



Psychological Society
of South Africa

Abstracts of the 19th South African
Psychology Congress

2013



Workshops

PsySSA Ethics Workshop

Cooper S

Psychologists confront a variety of dilemmas in their profession. These often attract the attention of the HPCSA and the media. This interactive workshop will provide information on how psychologists can avoid attracting such attention, while they continue to intervene positively and in an ethical manner in providing a much-needed, scarce service to the South African public. Relevant legislation, case material and appropriate global information will be presented. Participants will be able to clarify issues that they have encountered in their work, which may have ethical implications. Participants will also be afforded the opportunity to engage and comment on the limitations of the current adversarial regulatory ethical dispensation.

How to write a manuscript for publication in a scholarly journal (and how not to write it!)

Pillay A & Maree K

The presentation is aimed at helping early career professionals and other potential authors learn about manuscript writing for academic journals. While these skills and abilities are acquired through an ongoing process of scholarly development, rather than a brief conference session, the presenters will attempt to provide delegates with the basic nuts and bolts that go into the construction of a scholarly manuscript. They will identify key components of an acceptable manuscript and also highlight some problematic issues that lead to poor outcomes i.e. manuscripts being rejected or repeatedly sent back to the author for correction. The session will include a formal presentation that encourages interaction and questions, as well as an opportunity for aspiring authors to raise questions and issues of concern they may have with their specific manuscripts or intended publications.

Breaking out of your old paradigm - practical strategies for positive wellness throughout life

Van Zyl-Edeling H

If you want to get the most out of life, you need to start early and be wide awake in your choices. Did you know that behaviour trumps genetics when it comes to influencing how you will age? In this interactive workshop we will discuss, amongst other things:

- The old and new paradigms of ageing
- The difference between wishful thinking and a positive attitude
- Want power versus will power
- How to harness the power of your subconscious mind to realise the life you desire
- How to apply the power of intention, mindfulness, acting-as-if and other positive mental strategies for success
- Health protection
- Brain protection

Workshops *Continued...*

The silent destroyer of destiny: A mock court case inacted

Olivier L, Smuts J, Bergh L, van der Spuy G & Nel P

The court case is based on an actual criminal case against a professional person in the realm of sexual offences which spanned a period of seven years. The case encompasses important legal arguments, important psychiatric and psychological arguments, important neuropsychological findings and important arguments for sentencing. It is envisaged that attending this workshop will give participants the following:

- Insights into the tasks of a judge, advocate for the defense, advocate for the state and experts.
- Insights into the complexity of some forensic cases from a legal, neuropsychological and sentencing perspective, which is often the task of the psychologist in hearings of mitigation.
- Insights into how easily an underlying organic problem can be overlooked with a very highly functional person during a forensic evaluation. Insights into how important it is to have excellent training in neuropsychology even if the psychologist wants to focus on criminal forensic work.

This workshop will be of value to all psychologists and psychiatrists with a special interest in forensic psychology and psychiatry but also professionals in the legal profession.

Using the career interest profile to demonstrate the value of a combined qualitative-quantitative approach to career counselling

Maree K

The theory and practice of career counselling need reshaping to enable young people to design successful lives and adapt to changing needs, changing interests and novel work experiences. The general aim of career (construction) counselling (for life designing) is to help persons script their life stories, which makes this approach suitable for exploring personal meanings and for helping people to deal with the many problems involving meaning. The implementation of the *Career Construction Interview* (CCI) (Savickas), as well as the notion of crafting Life portraits for clients will be demonstrated. Attendees will also be introduced to the

Career Interest Profile (CIP) and its narrative supplement, a social constructionist oriented postmodern instrument aimed at facilitating career counseling by empowering clients to make informed decisions about their career journeys, design successful lives and make social contributions. The narrative approach to career counselling demonstrated here should turn the experience of receiving career counselling into what it was for Epston, namely “the stroke of midnight on New Year’s Eve [offering] the possibility of a new beginning” (O’Hanlon).

Workshops *Continued...*

Classification and assessment of age-related neurological disorder*

Bieliauskas L

This workshop will cover methodological approaches to assessing cognitive change associated with ageing; this will include some basic underlying functional neuroanatomy and how disruptions in information processing systems affect test performance. The use of some common neuropsychological tests will be covered and how they apply to the varying conditions on this population. Expected performance will be covered and how it varies under conditions of illness and disease. The remainder of the workshop will explore the various diseases of ageing and the dementias. Practical, daily life implications of patient performance on neuropsychological tests will also be covered. These will include for example, competence to make decisions, competence to handle financial affairs, and the ability to drive safely, among others.

Psychological tests and testing in South Africa: What's the quality benchmark?

Foxcroft C

For psychological testing to be conducted in a fair, ethical manner in South Africa we need psychometrically sound and culturally appropriate measures that are applied by competent psychology professionals, the results of which are used to make sound decisions or to enhance the well-being or development of clients. This statement will be unpacked through engaging collaboratively around case studies and by drawing on the ethical code; good practice guidelines, regulations, the Act, and research studies. The key aspects that will be addressed are what are the characteristics of fair and ethical assessment practice, what are the barriers to attaining this, and how can these be overcome? What standards should psychological tests meet and how do psychology professionals judge if a test is sound or not? What should be included in the training of psychology professionals to ensure that they are competent in assessment and what is the role of continuing professional development? The workshop will conclude with recommendations on how to enhance decision-making/judgments based on assessment results and to ensure that clients have a constructive assessment experience.

Conquering the fear: setting up, starting, growing and maintaining a successful and thriving private practice in South Africa

Lockhat R & Opperman I

All clinicians are trained to be excellent clinical practitioners. Very few are trained in the complex business of running a private practice, whether full time or part time. This workshop is designed to demystify and simplify this process by systematically providing participants with the knowledge and tools necessary to conduct a successful private practice. All aspects, including the legal and ethical components involved in a private practice will be covered.

Symposia

Symposium: neuropsychology and cognitive science: Acsent Lab, UCT

Validity of a South African adaptation of the Boston naming test

Baerecke L, Wolf P & Thomas K

The Boston Naming Test (BNT) is a popular visual confrontation-naming test that is widely used in the assessment of patients with a variety of neurological and cognitive impairments. However, established cross-cultural issues mean that the test may be inappropriate when used outside of North America. This study aimed to investigate the diagnostic validity of a South African adaptation of the BNT. We examined the performance of elderly patients diagnosed with dementia from a Cape Town Memory Clinic ($n = 69$) and healthy, community-dwelling control participants ($n = 51$), matched on key demographic variables to the patient sample. Between-group comparisons revealed that patients with AD performed significantly more poorly than patients with other types of dementia ($p < .05$) and both groups scored significantly more poorly than controls ($p < .001$). ROC analyses, providing optimal cut scores, were significant, indicating that the test had a significant discriminatory capacity for each of the comparisons. Examination of diagnostic efficiency statistics revealed the test is sensitive and specific in the differential diagnosis of dementia. The contribution of demographic variables to test performance is also reported. The study provides promising evidence for the utility of this modified test in similar settings. Preliminary normative data may prove useful to clinicians or researchers who use the test in the assessment of older adult patients.

Symposium: neuropsychology and cognitive science: Acsent Lab, UCT

Sexual strategies among young adults in the virtual world

Swanepoel T, Thomas K & Wolf P

Life History Theory predicts that natural selection favours a degree of developmental plasticity when it comes to sexual strategies. Individuals should reliably develop a faster life history strategy (e.g. higher mating effort and a preference for variable mates) when individuals are raised in a more variable environment with high extrinsic mortality, and develop a slower life history strategy (e.g. lower mating effort) in response to being raised in an environment with low extrinsic mortality. Most previous research examining the relationship between sexual behaviour and Life History theory has used survey designs and self-report instruments exclusively. The current study represents a departure from such designs in that we used a quasi-experimental design to examine sexual strategies in virtual chatrooms. We hypothesized that, in the chatrooms, individuals would adopt sexual strategies reflective of their different measured life history strategies, and that these behaviours would manifest in the virtual world much like they would in a real-world setting. We used the Mini-K Short Form questionnaire, a 20-item instrument designed to measure both cognitive and behavioural aspects of life history strategy, to designate undergraduate males and females as having either a fast or a slow life history. These participants then interacted with each other in ten 1-hour online chat sessions, with the sessions featuring 44 males and 47 females. The results of the study explore evolutionary-based ways in which to understand online behaviour, and they demonstrate the power of evolutionary-based theories of sexual interaction to predict behaviour in online settings.

Symposium: neuropsychology and cognitive science: Acsent Lab, UCT

Denial in eating disorders: Lack of insight and interoceptive awareness

*Kwiatkowski M,
Malcolm-Smith S,
Wolf P & Thomas K*

It is widely recognised that denial affects the accuracy of self-report in eating disorders (EDs); however, there is little consensus regarding the definitions, causes, and mechanisms of denial in individuals with EDs. The aim of this study was to explore insight and interoceptive awareness (IA) as two separate components of denial in EDs, and investigate the associations between, as well as possible predictive value of, these two variables as possible risk and maintenance factors in EDs. Two hundred and twenty female participants, aged 17-30, were enrolled in this study and self-assigned into cohorts anonymously based on their diagnosis and stage of treatment. Insight was assessed using a modified version of the Schedule for the Assessment of Insights for EDs (SAID), and IA was measured using the Difficulties in Emotion Regulation Scale (DERS). As expected measures of insight and IA varied across groups based on the phase of the ED participants were in, as well as motivational states and attitudes towards eating

Symposium: neuropsychology and cognitive science: Acsent Lab, UCT

ADHD subtyping and DSM V changes: do the DSM-IV subtypes differentiate between important functional presentations?

Fischer M, Hoogenhout M & Thomas K

The objective of this study was to add to the important investigations regarding the fate of ADHD subtypes in the DSM-V, by examining the heterogeneity of ADHD in a school-aged South African sample, and how this is expressed in terms of differences in comorbidity and functional impairment between subtypes of the disorder. Forty-two boys and 18 girls between the ages of 6 and 17, who meet ADHD symptom criteria, were identified in the South African population. The sample was divided into subtype groups according to diagnostic criteria of the DMS-IV-TR, with 29 children in the Combined subtype (ADHD-C) group and 31 in the Predominantly Inattentive subtype (ADHD-PI) group. The Aseba Child-Behaviour Checklist (CBCL) was used to measure functional impairment. Children who met criteria for ADHD-C experience significantly more total problems than those

who met criteria for ADHD-PI. The Combined subtype group also reported significantly less competence in the area of school. Results further indicate that the two identified subtype groups do not have unique comorbidity patterns. The complex issue of ADHD subtyping in light of the upcoming release of the DMS-V is ongoing. Our current findings partially support the notion that the ADHD Combined subtype and ADHD Predominantly Inattentive subtype are associated with unique functional impairments to be distinguished from one another as clinically unique. However, we need to make sure that ADHD-PI is not just a milder version of ADHD-CT. For future studies it will be important to eliminate more hyperactivity/impulsivity symptoms from the diagnoses and subtype distinction to investigate further.

Symposium: neuropsychology and cognitive science: Acsent Lab, UCT

An exploration of the relationships between autism spectrum disorders, theory of mind, and the serotonin transporter promoter length polymorphism

Hamilton K, O’Ryan C & Malcolm-Smith S

We investigated relationships between Autism Spectrum Disorders (ASDs), Theory of Mind (ToM), and the serotonin transporter promoter length polymorphism (5-HTTLPR). ASDs are characterised by restricted and repetitive behaviours/interests, deficits in social competence, and deficits in communication. ToM is the ability to recognise independent mental states in others. Deficits in ToM are proposed as underlying the social awkwardness typical of ASDs, and a positive correlation between ToM ability and social competence is recognised in typically developing children. 5-HTTLPR is a candidate gene for ASDs due to its role in serotonergic neurotransmission, and is implicated in ToM due to serotonin’s role in social behaviour. Seventy children with current ASD diagnoses (8-14 years old) were recruited. DNA samples and symptom information were collected. Parents completed the Autism Social

Skills Profile, the Social Communication Questionnaire, and the Repetitive Behaviour Scale - Revised. Fifty-three children underwent ToM testing using the UCT Autism Research Group ToM Battery. Variations in ASD symptoms across 5-HTTLPR genotypes were assessed ($n = 70$), as were the relationships between ASD symptoms and ToM ($n = 53$), and ToM and 5-HTTLPR genotypes ($n = 53$). We predicted positive relationships between: i) the ll genotype and rates of restrictive and repetitive behaviours and interests; ii) a short allele (i.e. ls or ss genotypes) and impairment in social competence; iii) ToM and social competence; and, iv) a short allele and impaired ToM. Further, we predicted that ToM would mediate the influence of 5-HTTLPR genotypes on social competence. Preliminary results indicate these predictions are supported.

Symposium: African Psychology

The concept personality and its therapeutic and diagnostic implications: an African worldview

Baloyi L

For most people in psychology, the concept personality is associated with the field of psychology itself. Psychologists and people in general view psychology as being synonymous with the study of personality as an independent single reality that defines the individual's personal traits and their psychological processes. The implication of this individualistic conception of personality is that a person's traits, behaviour and thinking can fully be studied, understood and defined as an isolated individual entity. From a traditional African thinking, personality transcends the individual system. The African understanding of being ascribes personality

to the family, clan, community or even the living-dead. Personality is inextricably linked to the family lineage from which a person comes. The saying *ke ngwana wa ga mang or ke wa kgoro efe*, indicates the significance of family or clan in understanding and defining personality. This conceptual paper interrogates the concept personality and shows how the epistemological paradigm from which personality is conceived and defined impacts on the therapeutic and diagnostic formulations in therapy. I argue that an African conceived understanding of personality should form the basis of dealing with clients of African descent in therapy.

Symposium: African Psychology

Masekitlana as an effective therapeutic tool for black South African child victims of rape

Selepe M

Play is, *inter alia*, a key communication tool for children. Games are therefore very important in their lives. There are quite a number of games available to children, both in rural and urban areas. These games differ, depending on the location, cultural background and the level of socio-economic status of children. Despite their differences, the effect is almost the same. The present case study demonstrates how *masekitlana*, a South African indigenous game, contributed to the healing process of a child victim of rape. It is through this game, used in

a therapeutic setting, that an 11 year old girl, who was abducted and raped by a man known to her, managed to express her wishes and confronted her fears. In her personal recovery from her traumatic experience, techniques in this game assisted her to develop coping mechanisms and problem-solving skills. Data were collected through clinical observations and interviews. Thematic content analysis was used to analyse the play narratives.

