, Father Connections, sexual and reproductive health and rights, gender and gender-based violence and psychological distress pertaining to women, children and sexual minorities. She is an alumnus of the Sexuality Leadership Development, the Carnegie and the ICP CHANGE Fellowships. Mzi has co-authored 45 peer reviewed journal articles, a book review, 3 book chapters and presented in international and local conferences and reviews manuscripts for international and local journals. She is a member of the gender-based violence Prevention Network for the Horn, East and Southern Africa, the HIV Vaccines Network, the SANAC Women’s Sector and an affiliate of the NRF CoE-HUMAN.

Ms Leonie Human is a tutor in the department of Psychology, University of the Witwatersrand. Leonie has research interests in Father Connections, Resilience in Adolescent Development, Academic Development in Higher Education, Foetal Alcohol Syndrome and African Traditional Healing. Leonie is a member of PSYSSA and is presently engaged in studies toward a Ph.D. in Psychology which forms part of the NRF CoE-Human, with a particular focus on Father Connections.
Mr Oncemore Mbeve (B Social Work) is currently enrolled in the University of the Witwatersrand for MA Psychology Research and Coursework. Oncemore Co-ordinates Father Connections research team (FACT) which is based in the School of Human and Community Development (Wits). Oncemore has specific research interests in Father Absence and HIV vulnerability among young women. Oncemore has written 3 articles on this topic, 2 for online publications and 1 manuscript submitted to the journal. He has also attended and presented at the Southern African Psychology Students conference at UNISA Polokwane in 2015.

Abstract
About 30% of children under the age of 18 grow up without their fathers. This figure rises to 50% in provinces such as the Eastern Cape and 60% in Mpumalanga. Anecdotal evidence suggests that absent father, lack of connections, and paternal identity could make up a bulk of problems dealt with in psychotherapy. Research suggests that this phenomenon may lead to a number of psychosocial problems such as distress, substance misuse and suicide, as such some of the problems dealt within therapy maybe symptoms of the difficulty dealing with living with an absent father. Among the group of children and adults affected by growing up without their fathers is a subset that does not know their fathers. It is unknown how many people in South Africa do not know their fathers. Parental alienation, by the mother, is implicated in some of these cases. Using participatory methods, this workshop will explore the phenomenon of absent and unknown fathers and implications for prevention of maladaptation and intervention therapy in South Africa.
Workshop title: Setting up and Managing a Dynamic Private Practice
Afternoon Session: 13:30 - 17:00

Presenters: Dr M C (Ian) Opperman & Mr Rafiq Lockhat

Dr Opperman has been working in private practice for 21 years, both in partnership and as a sole practitioner. He runs a busy practice in Bedfordview, Johannesburg. He serves on the PsySSA Council and is involved with the Tariffs and Private Practice Standing Committees. He specialises in Clinical Hypnotherapy, Trauma Work, Energy Psychology, Emotional Freedom Technique, Eye Movement Desensitisation and Reprocessing (EMDR), and Couples and Relationship Therapies such as Imago and Encounter-centered Couples Therapy (EcCT). He has done training in Neuro feedback, Brain Working Recursive Therapy (BWRT), Breath Work, etc. and presents training in Clinical Hypnotherapy and Imago. He has also presented at numerous national and international congresses on Hypnotherapy, Trauma Work, and Couples Therapy.

Mr Rafiq Lockhat is a Clinical Psychologist who has been in private practice for 26 years. He was formerly senior lecturer in the Department of Psychology at the University of the Western Cape. He served as vice chairperson of the South African Society of Clinical Psychologists. He also served on the Education, Training and Credentialing Committee as well as the Committee of Preliminary Disciplinary Enquiry in the HPCSA. He has presented papers locally and internationally and has appeared on several TV and radio shows. Rafiq is the author/co author of several articles/chapters in peer reviewed journals and books, as well as popular magazines. He had his own column in the Saturday Star called Alpha Male as well as his own radio show on Heart 104FM called The Psychline. He currently presents training in South Africa in Brain Working Recursive Therapy (BWRT).
Abstract
Setting up a private practice involves a number of considerations. This workshop will provide practical advice to those intending to go into private practice as well as those who might still be new to private practice. The presenters have joint experience of in excess of 20 years of experience in different sectors of the South African population. Together they impart important information on marketing, tariffs, invoicing, tax issues, indemnity and other insurance, accounting systems and dealing with patient bad debts. Ethical and legal issues involved in running a practice are also discussed particularly as they pertain to the different legal structures in which one can run a practice. Throughout the workshops participants are provided a space within which to reflect on the challenges and opportunities located within running a private practice.

Workshop title: Career Construction Counselling using Early Recollections
Afternoon Session: 13:30 -17:00

Presenter: Prof J.G. (Kobus) Maree
Prof. Maree is a Professor in the Department of Educational Psychology at the University of Pretoria. A B-rated scientist (NRF), his main research interests are career counseling, career construction (counseling), and life design (counseling). He has a B rating from the NRF. Prof. Maree has authored or co-authored 90 peer reviewed articles and 61 books/book chapters on career counselling and related topics since 2008. In the same period, he read key note papers at 20 international and at 20 national conferences e.g. one of the State-of-the-Science speakers (Division 16: Counselling Psychology) at the International Congress of Applied Psychology, the flagship event on the international
psychology calendar, held in Paris, 8-13 July 2014. Prof. Maree was awarded a fellowship of the IAAP at the ICAP Conference in Paris in July, 2014.

Abstract
This workshop elaborates on Career Construction Theory (CCT) (Savickas) and the Career Construction Interview (CCI) (as well as a few auxiliary career counselling techniques and strategies). The basic elements of life-design counseling for career construction (or career construction counselling) are elucidated. The notion of helping people identify key career-life themes and connecting previously unconnected dots in their career-life stories to construct life portraits is explicated. The importance of reflecting and reflexivity as integral aspects of 21st century career counselling is examined. The application of CCT in individual and group-based contexts is facilitated. After completion of this workshop, candidates should be able to understand the theory of career construction counselling (or life-design counseling for career construction) and be able to apply career-life construction counselling (using the CCI, including the three early recollections technique) (with or without auxiliary techniques) in real-life contexts. The ultimate aim is to help people obtain a clear sense of self and identity (who they are), connect their career-life themes and advise themselves regarding major career-life decisions under the guidance of career counsellors.