Symposium: African Psychology

Decolonizing social psychology: Challenges and Possibilities

Segalo P

Psychology has been concerned with issues of social justice and the provocation towards action for a more just distribution of resources and strives towards human dignity; however the lens through which this takes place needs re-thinking. There is a need for a critique of the narrow way in which psychology has over the years viewed and theorized social phenomena. For a long time, the discipline of psychology has shied away from alternative ways of exploring people's lived experiences, almost always assuming a universal and singular view of understanding individual and collective experiences. People's experiences within psychology have for a long time been viewed mostly from a 'pathologizing' standpoint, which it can be argued, has multiple limitations. Viewed as possible pathology, people's experiences may become universalized thereby leaving out broader contextual (social, environmental, political, historical, economical, etc.) aspects that have been shown to play a role in the subjective experience of individuals. With this background in mind, I intend here to discuss how I wrestled and continue to wrestle with the challenges and dilemmas that I continuously face within 'my' chosen discipline of psychology, and specifically the sub-discipline of social psychology.

Symposium: African Psychology

Ethics: Infusing an African perspective

Mkhize N

It has long been argued that traditional (Western) approaches to ethics are not adequate in making sense of ethical dilemmas in African and other indigenous societies. This is due to their over-reliance on the individual as the primary unit of analysis. This presentation outlines some of the key components of an indigenous/African-based approach to ethics, based on the notion of Ubuntu and respect for life. The paper proceeds to provide a framework for resolving ethical challenges resulting from competing moral points of view, drawing from ideas such as discourse ethics, Gadamer's hermeneutic philosophy and the notion of *ibandla* or *lekgolta*. It is concluded that the ethics of Be-ing should supersede ethical approaches based on abstract principles that are difficult to apply in a context-sensitive manner. While indigenous/African approaches to ethics are by no means a panacea for all our ethical challenges in the 21st century, it is important that they are incorporated into our syllabi, in recognition of the plurality and multi-voiced nature of the moral and knowledge domain.

Symposium: African Psychology

The psychological significance of bereavement rituals in traditional healing

Takalani J, Sodi T & Mashamba T

People going through grief as a result of the loss of loved ones are vulnerable to extraordinary complications that relate to the difficult circumstances around death itself. Bereavement and associated grief reactions takes place within a cultural context and is played out through social interaction. In this paper, the results of a study that sought to explore bereavement in an African community are presented. Specifically, the study investigated traditional healers' conceptualization of bereavement rituals and the meaning that they attach to these cultural practices. Using purposive sampling, ten traditional healers (male = 5; female = 5) based in Thulamela municipality (Limpopo Province), were identified and selected to participate in the study. Data were collected by means of semi-structured interviews that were conducted at

places convenient to the traditional healers. The results were analysed using the interpretive phenomenological analysis method. The following themes were identified: i). There are a number of bereavement rituals that traditional healers perform before, during and after a funeral to help children and adults to cope with the loss of loved ones; ii). There is greater emphasis placed on the use of herbs and some food items during the cleansing activities that form an integral part of these bereavement rituals; iii). The bereavement rituals serve both a therapeutic and preventive function for the deceased's family. Based on the above findings, it is suggested that there are lessons that psychology can learn from traditional healing, more especially in the field of grief counselling

Symposium: Equine assisted psychotherapy: principles , practice, perceptions

An introduction to equine - assisted psychotherapy

Kidson K

Individual, family and group psychotherapy has traditionally been practiced in a therapists' office. Conventional techniques, which encourage and utilize a direct exploration of the self through therapeutic discourse, have undeniable strengths, but they also have limitations. Equine Assisted Psychotherapy will open the therapeutic walls using horses as an indirect catalyst toward self-exploration. The current paper will present an introduction to EAP, including its theoretical paradigm, practice, and current literature on efficacy and application. EAP has been found to be effective for a wide range of presenting complaints and client populations.

Symposium: Equine assisted psychotherapy: principles , practice, perceptions

The therapeutic mechanisms of equine assisted psychotherapy

Cave J

Equine Assisted Psychotherapy (EAP) is considered a relatively new form of psychotherapy used internationally. The Health Professions Council of South Africa (HPCSA) has granted Continued Professional Development (CPD) certification to the Equine Assisted Psychotherapy Institute of South Africa (EAPISA), but minimal research exists validating EAP as a legitimate and established form of therapy. As per the Ethical Code for Psychologists, under the mental Health Care Act of 1974, Clinicians practising under the auspices of the HPCSA are required to employ methods that have sound bases in research. Some research exists pertaining to the question of if EAP works but the current study aims to investigate how EAP works by comparing EAP to other established forms of therapy to ascertain whether the mechanisms of these forms of therapy exist in EAP with specific reference to treating relationship difficulties. The current study aims to investigate the mechanisms of EAP by comparing it to Teddy Bear Therapy, Person-Centered Therapy, Interactional Psychotherapy, Cognitive Behavioural Therapy, Transactional Analysis, and Gestalt Therapy. If EAP employs mechanisms utilised by these established forms of therapy, it will give EAP theoretical credence.

Symposium: Equine assisted psychotherapy: principles , practice, perceptions

Horses as co-therapists in equine - assisted psychotherapy

Rensleigh R & Kidson K

Horses are used as co-therapists in EAP as they are extremely sensitive to communication from people. As Leif Halberg wrote, "The horse and human are in constant communication, but only the horse realises it". This is because horses are essentially a prey species and perceive humans as predators. Thus, they are highly tuned into us to make sure they are safe around us. Horses also have extremely refined senses; they can smell chemical changes in our bodies and galvanic changes on our skin, so there's no fooling them! Clients often report that it feels as if the horse "knows things". This is simply due to their very skilled communication ability and heightened sensory perception. Also, horses live in complex hierarchical systems, just like people do, and interpersonal communication is extremely important to them, thus they are active participants in each and every session. The horse in the EAP session will give the client very clear feedback on what their behaviour is eliciting from their environment. The current paper presents an exploration and exploration for the use of horses as co-therapists in EAP, including evolutionary, sensory, and social perceptions as well as the history of equine therapies.

Symposium: Equine assisted psychotherapy: principles , practice, perceptions

Client's subjective experience of equine - assisted psychotherapy

Powell C

Equine Assisted Psychotherapy (EAP) is an experiential approach that involves the horse or equine in the psychotherapeutic process. EAP is a recently emerging approach in the field of psychology; consequently research focusing on EAP is limited. As an experiential approach, EAP focuses on the experience of the client in the therapeutic session. However, very little research has been conducted which focuses solely on the client's experience of EAP. This qualitative, phenomenological study aims to explore the experience of EAP from the perspective of the client. Descriptions of such experiences were sourced from interviews conducted with each of three participants. Utilising an Interpretative Phenomenological Analysis methodology, transcripts were interpreted and themes were identified. Although similarities were found across the participants descriptions, the uniqueness of each individuals experience was acknowledged. Five central themes emerged from the experience of the participants. These were the experience of intense emotion, the horse as central to the overall experience of EAP, the role of the horse, personal growth, the experience of uncertainty and a need for something more. The themes of uncertainty and a need for something more have not been previously reported in EAP literature. These themes can be viewed as a point of departure from which future EAP studies may develop for further exploration of this emerging approach.

Symposium: Equine assisted psychotherapy: principles , practice, perceptions

EAP and the substance abuse system's IP: A subjective journey

Seele N

The current study aims to investigate the role of the Identified Patient in a system in which there is substance abuse, using Equine Assisted Psychotherapy. The subjective experience of the participant is explored from a first-order cybernetic and second-order cybernetic perspective to gain a greater understanding of the individual within their broader system and how the individual's sees their substance abuse contributing to the maintenance of their role as Identified Patient. EAP is used as the medium for exploration and it is found that it provides an experiential opportunity for insight and processing. The participant was involved in three phases of research, that is to say. Interactional Pattern Analysis, Equine Assisted Psychotherapy, and Subjective Review. It is proposed that Equine Assisted Psychotherapy provides a context for greater awareness on the part of the participant on the level of meta-perspective.

Symposium: Hypnosis

The use of Gestalt therapy and hypnotherapy: “The twins”

Gericke C

Gestalt psychology has significantly influenced the development of Gestalt therapy - an existential form of psychotherapy that focuses on the individual's experiences of the here and now. By its very nature, Gestalt therapy provides a natural fit when used in the practice of hypnotherapy. It is a humanistic, cognitive, interpersonal approach to facilitating self-awareness and self-regulation through the all-important client/therapist relationship. Gestalt therapy takes into account the complex situation and multiple influences on a client, making it a multi-systemic therapy which include internal family and Ego-State therapy. Gestalt therapy is content and process driven, focusing on both what the client says and directly experiences. The client re-lives past experiences in the present, thereby developing awareness and understanding that leads to the insights necessary to make meaning of what he or she perceives, feels and does, and change behaviour. This is a key tenet of hypnosis. The processes used in Gestalt therapy involve action and are experimental. This makes several aspects of the approach well suited to hypnotherapy too.

Symposium: Hypnosis

Using Ericksonian hypnosis in the treatment of an unrealistic self-concept: A technological approach

Landman J

Self-concept is defined as a person's view and evaluation of him or herself and includes the cognitive, emotional and physical elements of the self. Having a realistic view about one's appearance, intellectual potential and identity is very important in establishing a self-actualizing individual. Research has proven that being in touch with one's true self is of immense importance, it enhances life satisfaction, general well-being and is also very often linked to the discovering of one's true meaning in life. Future 2050 developed a self-concept inventory that consists of 100 questions, designed to determine the nature of an individual's self-concept. Every question consists of two statements and the individual should identify the statement that best represents his/her current perspective. The results of the inventory can

indicate a realistic or unrealistic self-concept. Hypnosis is one of the strategies that aims to improve negative and unrealistic self-concepts, but as of yet has not received enough attention. Ericksonian Hypnosis is a form of hypnosis that uses report and indirect suggestions as a hypnotic method to explore and address problems in the unconscious mind. This method uses simplistic, non abrasive techniques that have very limited potential for disrupting or harming the patient. By combining Ericksonian Hypnosis and available technology, a new treatment was developed by which we can treat these unconscious barriers in the patients' perceptions of him or herself. The value of this technique in the forming of realistic self-concepts is investigated and discussed.

Symposium: Hypnosis

The science of personal success

Opperman I

Psychology and Clinical Hypnotherapy have been in the business of changing people. If you want to decrease your food intake, smoking, drug use or relationship struggles, or increase your income, career options, and physical fitness. This presentation aims to journey down the trail of personal success with a scientific enquiry of the habits of real people. Patterson (et al) (2011) researched/examined contemporary social science findings, and interviewed people they referred to as "Changers". The authors define changers as people who faced enormous personal challenges, overcame these challenges, and remained successful for at least three years. The authors conclude that when people don't change, it is rarely because they lack the will power. It is because they are blind and outnumbered. Source: Patterson, K; Grenny, J; Maxfield, D; McMillan, R; and Switzler, A: Change Anything: The New Science of Personal Success (2011) Paitkus : London

Symposium: Hypnosis

My child doesn't smile anymore, what now? - The role of mind moves in treating childhood depression as a learning barrier

Barnard E

"Children have never been very good at listening to their elders, but they have never failed to imitate them." (James Baldwin). Many children suffer from depression without their parents knowing it. Symptoms of depression in childhood can vary from feelings of hopelessness, changes in social behaviour and anxiety disorders to something as serious as thoughts of death. Within the triune brain theory children suffering from childhood depression may also be regarded as functioning in their "survival brain" or "subconscious". Symptoms of

depression can be regarded as barriers to learning and the author hypothesizes that in addition to other therapies, Mind Moves® and a Reflex inhibition programme can help to address some of the signs and symptoms of depression. Mind Moves® works on a Primitive Reflex level, which is related to basic movements that mimic primitive reflexes. These movements (through high intensity and continuous repetition) develop neurological pathways to promote sensory-motor integration, as well as posture and learning ease.

Symposium: Hypnosis

Compassion focused therapy combined with hypnosis with a South African mixed-race adolescent adopted by same-sex male white parents

Kriegler S

This paper describes the process of compassion focused therapy (CFT) combined with hypnosis with a South African mixed-race “over-weight” adolescent adopted by same-sex male white parents. The case of Noah demonstrates how stereotypes relating to body size, sexual orientation and race may form a stigmatizing backdrop to a parent-bereaved child’s attempts to recover from the dislocation of having lost a mother,

and subsequent fears of abandonment. The case study describes the process of exploring theoretical issues relevant to an adolescent’s complex life-world and to the choice of therapeutic modalities. A CFT approach combined with hypnosis was helpful in addressing unresolved grief, uncontrolled overeating and shame-based self-criticism.

Symposium: Hypnosis

Violence: The psychodynamic truth

Modlin T

The global incidence of violent and other serious crime and their causes as seen from a psychodynamic view is discussed. The author has 30 years’ experience working with patients who have Personality Disorders utilising specifically Medical Hypnoanalysis. The relentless subconscious mechanisms which are involved are explored in terms of their primary function of survival of the individual.

Important differences between repressed memory and amnesia due to a brain injury - can a patient with brain injury also have repressed memory that can be regained by means of hypnotherapy?

Olivier L

Addressing repressed memory and working with the cognitive- emotional- and behavioral - effects of trauma memory is the essence of hypnotherapy. In brain injury the measure of retrograde and posttraumatic memory is often used as a measure of the seriousness of the brain injury especially in motor vehicle and other accidents. This paper addresses the dilemma of brain injured patients also having repressed trauma memory which

is often then viewed by health professionals as part of either retrograde or posttraumatic amnesia. Case studies in which patients sustained a significant brain injury and received hypnosis as part of the neuropsychological evaluation to see if certain memory could be recovered will be discussed.

Round Table Discussions

Professional Board for Psychology and issues for the profession

Sodi T

Scholarly Development - Part 1

Training and practising psychological research in Africa today: A reflection

Fynn A, Fourie E, Govender C, Graham J & Whitehead K

Research in psychology is the centre of much contestation in the discipline. The fragmentation of the discipline into discrete categories further obfuscates the role of research in it. The aim of this discussion is to create dialogue between training institutions in South Africa, with a focus on research in psychology. Key questions about the “informal” distinction between research in psychology and research psychology as a

sub category; the role psychological research could or should play in developing psychology’s role in promoting human rights and mental health; whether research psychology should stand as a sub category or whether greater integration of research into the other categories will guide the session.

Student perceptions of research in psychology

Meiring L, Mills K & Fynn A

The holistic development of students as psychological professionals requires consistent and regular reflection on the various functions psychologists are required to perform. It is therefore important to create spaces in which students can actively voice their perceptions and ideas of how the various aspects of the psychological professional integrate for them individually. This active voicing of their envisaged professional ideals performs multiple functions. First, such a discussion can provide one with a multitude of ideals obtained from students coming from various fields of psychological specialisation, for example clinical, counselling and research psychology. These ideals can be construed as the expectations that students hold of the field in which they seek to embed their careers. This may further provide training institutions - and the student themselves

- with insight into the expectations of the different fields of psychological specialization which in turn can contribute to the enhancement of training curricula at various training institutions. Second, active discussion of these professional ideals might facilitate a process where psychology students re-envision the importance of the various roles within the profession of psychology. This conversation proposes to bring psychology students from the various registration categories in psychology to collaboratively discuss their development as psychological professionals. The discussion will focus on key issues such as duration of study, access to psychological knowledge, the relevance of psychological training methods, the role of research in psychology and the value of a psychology degree in the job market.

Round Table Discussions *Continued...*

Scholarly Development - Part 1
Continued...

Conversation with the Professional Board

Seedat F & Fynn A

This roundtable aims to facilitate a discussion between the student body, training institutions, organised psychology, practitioners and the professional board regarding the registration categories in psychology. Key discussion points include: scope of practice; registration requirements; training guidelines; the dynamics of communication between stakeholders and ethical standards and enforcement.

The problem with studying psychology...

Seedat F & Fynn A

This roundtable invites departments of psychology representatives to participate in a vigorous and active debate on the recruiting, training and exit levels in psychology. The socioeconomic context of South Africa dictates a practical training approach which focuses strongly on access to the job market. Yet, psychology as a discipline provides few market-ready exit points relative to the large number of students registered at undergraduate levels. This roundtable questions the ethics of accepted training practices such as accepting large numbers of undergraduates with the knowledge that only a small percentage can be accommodated at the post graduate level.

Community of psychology: Integrating community-based settings

Segalo P

As part of the relevance debate, there have been moves within training institutions to integrate more community-based settings in an attempt to bypass the individual focus of treatment. These moves are at best ad hoc and disjointed and largely divorced from the principles of community psychology. The consequent focus on throughput and skills development sets the stage

for potential exploitation of both student and chosen community. This roundtable focuses on the ethics of training in communities; the nature of empowerment and challenges the notion that psychology in communities is for poor black people. Students are encouraged to share their experiences of engagements with communities.

Round Table Discussions *Continued...*

Scholarly Development - Part 2

Developing student communities / organisations

Fynn A & Fafudi T

In this roundtable the PsySSA Student division invites representative from all universities to share their experiences of being involved in a student society. The discussion will centre on the process of establishing a student society, the benefits of belonging to student societies, the role these societies could or should play in giving psychology students a voice in organised psychology.

Individual mental health

Govender C & Themistocleous N

Training for psychological interventions is still dominated by the discourse of individual treatment. The National Health Act poses a challenge for psychology to which psychology needs to adapt. The perception of psychology as a suburban treatment persists and, if psychology is to survive as a discipline we must question if we afford to maintain this perceived exclusivity. On a practical level, we have few psychologists working in national health, very few paid posts available to them, few training and work opportunities for categories such as registered counsellors and too much debate around scope of practice.

Scholarly development: Publication and Practice

Fourie E, Laher S, Masemola E & Segalo P

Scholarly development is synonymous with publication. This roundtable focuses on the realities of entering the publication context as an emerging scholar. This discussion is a continuation of a process initiated at the third biannual Southern African Students' Psychology conference. The discussion will address the stages of publication: the fear and loathing of drafting manuscripts, the terror and terrorism of the peer review, the absolution of eventual publication.

Round Table Discussions *Continued...*

Scholarly Development - Part 2
Continued...

Some student publications imagined

Ally Y, Mbatha M, Fourie E & Terre Blanche M

Over the past few years we have been involved with a number of publications that involve collaboration between students and academics. We briefly review these, and then describe our most recent initiative, a book entitled "Some communities imagined", in more detail. We describe the process of putting the book together, highlight important themes that emerged from the students' writing, and critically discuss the implications for community and psychology in South Africa. We also provide some details on pragmatic considerations and practical mechanisms in creating publications, and consider the theoretical and political implications for the knowledge (re-)production process. Finally, we introduce some future projects and possibilities.

A day in the life of the South African offender

Mdakane M

The incarceration of offenders has been used as the dominant form of judicial sentence to address the objectives of punishment and ultimately rehabilitate offenders. However, with recidivism estimated at approximately 70 percent, correctional centres in South Africa and beyond are faced with the serious challenges. To help remedy these this project aims to create societal awareness around factors leading to recidivism and argues that purposeless incarceration has the intrinsic ability to desensitise habitual offenders which in turn leads to imprisonment losing its deterrent and rehabilitative value. The study is based on interviews with offenders that were analysed thematically. The broader contextual of the risk factors associated with the inclination to relapse is identified and isolated. Disrupting these interactional patterns carries the potential to shift the composition of the systems of which offenders form a part. For example, there are many offenders whose lives can transcend their immediate circumstances but because many support structures in prisons (whether psychological or educational) are either under-utilised or have depleted resources, it is not uncommon to expect a vicious cycle of reoffending. It is suggested that offender rehabilitation and transformation are not unobtainable constructs. Rather, comprehending the prisoners' life-worlds and keeping a focus on their strengths and healthy behaviours should be the cornerstone of interventions. This also requires the recognition that among those imprisoned there is an immense wealth of talent and potential abilities and that these should not go to waste.

Round Table Discussions *Continued...*

Private Practice Issues

“Ethical pitfalls and mistakes that can be made in private practice”

Olivier L

This presentation will focus on the complaints made against Psychologists to the Professional Board. It will represent a broad cross section of the type of complaints made. The aim of the presentation is to educate and inform Psychologists on how best to avoid these minefields and prevent disciplinary and/or legal action against them.

Private practice is for the elite: Time to challenge this long standing perception

Lockhat R

This presentation will tackle the widespread notion, especially by the government, that Private Practitioners are only for the rich and therefore serve the needs of an elite few. While this may have been the case some years ago, it is argued that this notion is now outdated and does not take into account the changing realities of the

South African population landscape. What is needed, now more than ever, is a clear understanding of the vital role that Private Practitioners play in maintaining the mental health and wellbeing of individuals, families and communities in South Africa.

Crisis-proof your practice: How to survive and thrive in an uncertain economy

Opperman I

When it comes to navigate the rapidly changing mental health marketplace, what are the alternatives to traditional practice as we know it? It is easier to describe the challenges of starting and maintaining a successful practice than showing practitioners how they can thrive.

Thematical Oral Sessions

The transcultural validity of the eating attitude test - 26 in black female adolescents in South Africa

Morris P & Szabo C

The validity of the Eating-Attitudes-Test-26 (Garner et al., 1982) has been questioned in non-western and developing communities. This study aimed to evaluate the validity of the EAT26 as an index of risk for eating disorder in black adolescent females in the rapidly changing social context of post-apartheid South Africa. Five (N=5), urban state schools were sampled from which all black female learners (Grades 9-12) were invited to participate. Preliminary Focus groups were conducted with 40 subjects. The EAT26 and the Eating Disorders Diagnostic Scale were administered to 187 subjects across the five schools. Results indicated that 24.5% of the sample scored positively on the EAT26, 11.7% qualified for Bulimia Nervosa and 2.1% for Binge-eating Disorder on the EDDS. The PPV of the EAT26 was

calculated at 32.6%; Sensitivity at 57.7%, Specificity at 80.7%, suggesting that the EAT26 proved an adequately valid index of risk for eating disorder for the sample as a whole. Predictive indices were not, however, consistent across subpopulations within this community and 24% of the sample suffered dysfunctional eating behaviors that did not qualify on the EDDS; while 42.3% of subjects who qualified for an eating disorder on EDDS, were not detected by the EAT26. Results suggest that western pressures towards thinness may be blending with traditional idioms of distress and rituals of purging, thereby placing this group at particular risk for a range of dysfunctional eating patterns that may not follow typically western paradigms or diagnostic systems.

Anorexic symptomatology in men: New insights and developments

Reeves M & Laher S

There is debate in the field of eating disorders regarding the prevalence of Anorexia Nervosa (AN) amongst men. Nonetheless, it has been argued that while the number of men diagnosed with the disorder may be small in comparison to the number of women, these statistics do not accurately reflect the number of men in the general population suffering from AN. Inherent gender biases in the construction of the disorder impact on the diagnostic criteria, the assessment of the disorder and its diagnosis. Therefore, it is necessary to examine research on the ways men experience AN to better understand the differences in symptom expression between men and women. The aim of this study was to compile a comprehensive list of the symptoms experienced by men who suffer from AN and to examine the main instruments used to assess these, as reported in the literature between July, 2000 and December, 2012. This period covers the time between the release of the DSM-IV-TR and the new DSM V and therefore serves to provide researchers and health practitioners with current insights into anorexic symptoms experienced by men. The search was limited to Google Scholar and SABINET (specifically SA e-publications) and the following search-terms: "anorexia nervosa in men," "anorexia nervosa in males," "instruments that measure anorexia nervosa" and "measures of anorexia nervosa". The findings suggest that while men share similarities with women in terms of body dissatisfaction, a fear of fatness and compulsive behaviour, there are qualitative differences in the expression of these symptoms in men.

Thematical Oral Sessions *Continued...*

An investigation of the validity of Holland's vocational theory in South African young adults

Morgan B

Vocational interests are important in selecting a career and finding career satisfaction. In seeking assistance when selecting a career people often complete an interest inventory. Many inventories are based on Holland's vocational personality theory. However, there is limited research on the validity of Holland's theory in the South African context. The few studies that have been done did not yield support for the model. Without evidence of validity the usefulness of interest assessment using his theory is moot. This study examines the validity of Holland's vocational theory in South Africa. The South African Career Interest Inventory (currently under construction) was administered to 404 South African young adults in Johannesburg during 2012. The majority of these participants were Black African

university students. Multidimensional scaling (MDS) and the randomization test of hypothesised order relations were used to test Holland's hypothesised hexagonal/circular structure of interests. The MDS analysis and the randomization test yielded strong evidence in support of Holland's hexagonal model of vocational personality types in the South African context. This contrasts with previous studies that have failed to find support for the model. The results hold the promise that career counselling/assessment interpretations of interest inventories based on Holland's vocational personality theory can be safely made with young South African adults.

Exploring the applicability of the neo personality inventory 3 in a South African context

Frank T & Laher S

The Employment Equity Act of 1998 states that all psychometric instruments must be scientifically proven to be reliable, valid and unbiased. The Amendment Bill published in October 2012 has re-emphasized the importance of using psychometrically sound measuring instruments that will not unfairly discriminate against any particular group. The responsibility now lies with professionals in the field of psychology to evaluate the psychometric properties and applicability of measurement instruments in the multicultural South African environment. To this end, this study aims to evaluate the applicability of the NEO Personality Inventory 3 (NEO-PI-3) in a South African context. The Five Factor Model (FFM) is a widely accepted, scientifically proven (both locally and internationally) structural model of

personality. The NEO-PI-3 is regarded as the most widely used operationalization of the FFM of personality. A non-probability convenience sample of approximately 500 South Africans will be utilized for this study. A questionnaire requesting demographic information and the completion of the NEO-PI-3 will be distributed. Reliability will be explored by investigating internal consistency. Construct validity via factor analysis will also be explored. Finally, construct and method bias will be investigated across the subgroups of gender, population group, and language. The results of this study will contribute to the growing body of knowledge regarding the cross-cultural applicability of personality inventories, and the applicability of the NEO-PI-3 in the South African context.

Thematical Oral Sessions *Continued...*

Investigating the utility of the neo personality inventory-3 (NEO-PI-3) in a sample of South African adolescents

Boshoff E

According to the Employment Equity Act of 1998, psychological testing is prohibited unless the test being used is empirically valid and reliable, can be fairly applied to all employees, and is not biased against any employee or group. This has implications for the multi-cultural and educational landscape of psychometrics in South Africa. Since personality tests are routinely employed in career counselling, this research explored the applicability of the

NEO-PI-3, a more readable version of the NEO-PI-R, in a sample of South African adolescents. Learners from public schools in the Johannesburg area completed a demographic questionnaire and the NEO-PI-3. Cronbach's alpha and exploratory factor analysis were used to measure the reliability and validity of the NEO-PI-3 for this sample. These results are discussed in relation to the utility of the NEO-PI-3 in South Africa.

Exploring the relationship between personality and acculturation

Pillay K & Laher S

The Five Factor Model (FFM) of personality and the NEO-PI-R are regarded as the gold standard in personality assessment against which all other tests are compared. The universality of both the model and the test is accepted but evidence from African and Asian contexts is less conclusive. Recently it has been argued that acculturation may be amongst the most important factors influencing responses on personality scales like the NEO-PI-R thereby influencing reliability of the FFM. Thus, this study explored the relationship between personality and acculturation using the NEO-PI-3 and the South African Acculturation Scale (SAAS) in a convenience sample of 500 South Africans in Johannesburg. Further analyses were conducted on the relationship between personality and acculturation using race, home language, and religious affiliation as cultural indicators. These results are discussed within the context of the ethical use of instruments in South Africa as well as in relation to the reliability of the FFM.

Thematical Oral Sessions *Continued...*

Cultivating a scientist practitioner culture at Kimberley Hospital Complex, Department of Psychology

Fouche J & den Hollander D

Kimberley Hospital Complex is in the process of decomplexing the tertiary provincial hospital and the specialist mental health hospital. The Department of Psychology renders a service to the Complex as a whole which covers areas such as inpatient care, outpatient care and specialist assessments. This poses particular challenges in terms of service delivery to the unique therapeutic and assessment needs of each hospital. Challenges include macro- and micro-level obstacles, as well as geographical difficulties. More specifically, due to the absence of a local university a Scientist Practitioner culture is difficult to maintain. A lack of specialist facilities, such as substance abuse rehabilitation centres, impact negatively on patient management. Other challenges

include basic aspects, such as shortage of therapeutic space, no administrative support and complications with attracting new specialized staff. The vastness of the geographical setting of the Northern Cape is a further aspect that impacts on our outpatient management. Despite these challenges there has been a steady increase in the number of psychological consultations since 2009 and the Department has managed to maintain continuity of staff and to increase staff numbers. Our paper presentation will focus on these and other developments and contributing factors as we are in the process of cultivating a Scientist Practitioner culture within the Department of Psychology at Kimberley Hospital Complex.

Behind training: Differentiation of self of a psychotherapy trainee

van der Merwe S

Psychotherapy is an interpersonal encounter where a therapist collaborates with clients to facilitate a healing process. Due to the personal nature of the therapeutic encounter, the therapist requires the necessary skills and knowledge, as well as a differentiated sense of self. The importance of supporting the psychotherapy trainee's own differentiation process seems to have been neglected in research in recent years. In South Africa there has recently been increasing pressure to select larger groups of trainees which has the risk that attending to differentiation would be further neglected. The purpose of this research study is to re-emphasise the importance of the differentiation of self of the psychotherapy trainee by examining my own process of differentiation during my

psychotherapy training. This study introduces the reader to these concepts and explores psychotherapy training in general and the Unisa training method specifically. The research design of this study is autoethnography which falls within the realm of social constructionism and the coding method is Thematic Data Analysis. The research findings as reflected in the two global themes namely individuation and gaining and strengthening authentic relationships, seem to accurately reflect the process of differentiation. The specific training method of the Unisa training team in combination with the way in which I engaged with this process seems important for the facilitation of this process of differentiation.

Thematical Oral Sessions *Continued...*

Reflecting on three decades of intern clinical psychology training: how have things changed?

Pillay A & Kramers-Olen A

Intern training in clinical psychology has endured various changes and transitions over the course of its history in South Africa. Apart from academic and professional issues, the training has also been affected by the country's social and political history. With the formalised twelve-month internship programme in its fourth decade, the authors examined the historical trends in their programme at KwaZulu-Natal's largest mental health complex. Records of training programmes and intern intakes over three decades from 1981 were examined

to investigate the trends in intern demographics and programmatic variables, including intern placements, clinical rotations, and teaching issues. The findings revealed interesting shifts in who is being trained, what the training entails, where the training occurs, what the clinical work entails, and how the emphases have shifted. The results are discussed within the context of historical issues and future directions for clinical psychology training and practice in South Africa.

An exploration of indian females' perceptions of Major Depressive Disorder (MDD)

Subjee S

Depression is a serious mental illness that affects both sufferers and the family members of these individuals. Research suggests that studying the impact various cultural beliefs have on the understandings, awareness, and perceptions of depression is imperative as the findings from these studies could assist in developing effective intervention strategies and treatments. The aim of this research was to qualitatively explore the perceptions South African Indian females have of Major Depressive Disorder (MDD). This research also explored

the influence that cultural and religious factors have on the perceptions formed by the participants. Semi-structured interviews were conducted with 12 females from Lenasia, Johannesburg. Thematic content analysis was used to analyse the data. Findings from the study provided support for the role of culture and religion in understanding and coping with MDD. Issues of denial, stigma, somatisation, shame and secrecy were also highlighted.

Thematical Oral Sessions *Continued...*

Acculturative stress and eating disorders in black female adolescents in kwaZulu-Natal, South Africa

Morris P & Szabo C

The acculturative stress hypothesis argues that tensions and conflicts associated with the process of socio-cultural transition may provide a risk factor for eating disorders amongst women in non-western and developing countries. This study aimed to identify relationships between acculturative stress and eating disorders amongst black women in the changing socio-cultural context of post-apartheid South Africa. Five urban state high schools were selected from which black female learners from grades 9-12 were sampled. The Multidimensional Acculturative Stress Scale - Revised (MASI-R), Eating Attitudes Test-26, Eating Disorders Diagnostic Scale, General Health Questionnaire-12 and General Demographic Questionnaire were administered to 187 subjects. Results indicated that 24.5% of the sample scored positively on the EAT26, while 11.7%

qualified for Bulimia Nervosa on the EDDS, which revealed that 56% used regular fasting, exercising (57%), self-induced vomiting (22%) and laxatives (23%) as a means of weight control; and 34.2% engaged in regular binge-eating. Subjects scoring positively on both the EAT26 and MASI-R were significantly more likely to record an eating disorder (OR=29.776; $p < 0.001$) on the EDDS than those who were negative on both scales; while those scoring positively on either of these scales alone, were also significantly more likely to record an eating disorder (OR=5.155; $p = 0.004$) than those who scored negatively. The results suggest that acculturative stress may be a risk factor for eating disorder in black South African females, particularly for those experiencing cultural identity confusion.

The lived experiences of South African clinical psychologists in their relationships with psychiatrists in private practice

Rabinowitz D & du Plessis L

Although they both concur that they treat similar mental health concerns, the professions of clinical psychology and psychiatry have differed since antiquity. The professions have separate epistemological underpinnings that have become increasingly divergent over time so that hostility is rife in the current relationship, particularly concerning the prescriptive privileges divide. To comprehensively understand the lived experiences of the relationship between South African clinical psychologists and psychiatrists in private practice, three clinical psychologists were interviewed and an interpretative phenomenological analysis was conducted. Four superordinate themes and two idiographic themes were reduced from the interviews: the participants professed to have good relationships with psychiatrists; they observed

that different professional settings affect the relationship; they acknowledged that differing mental health epistemologies affect the relationship; they recognised that time and money contribute to incongruence in the clinical psychologist-psychiatrist relationship. The two idiographic themes that emerged from the transcripts are that clinical psychologists fear their engagement with psychiatrists, and that some clinical psychologists choose not to identify with the conventions of the medical paradigm. It is concluded that the six reduced themes not only describe the thematic divergence in the professional relationship, but that they also characterise six ways in which the professionals can reciprocally strive for congruence to eschew hostility in the relationship in the interest of ameliorated client care.

Thematical Oral Sessions *Continued...*

A conceptual analysis of community receptiveness and receptivity mediators to safety and health interventions in marginalised South African settings

Ismail G & van Niekerk A

Safety is a priority in South Africa, a country with amongst the highest recorded violence and injury rates. The assurance of safety and health for communities, families and individuals is increasingly being pursued. Safety interventions that are established as efficacious play a potentially critical role in the promotion of safety in communities. However intervention “success” and efficacy are contingent upon effective implementation with community partners. The receptiveness of communities is considered essential to the successful implementation and maintenance of community safety interventions. There is however, a paucity of instruments that are able to assess community receptivity and receptivity mediators. The determination of such locally sourced information is expected to be of considerable benefit to a more

community-centred implementation of interventions in South Africa and elsewhere. This presentation describes a process directed at the development and validation of such a tool for local, under-resourced and marginalised communities. This presentation critically examines the conceptual basis for community receptivity; it explores the role receptivity plays in marginalised low- and middle-income communities where safety and health interventions are implemented; explores receptivity mediators in such settings; and discusses implications for the development of a contextually grounded tool to assess the state and influence of community receptiveness on the implementation of safety and health interventions.

Community conversations as community engagement

Kotze M, Seedat M, Suffla S & Kramer S

The community conversation method is a conversation-based method that provides several groups of people the opportunity to engage in open and meaningful public dialogue about socially and/or politically relevant issues in an informal manner. This article explores the utility of the community conversation method as a community engagement tool within the South African context by drawing on an example from a series of community conversations that were held in Strand, Western Cape, as part of a child safety, peace and health promotion project, the Ukuphepha Child Safety, Peace and Health Programme. In order to gain greater critical insight into the logic and utility of the community conversation method as a community engagement tool, the authors assessed the extent to which the conversations assumed an assets focus, produced knowledge that is

relevant to the community, prepared the community for social action and promoted relationship-building. A focus group discussion was held with some of the community conversation hosts to learn more about the synergy and power dynamics that characterised the conversations. According to the hosts, the community conversations increased community members’ critical awareness of their community; afforded community members an opportunity to network with other community members and stakeholders; provided community members a platform through which to voice their opinions about their community and share ideas on how to solve community problems; and created greater visibility of the research institution and its community engagement initiatives in the community. Potential challenges and limitations are discussed and recommendations are provided.

Thematical Oral Sessions *Continued...*

Research translation in participatory research: The case of two community-based projects in low-income African settings

Isobell D, Suffla S & Lazarus S

Research translation seeks to improve real-world settings by practically applying research-generated knowledge. In so doing, it espouses the central goal of social science research, that of enhancing quality of life. Participatory research, a transformative research orientation, strives for equality between researchers and communities, and emphasises co-learning and the co-construction of knowledge through collaboration. Within this perspective,

research translation is embedded in a dialectic between research and action, providing both opportunities and challenges to contributing to both knowledge and practice. This presentation will draw on two illustrative examples of community engaged research conducted in low-income African settings to demonstrate the conceptualisation and application of research translation within the context of participatory research.

Coping strategies of community care workers working with vulnerable families in a South African township

Mampane R & Omidire M

The role of community care workers in ensuring the stability of vulnerable families with which they work cannot be underestimated. The extent of their responsibilities is sometimes not clear-cut and so is the effect on their personal well-being. These responsibilities transcend the basic personal care work, social support and administrative skills in which they are trained and move into conceptualising and presenting the family problems to the coordinator and auxiliary social workers. The resultant occupational stress of these workers requires them to develop methods of coping and managing the stress related to the demands and expectations of their jobs. Both the statutory and assumed roles and responsibilities of care workers should be fully understood with a view to establishing how they cope; replicating strategies that prove effective and providing support

where it is needed. The study aimed to explore the coping strategies embraced by care workers in dealing with their duties. A qualitative research design was used and data collected using questionnaires, focus group discussions and semi-structured interviews. There were ten participants purposively selected from a non-profit organisation (NGO) working with vulnerable families. Vulnerability was found to be on two levels: the physical and emotional. The care workers appear to be prepared to handle the physical aspects of their responsibilities, but the emotional aspects appear to have long-lasting repercussions on the workers. The coping strategies used by the care workers include debriefing and collegial support. However, we believe their training should include rudimentary counselling, case-conceptualisation skills and self-care.

Thematical Oral Sessions *Continued...*

Surfacing tensions, contradictions and dilemmas: A critique of an application of the activity theory based change laboratory/developmental work research intervention in a rural setting

van der Riet M, Sofika D, Jwili O, Akhurst J & Daniels H

A change laboratory process is a planned change intervention based on activity theory. In this study we questioned whether a change laboratory or developmental work research (DWR) intervention could be conducted in an open-ended rural context. In our study of behaviour change, sexual relationships and the risk of HIV we asked whether this approach could be used to accelerate learning and minimize the risk in sexual activity. This paper reports on the workshop process

in which the participants' everyday understandings of current practices related to sex, relationships and risk, and the apparent tensions and contradictions in these, were raised for reflection and examination. We discuss how this process of expansive learning opened up possibilities for developing new forms of social behaviour. We critique our use of the approach and discuss its strengths and limitations as an intervention design.

Teenage mothers' attitudes towards the child support grant (CSG)

Sibaya P & Kubheka L

Teenage mothers are often suspected of falling pregnant in order to solicit government grants, the Child Support Grant (CSG) in particular. Previous studies in this area focus on public opinion about the CSG. Teenage mothers receiving the CSG have not been the major focus of research. The present study attempts to fill in this gap in existing theory. The research questions raised in this study are: what is the nature of attitudes of

teenage mothers towards the CSG? Are these attitudes influenced by some of the respondents' biographical data? To this end, an attitude scale was administered to a sample of teenage mothers. The results reveal indifferent attitudes towards the CSG. The results are not statistically significant. The findings are discussed and implications for social development are indicated.

Thematical Oral Sessions *Continued...*

Facilitating reflection and reflexivity in career counselling: Enabling people to connect dots in their career story and craft life portraits

Maree J

This paper briefly elaborates on how to promote 'best practice' in career counselling theory and practice. It examines the need for a new approach to career counselling. Life design (a larger model that includes approaches such as career construction and self-construction) is explicated and the importance of reflecting and reflexivity as integral aspects of 21st century career counselling is examined. A case study is presented to

demonstrate how the Career Construction Interview can be used with or without other auxiliary career counselling techniques and strategies to facilitate career (construction) counselling by identifying and connecting previously unconnected dots (life themes) in the career and life story of people. Attendees are introduced to the notion of people constructing life portraits under the guidance of counsellors.

An autoethnographic reflection on therapeutic interventions with three higher education students from an African perspective at the University of Johannesburg

Abdool Gafoor L

In this presentation the author provides an autoethnographic reflection on therapeutic interventions with three students. The presentation draws on uniquely South African principles such as Ubuntu. Techniques such as ego strengthening, communal consciousness, cause and effect and the divine were used with the clients. Initial reflections on the process reveal that (1)

the acculturation level of the student needs to be taken into consideration during the therapeutic process and that (2) an interplay between Western beliefs and African beliefs in the student appears to play out during therapy. The presentation concludes with a critical reflection on African psychology and recommendations for using African psychology in therapeutic settings are provided.

Thematical Oral Sessions *Continued...*

Effect of counselling on behavioural change among PLWAS in rivers state-Nigeria

Ozioma-Amechi A

In absolute numbers, Nigeria ranks third among the countries with the highest HIV prevalence globally. The study therefore sought to examine the effect of counselling on behavioural change among (People living with AIDS) PLWAs in Rivers State, some of whom associated their condition to sexual violence. The study investigated the effect of counselling on avoidance of high-risk behaviours among (People living with HIV and AIDS) PLWHAs. The Sample consisted of 200 PLWHAs in Rivers State, Nigeria. Purposive, stratified and simple random sampling methods were used to group the subjects into 3: two (2) experimental groups given treatment on avoidance of high risk behaviours and the utilization of physical/psychosocial health care services in applying counselling techniques and psychotherapeutic strategies respectively, and a control group. The design

was quasi experimental, while a 20-item scale (HIV and AIDS Behavioural Change Counselling Inventory) was used for data gathering. The results showed increased mean scores of 21.99 and 1.96 after posttest for the experimental and control groups respectively with z scores denoting a significant enhanced positive behavioural change for PLWHAs who were treated. Also, increased mean scores of 19.87 and 23.58 for males and females showed that females had a higher level of enhancement on avoidance of high-risk behaviours than males; while the urban and rural dwellers had the same enhancement level. HIV caregivers, including professional Counsellors, should give more attention to behavioural change counselling among PLWHAs and others affected by sexual violence.

Students' attitude toward homosexuality in Christian and Muslim secondary schools in Nigeria: Implications for counselling

Kinanee J & Ezekiel-Hart J

The Nigerian government, like many of their African counterparts, has not been favourably disposed towards those with homosexual orientations. At present, the highest legislative body - the National Assembly is about to pass the Anti-Gay Bill, which criminalizes same-sex marriage and similar relationships. On the surface, Nigerians generally seem to be highly opposed to gay and lesbian relationships, even if some tend to be involved in such relationships secretly. Could this be the case among young people in schools? This comparative study investigated the attitude of Christian and Muslim secondary school students toward homosexuality in a cosmopolitan city in Nigeria, with a view to ascertaining whether type of school, gender, and religion influence students' attitudes towards same-sex relationships. A sample of three hundred students was selected from

four senior secondary schools using stratified random sampling and responded to an adapted version of the ATLG Scale. One research question and three hypotheses were formulated to guide the study. The data collected were analysed using appropriate statistical techniques. Results showed that over eighty percent of the students displayed negative attitudes towards homosexuality, with higher homophobic tendencies found among Muslim students. Over ninety percent supported the Anti-Gay Bill, and traced their negative attitudes to their religious and cultural beliefs. Gender did not seem to significantly influence students' attitudes. Based on the findings, some recommendations were provided, which include the need for counselling services in schools to help students understand gender and sexuality issues.

Thematical Oral Sessions *Continued...*

UNISA Psychotherapy Clinic: Profiling clients demographics

Mabizela S, Forssman N & Semanya B

The department of psychology at the University of South Africa houses a psychotherapy clinic that renders a wide array of counselling services to the UNISA community. The clinic was established in 1978 with the aim of making counselling services available at no fee to the surrounding community and to give psychology masters students the opportunity to apply their counselling skills and acquire counselling experience. Despite the positive contribution made by the clinic in making counselling services available to the UNISA community at no cost and grooming psychologists for years, very little is written

about UNISA psychotherapeutic clinic. Information about people who use the clinics is unknown, the experiences of master's students at the clinic are unknown and the effectiveness of the clinic in offering counselling services is still unknown. These issues give rise to this study. The aim of this paper was to describe the client population who have used the clinic over the years in terms of four categories namely, age, gender, presenting problem and therapeutic intervention rendered. A quantitative exploratory approach was chosen as a suitable design as very little is known about the client population.

Exploring service-learning as a zone of proximal development

Perold M & Daniels D

The training of registered counsellors in an educational psychology department necessitates a practical component to the programme. In our environment, this component realizes in a service-learning module. Service-learning being explained as community service with simultaneous transformational learning therefore provides the space for the development of counselling students' academic, professional and personal skills. As transformational learning presupposes an emphasis on students' meaning-making of their experiences in the practicum settings, it provides room for witnessing the development of among others, problem-solving skills, changed perspectives and negotiating critical incidents and/or ambiguous life events. Lecturers, supervisors, peers, the community and clients act as mediators,

and scaffold students in these learning processes, with the aim of guiding them towards such transformational learning, thus moving them from their known abilities, knowledge and skills, towards their potential levels of functioning. The ever-changing environment in communities may provide the impetus for an ongoing learning process. In this paper a conceptual exploration into the potential of service-learning as a zone of proximal development for counselling students, is undertaken. A theoretical framework incorporating Mezirow's (2000) notions of transformational learning, Vygotsky's concept of a zone of proximal development and Engeström's (1996) explication of expansive learning will be utilized in order to shed light on service-learning representing such a metaphorical space.

Thematical Oral Sessions *Continued...*

Challenges school counsellors face when including special needs learners in mainstream Gauteng schools

Fourie J

South Africa moved towards inclusive education with a legislated policy calling for the formation of support teams in ordinary schools to support learners with special educational needs. Although the policy was legislated more than a decade ago, many schools still experience challenges with practical implementation, particularly when including the physically disabled, sensory impaired and cognitively handicapped. Social Network Theory was used as the framework for investigating four ordinary school's support teams as they included learners with special needs. Qualitative data were collected from in-depth interviews with the school counsellors working on the support team. Although counsellors worked with the learners as the first level of support, there was tension in their collaboration with teachers. Problems were encountered with maintaining confidentiality in sensitive cases amongst the staff. Teachers were often resistant

to practically implementing the suggested interventions in their classes, such as curriculum differentiation and alternative assessments. There were systemic difficulties, such as overloaded personnel, time delays, and limited classroom resources. Even though collaboration was attempted with parents, poverty, transport difficulties and single parenting, made it difficult. Counsellors tried to form relationships with occupational therapists and medical doctors; however, limited funding deprived many learners of these specialist services. Counsellors thus experienced many difficulties with practically supporting special needs learners in ordinary schools and were unable to fully perform their roles in support teams. This implies that counsellors working in ordinary schools need to adjust their support practices taking the contextual realities into account.

Exploring the influence of pet assisted activities on aggressive behaviour amongst grade R learners

Louw C & Coetzee J

Schools, teachers and other support personnel of staff have developed many cognitive and social support programmes to encourage positive behaviour, including reducing aggressiveness. The problem with these types of support programmes is that they are hard to come by due to cost and lack of knowledge among personnel. A child's full development is influenced negatively when in a negative atmosphere or situation (which includes abuse, aggression or discouragement). Literature suggests that the positive effects of animals in classrooms and on children should be explored and shared with teachers and schools, hence this study. The question arose as to whether this method could possibly provide the type of support South African children need to become caring, empathic and understanding of the world around them

and each other. This qualitative study within an interpretive paradigm used a case study design, as the focus was on how a dog influenced the aggressive behaviour in a grade R class as a single bounded system. Questionnaires, individual semi-structured interviews and observation during free play were used. Data were analysed by means of content analysis. Research findings indicated a positive influence on the learners' aggressive behaviour after eight weeks of the PAA (Pet Assisted Activities) dog visits. Participating teachers were of the opinion that the class was easier to manage and more time could be spent on instruction. The positive influence of PAA on the learners' aggressive behaviour was mainly due to how some individual learners were influenced, which changed the interaction among all the learners.

Thematical Oral Sessions *Continued...*

Do grade 4 learners' attitudes towards reading change following a period of reading intervention?

Daya A & Broom Y

Reading is a fundamental part of any child's education but in South Africa many children fail to attain age-appropriate reading levels. Poor reading comprehension in English could be influenced by a number of factors including the child's attitude towards reading. In this study, the attitude towards reading of Grade four learners from two schools with different levels of socio-economic status (SES) was investigated. It was expected that learners from different socio-economic backgrounds would differ

in their reading ability and their attitudes towards reading. The reading ability and attitudes of a total of 70 learners were assessed using the Elementary Reading Attitudes Survey and a non-standardised reading comprehension test. The results indicate that the attitudes and abilities of the learners from the two schools differed widely. These results are discussed and interpreted in relation to the SES and gender of the learners.

Narratives of participant withdrawal in education support programmes

Fynn A & Mbatha M

In South Africa there are a number of NGOs focusing on empowerment-based, participant-driven approaches to educational interventions. These organizations offer programs that seek to address inequalities of access to educational resources and of lack of student proficiency for previously disadvantaged schools. The programs cover a broad range of social issues but have in common the belief that the participants are agents of their own change who, given a conducive environment, are fully capable of positive changes to their environment and themselves. However these programs are often challenged with participant attrition and may not always have the capacity to ascertain the exact reasons for the withdrawal.

This paper focuses on an NGO that utilizes the empowerment-based, participant-driven approach within the education sector in South Africa. In this paper we examine participant buy-in and attrition from Polkinghorne's narrative analysis approach, which emphasizes the embodied nature of the narrator. The focus of the narrative is on how the participant experience builds into a series of crises and how these narrative crises resolve into the withdrawal of the participant from the programme. The findings of this study can inform strategies aimed at generating more sustainable participant buy-in and, consequently, lowering participant attrition.

Thematical Oral Sessions *Continued...*

Statistical analysis of stress and burnout interventions for educators in high-risk secondary schools

Johnson S

This study focused on the plight of teachers in the challenging traumatic context of high-risk schools on the Cape Flats, Western Cape. Three interventions in psycho-educational workshops for stress and burnout were presented over 10 weeks for 15 hours in total, to 43 educators in four secondary schools, with a control group of 20 teachers. Interventions were grounded in trauma release exercises (TRE), transpersonal psychology (TP) and transactional analysis (TA) practice and can be conceptualised as physiological, emotional and cognitive approaches. Quantitative data comprised statistical analysis of stress, personal, work and learner-induced burnout and well-being, at pre- and post-intervention stages, followed by text coding analysis of educators' stress, burnout, coping and well-being accounts. The study then focused on qualitative thematic

and constructionist analysis of focus group interviews. This presentation focuses on the statistical analysis of results. Post hoc comparisons of variables between and within groups revealed significant differences in perceived stress and burnout variables. A comparison of TRE, TP and TA intervention groups (n=42) with the control group (n=21) on the variable perceived stress, revealed a significant interaction effect between intervention* time, $F(3, 59) = 3.08, p = .03, \eta^2 = .08$. Within group comparisons showed significant perceived stress and learner burnout reduction for TRE and TA interventions, with a trend of stress reduction for TP. This study indicated that interventions based on physiological, emotional and cognitive responses offer multiple approaches to stress and learner burnout reduction for educators, with new perspectives gained into classroom competency.

Knowledge and attitudes towards attention deficit hyperactivity disorder among primary school teachers in Lagos State, Nigeria

Jimoh M

Attention-Deficit/Hyperactivity Disorder (ADHD) has been described as a common childhood disorder affecting approximately 5% of primary school-aged children all over the world. This has led to studies on the knowledge and attitudes of teachers towards Attention-Deficit/Hyperactivity Disorder (ADHD) in various countries among which are Australia and United States. On the contrary, there seems to be a dearth of such research in Nigeria. To this end, the study investigated primary school teachers' knowledge of and attitudes towards ADHD using two social psychological theories: Theories of Reasoned Action (TRA) and Theories of Planned Behaviour (TPB). Data were collected using a researcher-developed questionnaire administered on two hundred

and fifty (250) primary school teachers (125 males and 125 females) drawn from 10 inclusive primary schools in Lagos State, Nigeria. The analysis was done using the t-test and ANOVA. Findings revealed a deficiency in teachers' knowledge of as well as negative attitudes to ADHD among primary school pupils. It was also found that teachers' level of education, length of service and exposure to training on ADHD all have significant influence on the perceived knowledge of and attitudes to pupils with ADHD. Based on the findings, it was recommended that ADHD education should be made a compulsory part of the teacher education curriculum in Nigeria.

Thematical Oral Sessions *Continued...*

An interactive social network approach to the minimal group paradigm: In-group bias increases through interaction over time

Pillay L, Quayle M, Durrheim K & Tooke L

Studies in the minimal group paradigm (MGP) are central to the social identity theory, but did not allow actual interaction and therefore were not really 'social.' This within-subjects and between-groups experimental study replicated the original minimal group studies in a virtual environment that allowed the detection of in-group bias in actual interactions over time. The Virtual Interaction Application (VIAPPL) was developed to run minimal group studies in a virtual environment, with all interactions between participants (N = 191) recorded as they unfolded over time. This allowed analysis with both repeated-measures ANOVA analysis and Social Network Analysis (SNA). As predicted, in-group bias was evident when participants were allocated to minimal groups but not in individual conditions. This in-group bias increased

significantly as interactions unfolded over time. SNA model estimation confirmed that group membership was a key driver of the interaction in minimal group conditions. This study introduces a new framework for studies in the MGP that allows participants to interact in a virtual environment, yielding data that can be analysed both with traditional ANOVA techniques or as social networks. By rendering social interaction visible in the MGP, this study offers a social explanation of in-group bias, which was not possible with traditional methods. Here in-group bias is considered an emergent feature of social interaction, dependent on particular conditions for its emergence, but amplified as these ways of acting become normative in the setting.

The construction of identity in a Mozambican community: Reflections on xenophobia in South Africa

Lovegrove K

Since the xenophobic attacks on foreign nationals in May 2008, South Africans have become increasingly aware of the xenophobic sentiment within certain aspects of the population. Among the victims of this discriminatory discourse is the large number of Mozambican foreign nationals that have crossed into the country in the last few decades. As one of the largest foreign national population groups currently living in South Africa, they have reported a number of xenophobic incidents. This xenophobic sentiment may have implications for the ways that Mozambican foreign nationals construct their identities within this context. This research explores two aspects of the Mozambican individual's identity construction. Firstly, the role that the Mozambican foreign national community plays in identity construction will be explored. Questions are posed referring to how

the views of the Mozambican community contribute to the individual's identity. Secondly, the impact of the xenophobic discourse on the identity of Mozambican foreign nationals will be reflected upon. How is their view of themselves influenced by the discrimination experienced in society? As the social constructionist framework acknowledges the existence of multiple realities, this research will rely on an African worldview to guide the choice of methodology. Data will be collected through the participation of between 8 and 12 Mozambican foreign nationals in a group conversation, from which common themes will be established through the use of thematic analysis. This study aims to address a poverty of literature examining the effects of xenophobia on Mozambican foreign nationals as a population group.

Thematical Oral Sessions *Continued...*

Criteria for marriage readiness among emerging adults of developing countries

Lebea M & Seabi J

The theory of emerging adulthood coined by Jeffrey Arnett, is a theory conceptualizing the developmental stage of people between ages 18 and 25. It is the transitional phase between late adolescence and early young adulthood. The study of marriage readiness among emerging adults comes from the extension of emerging adulthood theory as an attempt to understand what emerging adults endorse as criteria for marriage readiness. This study is focused on finding out what these criteria are among South African emerging adults and comparing the results with other developing countries such as Pakistan, Cameroon, Puerto Rico and Brazil. This is due to the fact that most of the existing literature

is based on findings from developed countries, therefore this study aims to see if similar trends will arise amongst emerging adults of developing countries. One hundred and fifty Wits University students (male and female, ages between 18 and 25) voluntarily filled in a Criteria for Marriage Readiness questionnaire. A non-probability purposive sampling approach was used to obtain the sample. A quantitative non-experimental design was implemented, and data was analyzed using frequency tables, histograms and ANOVA. The findings in this study will contribute to understanding young adult behavior such as sexual promiscuity, substance use and divorce rates among young marriages.

The effects of volunteering on psychology students

Cronje E

Historically, students' experiences of volunteering, and the effects of such volunteering have been given little attention in South African research - hence this research report. The aim of the research was to find out how students are influenced by the voluntary work they do as part of a course in Therapeutic Psychology at the University of South Africa (Unisa). Qualitative research was undertaken by analysing students' feedback on their voluntary work (within the paradigm that multiple realities do exist). Students reported mostly that the volunteering has positive effects on them as students, and this finding is consistent with existing international research. A few theories (e.g. existential theory, social identity theory and others) all of which explain these positive effects, are relevant. The most prominent of all the positive psychological effects of volunteering,

which other research studies pay little attention to, is that of self-awareness which, in turn, leads to self-confidence, self-understanding and finding a purpose in life. A further very important effect is students' increased open-mindedness as far as people of other cultures and socio-economic backgrounds are concerned. Other positive effects found included: career awareness, a sense of achievement, and the opportunity to put theory into practice. Against this, students found it difficult to keep their emotions in check and making financial sacrifices and giving up their free time. However, at a psychological level, students were rewarded by feelings that they were doing something worthwhile (because they realised that they were helping others).

Thematical Oral Sessions *Continued...*

A qualitative study into the experiences of only children growing up in Cape Town (South Africa)

Twigg J & Roomaney R

Only children are often negatively stereotyped even though research suggests that they do not differ from children with siblings in terms of academic achievement, life outcomes or interpersonal relationships. Contrary to these widely held conceptions regarding only children, research indicates that only children appear to function quite well in both educational and occupational contexts. The only child has not been studied within the South African context and very little research has been conducted into the qualitative experiences of only children. The aim of this study is to explore these

qualitative experiences in order to gain insight into and highlight the positive and negative aspects associated with being an only child in South Africa. The focus of the study will be on their various relationships, in particular the relationships with their parents, peers as well as their romantic relationships. Interviews with six young adults will be conducted in order to explore their experiences as only children. These interviews will be transcribed and analysed using thematic analysis. The presenter will present the main themes that emerge from the data.

Violent masculinities and service delivery protests in post-apartheid South Africa

Langa M

For the past few years, violent service delivery protests have been spreading across South Africa over access to basic services, such as water, electricity, housing and job opportunities. This paper draws on two case studies in which in-depth group and individual interviews were conducted with key male informants about their involvement in violent service delivery protests. This paper provides a gendered analysis of these events by focusing on Connell's (1995) notion of hegemonic masculinity, which refers to dominant cultural stereotypes in which are men expected to aspire to power, status, and wealth, and how these expectations are implicated in service delivery protests. In the interviews, the

participants complained bitterly about the black elite men who drive flashy expensive cars, have money and as a result, are able to attract multiple girlfriends, while they are not able to do the same due to their poor economic status. Thus violence was used by the working-class men to deal with their sense of disempowerment and emasculation. This violence was also directed at women in politics within local councils. In conclusion, the paper argues that current socio-economic pressures seem to be influencing young men to become involved in violent service delivery protests as a way of imagining and reimagining new forms of masculinity in post-apartheid South Africa.

Thematical Oral Sessions *Continued...*

Resilient adolescent girls: A participatory visual study of gendered pathways to resilience

Jefferis T & Theron L

Gendered understandings of resilience are yet to be fully explored. Although there is current literature exploring processes of resilience with women as participants, gendered theoretical understandings of processes of resilience are lacking. The aim of this qualitative study, which formed part of the five-country Pathways to Resilience study (see www.optentia.co.za) was to explore processes of resilience in a group of seven resilient adolescent girls through community-based participatory video. Initial semi-structured individual interviews were conducted with the girls all of whom were recruited

from a children's home in the Bethlehem area. This was followed by a visual exploration, using draw-and-write methodologies, of their lived experiences of risk, and the resources that buffered these. Thereafter the girls made two participatory videos, one initial video and, two months later, one follow-up video. The girls' pathways to resilience were strongly attachment-oriented, including constructive relationships to supportive peers and to spiritual beings. In addition, capacity to make positive meaning of adversity supported the girls' positive adjustment.

The characteristics that make girls more susceptible to bullying

Krog S

The purpose of this study was to gain an awareness of the behavioural characteristics, physical mannerisms and relationship forming exhibited by young adolescent girls in South Africa who may be susceptible to, or have been traumatized by being bullied. A literature study and an empirical investigation were conducted to establish whether victims of bullying have distinct personality traits, as well as to determine if specific parenting styles affect the vulnerability of their adolescent daughters. The

effectiveness of bullying prevention strategies in adolescent relationships was also explored. A questionnaire was developed to ascertain how adolescents perceive victims of bullying. Eight semi-structured interviews using photographs and a cartoon as projective techniques were conducted with victims to gather data and to enrich the findings. This study demonstrated that international research about victimization is pertinent to South African adolescent girls.

Thematical Oral Sessions *Continued...*

Fear: An important determinant of black masculinity

Ratele K

In the article “Fear - an important determinant in South African politics”, Steve Biko suggested that among other things fear wore away at the soul of black people. Biko saw fear as connected to a situation “in which black will kill black” as well as to the failure of some men from insisting “on the observance of their manhood”. Although the article was written in 1971, in this paper, which in one sense is part of an on-going dialogical engagement with black consciousness thought, I consider fear as the soft underbelly of the ideology of male supremacy, and thus servicing patriarchal masculinity. From another view, the paper seeks to (re)introduce emotions, and generally subjectivity, in our engagement with black masculinity. I interrogate whether it is true that some men do really

fear nothing, or whether ‘cool’, for instance, is an attempt to deflect feelings of insecurity, of not measuring up to the demands of post-apartheid consumerist masculinity, among others. Above all, though, I centralise fear so as to trouble the concept of hegemonic masculinity as an explanation of black men’s social positioning, with special attention to violence. I argue that, unless we are happy to pretend that apartheid never happened and thus consider black men as simply hegemonic, it is best to engage black young men in work that liberates masculinities by first understanding how they victimise from a location of powerlessness, meaning that they often are simultaneously subordinated to and supportive of hegemonic masculinity.

HIV testing, treatment and ARV uptake in a rural Eastern Cape setting

Jwili O, van der Riet M, Sofika D & Akhurst J

As part of a government intervention in 2010; HIV testing and treatment services were dramatically upscaled. HIV testing and the provision of ARVs was made available at all clinics, including those in rural areas. This paper explores a rural community’s response to the provision of these services. The study used qualitative focus groups and individual interviews to examine people’s

responses to HIV, HIV testing and use of ARV treatment. A preliminary analysis shows that the residents are not utilising these services. Some of the dynamics involved are the reliability of the services; threats to confidentiality in a small rural community; avoidance and denial of the presence of risk of HIV.

Sexual activity and identity production in the context of HIV

van der Riet M, Sofika D, Jwili O, Akhurst J & Daniels H

Youth in a rural area of South Africa have demonstrated an investment in relationships and risky sexual activity at the expense of risk prevention and health protection. In the trade-off between safety and membership, the identity production activity related to relationships is based on particular forms of masculinity and femininity. Using qualitative data generated through novel techniques in

interviews and focus groups, we explore how sexual activity underpins social reputation and how this is integral to identity production. The paper discusses how the culture of masculinity and femininity in this rural setting frames the object of desire and mediates particular forms of risky sexual activity.

Thematical Oral Sessions *Continued...*

Naming, labelling and shaming: The stigmatisation of HIV in a rural community

Jwili O, van der Riet M, Sofika & Akhurst D

Stigma related to HIV and AIDS has a wide-ranging effect. It inhibits health-seeking behaviours such as testing for HIV, and seeking treatment. It inhibits disclosure of status and also affects safe sex practices. Stigma is evident in how people speak about HIV and AIDS. In a qualitative study in a rural Eastern Cape setting, participants made

reference to HIV and AIDS in a variety of ways which were stigmatising. In this paper we examine the naming, labelling and shaming of HIV and AIDS in a rural context by participants in focus groups, interviews and workshops, highlighting the implications for HIV prevention, testing, treatment and living with HIV.

Research, poverty and HIV: Challenges, constraints and opportunities in a rural context

Sofika D, Jwili O, Akhurst J & van der Riet M

This presentation explores the experience of conducting research in a rural community. The research involved extended stays in the research site, in depth interviews and participatory workshops following the Change Laboratory model in the area of sexuality and HIV/AIDS. The presentation examines the challenges associated with working in a resource constrained context with high unemployment and the particular tensions and dynamics that this sets up for the research process. It deals with the challenge of living in the setting and building close relationships with community members. Although living in the setting was crucial to developing a critical understanding of community dynamics, it also presented

its own dynamics for the researchers in terms of the people who claimed 'ownership' over the researchers and the research project. It interrogates the shifting insider/outsider roles and demands for objectivity placed on the researcher. The nature of HIV/AIDS research is discussed, looking at the sensitivity with which the research needed to be conducted in a context of HIV/AIDS denial and stigma, and at the emotional toll that disclosures exacted on researchers. The difficulty of data processing, which involved translating and transcribing qualitative interviews conducted in IsiXhosa, is also discussed.

Thematical Oral Sessions *Continued...*

Internalised conflicts in the practice of religion among Kwandengue living with HIV in Douala, Cameroon

Ntetmen J

Religion plays an important role in the life of Africans. Given that most faith-based organisations are vehemently opposed to homosexuality, the question arises as to the extent to which African gay men feel free to express and enjoy their faith while simultaneously acknowledging their sexual orientation. This study explored this question in relation to gay men living with HIV in Douala, Cameroon. We analysed questionnaires used by a local HIV support centre to assess the psychosocial life of people living with HIV. Additional follow-up discussions were held with self-help groups and one-to-one conversations were conducted. The majority of the participants practised a religion and felt generally satisfied with their religious

life. At the same time, many men said that they were 'conflicted with' their faith. They did not always wish to choose between their faith and their sexual orientation; these are two important dimensions of their identity. Religion's attitude towards homosexuality does not seem to make religious life less important for gay men in Africa, but can be a source of stress, which makes their spiritual fulfilment more problematic and deprives them of a coping strategy that may be helpful in adapting to HIV. The case of the kwandengue illustrates that much more work is still needed to develop a more tolerant society that recognises difference and diversity such that citizens can live a fulfilling life.

Strategies to incorporate the bio-psychosocial model in promoting adherence among HIV&AIDS patients resuming ARV's treatment

Mhlongo S

An emphasis on holistic health in the area of HIV/AIDS is no longer an option but an urgent call for health care professionals and the community at large. The bio-psychosocial model puts more emphasis on the holistic approach based on assumption that the body, mind and spirit are coherent and intertwined. The approach therefore calls for more research undertakings that will address the systemic adherence issues facing patients taking ARV's for the first time. Much research has focused more on how to deal with non-adherence instead of promoting

adherence from the initial onset. These researchers have adopted reactive approach as opposed to proactive strategies. This article argues that the promotion of adherence as opposed to dealing with the effects of non-compliance can yield far better results. This will provide health care practitioners together with the patient opportunities to discuss the medical, psychological and social factors that might be encountered as the process of ARV's treatment occurs.

Thematical Oral Sessions *Continued...*

Built-environment: the change in buildings impacting on employees' well-being, job satisfaction, perceived productivity and group cohesion

Thatcher A & Chunilal H

The past decade has seen a striking increase in both the awareness and implementation of the sustainability initiative, that is, the extent to which employees appraise the physical environment of the office as supporting their productivity. Worldwide research has focused on well-being, productivity and work satisfaction. It is crucial to understand the way in which the design of an office impacts on every day users, as this shapes group cohesion. Group cohesion is based on how employees feel about their organisation since this may have an impact on their productivity, well-being and job satisfaction, thus employees are shaped by their environment as well as their socialisation. This study aims to investigate

whether the change in the design of a building will have an impact on group cohesion, perceived productivity, job satisfaction, and well-being of the employee i.e. the design of a sustainable building as opposed to an ordinary building. This research will adopt a mix-methods approach which will focus on one-on-one interviews with participants, as well as a questionnaire in the School of Construction, Economics and Management (University of Witwatersrand). It will analyse the results using thematic analysis and descriptive statistics to understand more about the space in an office and how it may influence group cohesion. This understanding can be used to create effective and well-used workplaces for the future.

Emotional intelligence, perceived organisational citizenship in others, and self-reported organisational citizenship behaviour

Ramsden K & Israel N

The concept of organisational citizenship behaviour within the workplace is becoming increasingly prominent; as engaging in action beyond mere job description is seen to contribute significantly to increases in overall effectiveness and productivity. As such, investigations into factors that influence this behaviour are crucial. Emotional intelligence, one's ability to utilise and regulate one's own emotions as well as perceive and understand the emotions of others, may be one important factor that links to the propensity to engage in organisational citizenship behaviours, although the link between the two is relatively underexplored, particularly in South Africa. Another important predictive factor may be the extent to which organisational citizenship behaviours are perceived as normative, which in turn may also be linked to one's emotional intelligence. Thus this study sought to explore the relationships between emotional intelligence, perceived organisational citizenship behaviour in others,

and self-reported organisational citizenship behaviour. Various organisations were approached and their employees asked to complete the Schutte et al.'s (1998) emotional intelligence questionnaire and an adaptation of Lee and Allen's (2002) organisational citizenship behaviour questionnaires (for both self and referent-other). Data were collected and correlation coefficients calculated in determining the relationships between emotional intelligence, self-reported organisational citizenship behaviour and perceived organisational citizenship behaviour in others. The results obtained have the potential to contribute to the development of theory regarding which factors may be most useful to predict engagement in organisational citizenship behaviours; and may facilitate the development of training programmes to encourage this behaviour within real-world work environments.

Thematical Oral Sessions *Continued...*

Success in the workplace – from the voice of ‘(dis)abled’ to the voice of ‘enabled’

Marsay G

The term “disability” is examined against a backdrop of a plurality of perspectives. If the focus is shifted from limitations to identifying unique abilities, and from exclusion to optimal interaction between the individual and his/her unique abilities within the work environment, then some of the difficulties faced in the South African context can be addressed. The National Skills Development Strategy outlined in 2001, provides legislation to facilitate gainful employment for people with disabilities. However, despite this legislation, approximately 95% of people with a disability are unemployed. Previous research has not focused on the soft skills and resilience factors that are essential for people with disabilities

to participate successfully in the world of work. In this paper, the life experiences of (dis)abled people who are gainfully employed are explored. A narrative approach gives voice to the views of the (dis)abled about how to achieve success in the world of work. Quotes from case studies are used to illustrate the common themes identified which lead to success. These themes are resonated against various theories of resilience. A shift in attitude may lead to improved outcomes for people with disabilities. If disabled people are enabled to recognize and use their unique abilities, as well as develop various resilience factors, imagine the endless possibilities, which could arise for them and for society in general.

Narratives of relationship practices of gay men in the Cape Metropole

Henderson N

The challenges of constructing a gay relationship have been argued in the literature. This paper draws on a larger qualitative study on how gay men construct a gay identity and negotiate their relationships within contemporary South African contexts, following constitutional and legal changes in this respect. A qualitative study based on in-depth interviews with 15 participants, a sample of self-identified gay men, aged 20 to 46 years, drawn from the University of the Western Cape and through snowballing in the larger Cape Town Metropole, was conducted. Interviews were audio recorded, transcribed verbatim and analysed through qualitative thematic and narrative analysis, drawing on the listening guide of Gilligan et al. (2003). The gay men in the study mostly narrated relationship experiences that revealed practices that

mimic heteronormativity in that the gender binarisms are rigidly applied. They report that gender stereotypes with regard to decision-making, emotional work, household duties and sexual practices are in operation. As they unpacked their stories, it became apparent that not all the participants constructed their identities and their relationships within a heteronormative framework. There were utterances and significations that spoke not only of resistance and transgression of gender and heterosexual norms, but also of experiences of empowerment in their sexuality and identity. There is a need to address relationship practices of gay men at different modes of the relationship. Queer relationships need to be embraced, where gender categories are interrogated.

Thematical Oral Sessions *Continued...*

Reproductive decision-making among lesbian and bisexual women in same-gendered relationships: A feminist poststructuralist analysis of gendered discourses

Ordman J

In South Africa, there is a lack in research focused on reproductive decision-making among bisexual women or in samples other than heterosexual men. Motherhood and childbearing appear to be intertwined with dominant discourses around female subjectivity, which motivates the desire to explore how gender is treated in participants' own accounts. The study had explores how self-identified lesbian and bisexual women construct meaning around reproductive decision-making, particularly with regard to gendered discourses. The study is qualitative and grounded in a feminist poststructuralist theoretical framework. Eight women who self-identify as lesbian or bisexual and who were in a same-gendered relationship at the time of the study were recruited to participate. Women were recruited through my own social networks according to two subgroups - women who have not yet made a firm decision to have children (prospective

accounts), and women who have made such a decision (retrospective accounts). Semi-structured individual- and joint interviews were conducted, providing data on how both individuals and individuals in conjunction with their partners construct meaning around reproductive decision-making. Transcribed interview data were analysed by employing thematic analysis that draws on narrative-discursive principles. Three overarching themes were identified: (1) meaning constructed around reproductive decision-making by women who want to be/ who are parents, (2) gender discourses and the negotiation of sexual identity in relation to identity as a parent/prospective parent in the context of the traditional female maternal role, and (3) positioning in relation to dominant discourses of reproductive decision-making. This paper highlights further opportunities for related research endeavours.

The experience of LGB clients in substance abuse treatment centers

Nettmann R

Despite methodological limitations in studies to determine the prevalence of drug abuse and problem drinking among those who self-identify as lesbian, gay, or bisexual, evidence indicates that substance abuse is higher in this population than in the heterosexual population. Moreover, LGB clients present at treatment centers with more severe substance abuse problems than heterosexual clients. There is also evidence that lesbian and bisexual women seek treatment for alcohol abuse more often than heterosexual women. It is therefore important to provide treatment that is more inclusive of LGB populations that

takes into account the unique challenges and needs of LGB clients. However, there is anecdotal evidence that LGB clients face discrimination in treatment centers based on their sexual orientation. This study therefore, explores the experiences of LGB people who have entered substance abuse treatment centers. Thematic analysis of audio-recorded semi-structured interviews of LGB clients obtained through snowball sampling will be presented. Implications for substance abuse treatment of LGB people will be discussed.

Thematical Oral Sessions *Continued...*

Risky sex: The value and use of the sexual risk survey (SRS) within the South African context

Chowles J & Howard-Payne L

There is a need for a universally standardised and applicable measure of sexually risky behaviour, which can be used when developing effective public health interventions with young people. The Sexual Risk Survey (SRS) was developed by Turchik and Garske (2009) for application within the American college population. The aims of the study were to assess the psychometric value of the SRS as an appropriate and effective measure of the sexual risk-taking behaviours of undergraduate university students in Johannesburg, South Africa as well as ascertaining the sexual risk-taking behaviours of the sample in line with the demographic data gathered. A convenience sample of 200 volunteers from 1st, 2nd and 3rd year psychology undergraduate students at the University of the Witwatersrand were required to complete three self-administered instruments in this study, namely

(1) a demographics questionnaire; (2) the SRS; and (3) an open-ended feedback questionnaire. To best meet the aims of this study a descriptive, non-experimental, ex-post facto, cross-sectional research design was used. To establish the psychometric properties of the SRS; internal consistency reliability (Cronbach's alpha coefficient) was calculated through the use of various statistical tests. Construct, face, and content validity, via the open-ended feedback instrument data, was analysed using thematic analysis. The results of this study are discussed in relation to the findings from other studies on the SRS, the sexual risk-taking behaviours of the sample and the implications for public health in developing interventions that are socio-culturally relevant to the population that it aims to serve are explored.

Out study group - mainstreaming efforts towards LGBT affirmative practice

van Dyk D

OUT Wellbeing, an LGBTI service provision NGO based in Hatfield, Pretoria, was established in 1994 and offers professional mental health and sexual health services to sexual minorities, specifically focussing on lesbian, gay, bisexual, transgender and intersex people. Since the late nineties, OUT has engaged in very specific advocacy and mainstreaming efforts, of which one success story is the Civil Union Act. The CPD Accredited Study Group is also one of OUT Wellbeing's advocacy and mainstreaming efforts to support Health Care Providers, especially counsellors, psychologists and therapists, in understanding the challenges experienced by LGBT people and increase comprehensive and affirmative therapeutic interventions. The 2-hour quarterly study

group, first presented in 2006, has reached more than 400 professionals to date. It is presented by a psychologist or other expert in the LGBT health field. It is a project within the psychosocial support programme. The topics varied through the past 8 years, and were mostly indicated by current trends in the LGBT psychology and sexuality fields. Some challenges in the implementation of the project were experienced and will be discussed, but more than that, the lessons learned and suggestions on how this valuable mainstreaming effort can be up scaled to increase the impact on LGBT affirmative practice even more successfully, will be explored during the presentation.

Thematical Oral Sessions *Continued...*

Attitude of undergraduates towards lesbianism in a University of Education, Nigeria

Agomoh E

There has been a rise in research in the field of same-sex relationships since after Nigeria's National Legislative body initiated an Anti-Gay Bill about two years ago at the floor of the house. Many Nigerians had since raised their voices either for or against the Bill. This study therefore sought to investigate the attitude of students towards lesbianism in a University of Education located in a cosmopolitan town (Port Harcourt) in Nigeria. A sample of 200 undergraduates was selected from

four faculties (Education, Humanities, Science, and Social Science), which are all at the main campus of the university. One research question and two hypotheses were formulated to guide the study, which adopted a survey research design. The study, which is still on-going, when concluded will have its data analysed using mean scores and independent t-test to respond to the research question and test the hypotheses.

Intimate partner violence in women's same-sex relationships: Intersections between gendered identities, sexual practices and notions of power

Lynch I

Intimate partner violence, while previously predominantly associated with heterosexual relationships, is increasingly recognised as also occurring in same-sex relationships. There remains, however, a lack of research regarding power inequalities and abuse particularly in women's same-sex relationships. This silence is partly related to a gendered discourse that positions women as inherently non-violent and that idealises female same-sex relationships as necessarily egalitarian. A desire to avoid societal stigma and prejudice towards same-sex sexualities further silences women in speaking about their experiences of interpersonal violence and contributes to a lack of available support. Previous studies have commented on the influence of heteronormative gendered scripts, associated with unequal power relationships between partners, in perpetuating intimate partner violence not only in heterosexual relationships but

also between same-sex partners. This qualitative study aims to gain a better understanding of how women evoke notions of gender in their accounts of interpersonal violence in their same-sex relationships. Drawing on individual interviews with lesbians, bisexual women and women who have sex with women in the Western Cape, I use a feminist poststructuralist lens to identify different ways in which gendered identities and practices are evoked by participants. The findings suggest that the participants implicate heteronormative constructions of masculine and feminine identities as informing some of their same-sex interactions. Such a heteronormative binary sanctions dominance and violence for masculine-identified partners and prescribes passivity for the other. I conclude with implications for interventions aimed at addressing interpersonal violence among women in same-sex relationships.

Thematical Oral Sessions *Continued...*

“I can tell that he’s serious because ‘uyandicheckha’”: Sexual scripts as frameworks for sexual action in a rural Eastern Cape village

Sofika D, van der Riet M, Jwili O & Akhurst J

This paper draws on script theory to explore the way sexual relationships are maintained and configured through the adoption of sexual scripts. Sexual scripts are analysed as frameworks for sexual action. It explores the investments that each partner makes in the relationship in order to make the relationship work to their advantage through the adoption of scripted sexual action. Partners are engaged in three forms of scripted action, ‘ukuchekha’ (going out to see a girlfriend), ‘ukutaka’/ ‘ukuouta’ (going out to sleep over at a boyfriend’s house) and ‘ukushiywa’

(being dumped or left behind) which function to keep the relationship in place. Relationships for men are centred around sex and for women around love or ‘seriousness’. Young women do ‘ukutaka’ (sleeping out) in order to avoid ‘ukushiywa’ (being dumped). Young men on the other hand are compelled to do ‘ukuchekha’ in order to be perceived as ‘serious’ boyfriends, and as a means to get sex from their partners. The study then explores what this means for young people in sexual relationships in a rural Eastern Cape village.

Peace and violence: Transcending the dichotomy towards a relational account

Lau U & Mohamed S

Some peace advocates, politicians and international peace organisations often speak about peace and violence in antithetical terms. The United Nations peacebuilding, an international instrument of peace, for instance, is founded on explicit distinctions and oppositions, and in particular, the divide between war and peace. This hegemonic version of peace has infiltrated into peacebuilding policies, donor-funded programmes and expert-driven assessment and analysis of peace that are guided by a project management rationale. We consider the macro-level peace assessment instruments that are underpinned by this conceptual logic, promoting globalised norms that silence and marginalise local grounded and community-embedded beliefs, meanings and experiences of peace and violence. In our work as critical community psychologists, we present a

research framework applied to a peri-urban township in Johannesburg known for its persistent and vociferous violent protest action. We draw on psychosocial feminist theory to argue for a mutuality of peace and violence, as constituted in institutionalised and everyday practices of belonging, and as having affective and relational dimensions. We propose an approach for critical practice and research that is respectful of local community-embedded meanings reflecting the ambivalence of peace-in-violence (or violence-in-peace). Such an approach moves beyond antithetical discourse and action (‘anti-violence’) to one that straddles the peace-violence binary to foster psychological processes that promote mutual recognition, honour processes of uncertainty, and mobilise ambivalence as wellsprings for creative action.

Thematical Oral Sessions *Continued...*

Overcoming or transforming adversity? Resilience in high risk communities

Ahmed R, Mohamed S & Mosavel M

South Africa is one of the most unequal countries in the world and low-income communities remain at risk for a number of negative outcomes. However, in spite of adversity, many communities display remarkable resilience. The focus on both research and interventions for violence has been on risk and there is a relative paucity of data on resilience. The aim of the present study is to complement this research by a focus on community resilience factors that could help inform future research and prevention initiatives in both low and high income contexts. The current study draws on data from two different projects. Focus groups were conducted with both youths and adults from three different low-income communities in Cape Town about the conditions in their

communities. Data were analyzed using thematic analysis. While the results support resilience under conditions of adversity, the magnitude of risk in low-income contexts was strongly echoed by all participants. The most significant risk factors were poverty, violence (especially gender violence) and community dysfunction. Personal agency, altruism, transforming high-risk environments, and social mobilisation and social action were identified as some of the key resilience factors. The transformation of higher risk environments included alleviating poverty, greater social and recreational infrastructure and stricter laws and regulations. The results point to the inextricable link between risk and resilience and cautions against viewing resilience as success in the face of all odds.

Evaluating the implementation fidelity of an evidence - based South African community-level prevention intervention

Kramer S, Seedat M & Suffla S

The development of sustainable and effective community-level interventions is central to the reduction of major drivers of disadvantage, violence and inequitable social structures in South Africa. However, whilst an intervention may appear effective by virtue of its content-related material, issues relating to implementation often undermine the sustainability and success of this effectiveness. This is even more pronounced when interventions targeted at the community level necessitate community engagement, mobilisation and participation. This paper aims to demonstrate the extent to which an evidence-based community component of the Ukuphepha Child Safety, Peace and Health Programme (UCSPHP) could attain implementation fidelity given the complexity and scale of the intervention and the limited resources and capacities available to the agency and community. This was achieved by drawing on the theoretical underpinnings of existing implementation

models against which we evaluate the programme's implementation success and identify implementation barriers and promoters. These models include the multi-level ecological framework proposed by Durlak and DuPre (2008), the Communities that Care (CTC) Model, the PROSPER Model and Eksteen and colleagues' (2012) Ukuphepha Child Study Community Engagement Model (UCSCEM). The combination of Westernised models and South African-specific models in both developing the UCSPHP community-level pilot and evaluating its implementation fidelity provides the foundation for future local evidence-based initiatives. Accordingly, this paper provides a platform for the development of a localised implementation model for South Africa that makes provision for both the global movement towards evidence-based practice in community psychology as well as country-specific factors relating to marginalisation, resource mobilisation and community cohesion.

Thematical Oral Sessions *Continued...*

Key considerations in building safe communities in Africa: A community psychology perspective

Makonyonga F, Suffla S, Seedat M & van Niekerk A

In Africa, injuries rank as the third leading cause of reduced life expectancy. Existing responses to this high injury burden in Africa have revealed the dearth of and need for systematic, coordinated and context-sensitive approaches to the promotion of safety, peace and health on the continent. Drawing on a community psychology perspective, and grounded in the Africa-centred safety, peace and health promotion initiatives in which the

authors are involved, this presentation will provide a conceptual framework for the stimulation, development and sustainability of safe communities in Africa. The key factors that are considered include awareness-raising and agenda-setting; community asset identification and mobilisation; inclusion of marginalised groups and knowledges; coalition-building; and community engaged safety, peace and health strategies.

The notion of studio of learning in professional training in psychology: An ecological perspective on transformative work

Blokland L

This paper hopes to provide insight into the relative merits of drawing on the complex opportunities afforded by a South African urban community clinic to develop a psychology “studio of learning” that facilitates a context-specific collaborative and critical pedagogy. The traditional psychology programme leans towards a combination of theoretical and practical site learnings. The theoretical teaching/learning is often typically realised in the form of a static institutional classroom while the practical site teaching/learning frequently takes the form of set sessions made for the students in a rigid institutional culture. A major part of the learning occurs outside of the institution in private sessions called “supervision” in a space and time divorced culturally, psychologically and emotionally from the patient/client/therapist interaction

and relationship. The student then shifts from the world of the patient/client to the world of the academic in an attempt to integrate practical experience with further therapist development. The sessional set-up focuses the students on individuals and hampers his/her gaze from settling on contextual socio-political factors which may be incorporated into interventions. An ecological sensitivity may be essential to transformative work within the students and between therapist and patient/client. For this reason, I consider the challenges of developing transformative spaces for teaching and learning through situating students in collaborative work environments such as can be provided by the notion of a studio of learning in a community clinic.

Thematical Oral Sessions *Continued...*

Engaging youth in peace and safety action through photo voice: Reflections from a decolonised African continent

Bawa U & Suffla S

Peace building research and interventions that seek to engage youth as producers of knowledge and agents of change are critical in building community. They strive to position youth voice and action within a social justice framework - vital in societies experiencing prolonged conflict and oppression. Various theoretical lenses and methodological tools have been invoked to examine and support youth participation in peace related engagement. Photo voice, with roots in liberation psychology and participatory methodologies, has emerged as an orientation to youth activism directed at influencing change towards socially just ends. Drawing on an African multi-country study aimed at exploring youth representations of peace and safety in marginalised

communities, this presentation reports on the use of photo voice for engendering critical consciousness; promoting peace and safety among youth; stimulating social action and engendering a sense of community. The study located conceptual tools, analytic skills and hardware, in the form of cameras, within participants' locus of power. Findings reflected that the material and discursive conditions that represent peace and safety for youth facing forms of marginality are multi-dimensional and complex. The privileging of the knowledge of participants appeared to have catalysed varied forms of peace and safety activism, albeit within a limited range and realm of influence.

Continuing education issues among mental health professionals

Pillay A, Tooke L & Zank A

The concept and practice of continuing education is not new among health professionals, since many practitioners are aware of the need to keep abreast of developments in their field. However, around the turn of the century, various professional councils promulgated regulations for mandatory continuing education (CE) and the accumulation of CE points. This has, understandably, witnessed a shift in professionals' involvement in academic activities. Against this background, the authors were interested in examining pertinent variables associated with psychologists' and mental health professionals' involvement in continuing education. To this end, attendees at the annual World Mental Health Day Symposium in Pietermaritzburg were surveyed. The event, inaugurated in 1999, is the largest such professional activity commemorating the day in KwaZulu-

Natal, and is attended by psychologists and other mental health professionals from all parts of the province. At the 2012 event, questionnaires were distributed to all 152 attendees, 102 (67.1%) of whom volunteered participation. The questionnaire tapped demographic variables, work contexts, commonly encountered mental health problems, client age groups, mental health problems that participants wished to learn more about, current methods of accessing CE, use of web-based academic resources, and membership of formalised CE groups. In addition, participants ranked their broad learning priority areas including ethics and related issues. A quantitative analysis of the data was performed. The results will be presented and discussed in the context of national mental health service issues and needs.

Thematical Oral Sessions *Continued...*

Engagement with adults with disabilities: Exploring the applicability of Yalom's group therapeutic principles

Etzebeth C, McKay K, Mojapelo C & Modutla K

This case study describes the community engagement practical experience of three clinical psychology masters students who have enrolled with a university in South Africa. The community engagement centre under study is situated in a township located about 25km north of The City of Tshwane (Pretoria) in the Gauteng Province of South Africa. The centre has traditionally provided a range of sheltered workshops and support to about 25 members from the ages of 17-50 years who reside in the local township. The members who are housed at the workshop present with a number of disabilities

including cerebral palsy, epilepsy and mild to severe intellectual impairment. The aim of the researchers was to investigate through a case study method, the applicability of Yalom's (2005) group therapeutic principles with a group of disabled adults. Through this engagement, the researchers were able to practically observe the group dynamics as described by Yalom (2005) emerge during group processes. The applicability of Yalom's group therapeutic principles relevant to this study and the therapeutic impact of the group engagement on the members will be discussed.

If Freud worked in a disability unit: Perspectives from three disability units in higher education institutions (HEIS)

Wolfensberger C, Pretorius A, Ramaahlo M & Yates D

The South African higher education system is currently undergoing dynamic re-orientation in accordance with social and legislative changes. Following the National Plan for Higher Education, the HEI Green Paper (2012) and White Paper 6 (2001), the focus of this re-orientation is to provide comprehensive and holistic support for students with disabilities. The aim of such is to allow for accessibility, not just with regards to infrastructural requirements, but to provide full access to learning. This negates support that is complex and requires a well-resourced disability unit. The role of the psychologist within the disability unit is diverse and multi-faceted. The support that the students require is complex and the psychologist often has to navigate the broad field of connections within the

university environment, in order to serve the needs of the students with disabilities well. Often, a bio-ecosystemic understanding of students with disabilities is required when facilitating and providing support. This study presents the experiences of psychologists working with students with disabilities at three HEIs disability units. Even though the roles of psychologists in disability units vary, the experiences associated with these roles could be universal. The study attempts to use the experiences of these psychologists to advocate for a psychological understanding of disability in order to facilitate the diverse and complex support required for students with disabilities within tertiary education environments.

Thematical Oral Sessions *Continued...*

When “gay friendly” or “gay accepting” are not enough: Reflections on training clinical psychologists to provide sensitive psycho-therapeutic practice to gay and lesbian people

Coetzee C

Competent treatment of minority groups such as lesbian, gay, bisexual and transgendered and intersex (LGBTI) people requires specialised knowledge and skills. A gay affirmative paradigm asserts that same-sex orientation is a healthy alternative to heterosexuality. To work affirmatively practitioners need to have resolved their possible prejudice and heterosexist bias, and to have the requisite knowledge and skills to address concerns unique to sexual minority individuals. Although American post-graduate psychology programmes increasingly are incorporating sexual diversity, the dearth of data about South African psychology training prompted this inquiry which broadly aimed (i) to establish to what extent trainees' prior training had equipped them with the knowledge, awareness, and skills to practise in a gay affirmative manner, (ii) to implement and (iii) evaluate the efficacy

of a brief structured training programme to increase knowledge and awareness, and to change specific attitudes and impart skills required for treating lesbian and gay patients; and (iv) what, if any, recommendations should be made for future training. The programme focused primarily on gay and lesbian issues; bisexual, transgender and intersex issues could be tackled in more advanced training. Nine intern psychologists participated in a six week programme comprising weekly workshops. The study employed both quantitative and qualitative data analysis methods. Despite possible sampling bias, results indicate that local psychology training might not address same-sex orientation adequately. The need and value of such training was confirmed by trainees' recommendation that this programme should be a mandatory offering in the first year of clinical training.

Back to the past and into the future: Forensic psychology in South Africa

Govender C & Graham T

Over the years, psychology has emerged as a mechanism to mediate the growing burden of social problems plaguing South Africa. Today this is even more pertinent as on-going debates around Scope of Practice and the relevance of psychology arise. In particular, forensic psychology in South Africa is one of the sub-disciplines of psychology that is now at a crossroads and the direction in which it moves from this point will shape its future outcome. This profession finds itself at a significant juncture requiring a pensive response, if it is to play a role in alleviating social pressures, such as crime, currently affecting the nation. In South Africa there is currently a lack of theoretical and empirical information and evidence about forensic psychology and its importance as a professional registration category and

area of specialization. In order to fill this gap, this study embarked on an interpretive qualitative investigation of psychologists' views of forensic work. Key informants were individually interviewed about their perceptions of what role forensic psychology can play in psychology and in South African society, including their perspectives about whether it should have its own professional registration category, issues related to scope of practice, and the formal training requirements of the field. Interpretive phenomenological analysis, in combination with thematic analysis was used to analyse the interviews. The data collected comprised of the informant's subjective opinions on the topic and they are positioned within the broader debates and questions presently being explored in the profession.

Thematical Oral Sessions *Continued...*

Why PsySSA should forget about ‘social relevance’

Long W

According to PsySSA’s Vision, Mission and Value Statement, ‘social relevance’ remains one of its guiding ideals. In its own words, the association claims to “encourage a multiplicity of opinions and seek ways to incorporate the voices and experiences of all communities and avenues of psychology.” Many psychologists in South Africa, however, continue to criticize the discipline for its ‘irrelevance’ in relation to the lives of the country’s majority, an argument that has persisted since the late 1970s. In this paper, an attempt is made to explain the ongoing concern with ‘social relevance’ in the discipline. Ten presidential, keynote and opening addresses delivered at PsySSA congresses since 1996 were discourse analysed. Two competing discourses were identified that dominate the discursive order of the post-apartheid era. The first - a market

discourse - advocates the development of a psychology that is financially rewarding, globally competitive and internationally recognized. ‘Market relevance’ is sought in which teaching, research and community service outputs are graded according to international standards and priorities. The second discourse of civic responsibility casts South Africa’s traumatic past as unresolved and requiring the intervention of psychologists. In this case, ‘social relevance’ is desired in order to bring about the emancipation of marginalized communities. On balance, however, the market discourse enjoys hegemonic status. With the introduction of democratic rule, South Africa’s re-entry into the international community resulted in far-reaching changes to the country’s political, economic and higher education landscapes, which adjusted themselves to the demands of a globalized neo-liberal order.

Navigating the tension between educational psychologists’ and registered counsellors’ scopes of practice and service needs in educational contexts

Perold M & Collair L

The paper outlines the dilemma faced by practicum supervisors in training students to practise within their scopes of practice yet address the psychological and educational needs of learners in educational settings that typify the contexts in which qualified educational psychologists and counsellors work. Several training institutions utilise a service-learning pedagogy where students provide psycho-educational services under supervision in exchange for an opportunity to exercise their developing skills. These students are placed in educational contexts. This paper reports on the reflections of two supervisors on the referral questions faced by students and the challenges that they face in addressing the referred cases. These referrals are then examined against the scopes of practice developed

by the Professional Board for Psychology. The findings suggest that educational institutions, especially those which serve learners from disadvantaged contexts, have a high level of need for psycho-educational services and that the type of referral questions range from learning and other educational difficulties, developmentally typical, social and emotional challenges to pathological emotional problems exacerbated by their social contexts. While the preferred professional response would be to refer the more difficult cases for further management to health or social services, this proves difficult with no sustainable follow-up. This leaves the question of whether students should service the clients and adhere to their professional ethical codes, albeit that they may stretch the respective boundaries of their scopes of practice.

Thematical Oral Sessions *Continued...*

The scientist practitioner model - deliberations on the way forward in psychology

den Hollander D & Fouche J

How do we distinguish psychology from pseudoscience and psycho-quackeries? The challenge of sifting the proverbial corn from the weed in psychology is as old as the profession itself. How we sift what we deem belongs to the body of psychological knowledge and what belongs to the practise of psychology remains a challenge. Since Kant's early challenge, psychology has attempted to follow the methods of natural sciences in order to claim its own explanations as scientific. Empiricists state that only quantifiable knowledge could be studied using methods that eradicated the experience of personal judgement. As a result only psychological phenomena that fitted into scientific methods of the time were studied. This meant that the focus of progress in our field was about proving our field as scientific instead of understanding our field through science, and this

whilst science itself is in its own process of continuous falsification of its own methods. Science can validate our explanations of psychological processes but it cannot validate psychological processes themselves. In the current ideological climate of evidence-based practice, clinical expertise has been replaced by the researcher in the position of the expert in the field of psychology. Therefore clinicians are seldom part of the legitimation process. This change of expertise has often deprived the psychology practitioner from critically engaging with new knowledge through scientific methods and therefore is easily lured into the sensation of pseudoscience and psycho-quackeries. This paper presentation will focus on further exploring this debate on the role of science in psychological practice in our modern day era.

What the world's psychologists are researching & presenting: Reflections on the International Congress of Psychology (ICP 2012)

Pillay A, Pillay B & Duncan N

The International Congress of Psychology (ICP 2012) was held for the first time on the African continent during July 2012. The organization of the event began six years in advance, with the work of the Scientific Committee culminating in a mammoth exercise over the last year, which included, inter alia, reviewing thousands of submitted abstracts and making decisions regarding inclusion in the final programme. The review process resulted in a rejection rate of 30%, which was higher than previous ICP conferences, and attested to the

scientific rigour that was applied in developing the 2012 programme. The paper focuses firstly, on an analysis of the 5500 abstracts of papers presented at the congress, examining the nations represented, the broad areas of study, and the types of work that had been undertaken. The second part of the paper reflects on the processes and experiences of the Scientific Committee. We discuss some of the challenges, as well as the strategies employed to handle this enormous task, and make the conference one of the most successful ICP events.

Thematical Oral Sessions *Continued...*

Interrupting chronicity creatively: An acute psychotherapeutic intervention in a chronic female psychiatric ward

van der Merwe S & Hoffman D

Chronicity refers to the pervasive adoption of the sick role by psychiatric patients in which they fail to take responsibility for their behaviour and remain in a state of helplessness. This study will investigate the effect of a psychotherapeutic intervention programme consisting mainly of creative therapy methods in a female chronic ward in a state psychiatric facility. The intervention programme is designed to attract and maintain attentiveness to ensure internalisation of the intervention. Patients are held accountable for their actions through a privilege system with reward groups that aim at reducing the effects of institutionalisation. The patients' fear of giving and receiving feelings is respected by facilitating non-threatening interaction enabling them to gradually work through their discomfort. The multi-level intervention

takes place in a climate facilitating empowerment rather than creating dependence. Creative therapy methods including art, drama, music, dance and creative writing, increases self-awareness in a non-threatening way by working with projections and feedback. Patients experience the ability to plan and create while their imagination is stimulated and self-worth increases. Safe spaces for self-expression are created and cohesion is built in a structured environment. Creativity is discovered through therapeutic play and traditions are created to facilitate a healthy culture. The effects of the programme are measured qualitatively and analysed interpretatively before and after implementation of the programme by using different creative modalities from which themes will be extracted and compared.

Exploring the experiences of psychotherapy supervisors in South Africa

Uren S & Gordon K

Psychotherapy supervisors are integral to the development of beginning psychologists, and some psychologists continue to find supervision valuable throughout their careers. An exploration of experiences within psychotherapy supervision may be significant to the development of both supervisors and those they supervise. However, psychotherapy supervision is often inundated with challenges. Studies have illustrated that a lack of formal training in supervision, managing the supervisor-supervisee relationship, and power and resistances, are all difficulties encountered in the supervision process. Research on experiences of supervision, both internationally and in a South African context, is scarce. This research aims to contribute to

this area by investigating the experiences and in particular the challenges facing South African psychologists in a supervisory role. A qualitative, interpretative phenomenological approach was employed in order to develop a thematic account of subjective experiences of conducting psychotherapy supervision. Open-ended interviews were conducted with registered psychologists working as psychotherapy supervisors. The findings highlighted themes regarding the challenges of supervisory practice. These will be discussed, with particular focus on their relevance to the supervisor-supervisee relationship, as well as considerations for future research in psychotherapy supervision in South Africa.

Thematical Oral Sessions *Continued...*

Sex crimes in South Africa: What is your role?

Nhlapo A & Bayi L

The high rate of sexual crimes in South Africa is alarming. We are bombarded daily by media reports of brutal sexual crimes committed against both young and old. South African surveys have shown that very few of these cases get reported to the police. Reasons for under-reporting include: fear of being stigmatized, re-traumatization and misconceptions around understanding of what a sexual crime is. Furthermore, of these cases reported, less are forwarded for prosecution. Police incompetence, unfamiliarity with sexual offences legislation and insufficient resources have been reported to be reasons for under prosecution. During the prosecution of such cases both the judicial officials and the prosecutorial team are challenged in dealing with sexual offences as they are not specially trained in dealing with sex crimes.

As a result fewer sexual offenders get convicted and sentenced for imprisonment. There are currently few research studies into sexual crimes and sexual offenders; thus lack of literature to inform treatment plans for this population. This presentation will look at how current psychologists address the offending behaviour of sexual offenders in correctional facilities. Four case studies will be showcased to illustrate the developed Sexual Offenders Programme that is currently being conducted in two correctional centres, namely Pretoria Central and Odi Correctional Centre. Finally, the presentation poses a challenge to psychologists to participate in preventative strategies in dealing with sexual related offences in their daily practices.

Evidence based principles of rehabilitation”: Putting criminogenic needs in practice

Nhlapo A

Multiple rehabilitation programmes and therapeutic interventions exist in our correctional facilities. Some of these programmes are conducted by social workers, psychologists, Case Intervention Officers (CIOs) and external service providers. Despite efforts made by these helping professionals, there seems to be unanswered questions regarding the high rate of recidivism. Stories of parolees who committed heinous crimes are reported daily in the media. Questions are raised concerning the role of our correctional centres. Society is rightly becoming pessimistic and sceptical about the prospects of our inmates getting rehabilitated in our correctional centres. Tax payers are worried that their money goes to waste and possibly think that inmates will come out of our correctional centres as worse criminals. Although

there are no official studies conducted on recidivism, estimations suggest that it could be anything between 64% and 94%. Recently the Minister, Sibusiso Ndebele admitted to this. He stated that the Department releases about 23000 offenders monthly and in return admits 25000 both new and old offenders. Why is it so? What is the problem? Can we say we have a competent and effective justice system that is able to bring to book those who have offended or are our facilities failing in addressing offending behaviour? Can we say programmes conducted in our facilities have done little to rehabilitate offenders? If this is true, then the programmes seem to serve no purpose other than to see the offenders outside the correctional facility but un-rehabilitated. So what? Is there anything that works?

Thematical Oral Sessions *Continued...*

Factors that affect efficiency in the provision of mental health care in South Africa: An attempt at quantifying stigma and misunderstanding

Mashego K

This study aimed to empirically investigate stigma associated with seeking help from Psychologists; in the hope of emphasizing the possibility of reduced productivity levels if there is stigma for mental health services. Data were gathered from a stratified random sample of 135 students of 18 years or older, enrolled at seven Faculties within a tertiary institution; based on a structured questionnaire and interviews. The study assessed level of stigma through quantifying four variables: attitude towards seeking psychological help, intentions to seek counselling, self-stigma of seeking help, and social stigma for receiving psychological help. The study found reduced stigma with increased likelihood of both genders to seek Psychological services and reduced social stigma for seeking such

services. Results showed gender and marital status as significant predictors of stigma. The scores for the stigma variables were significantly different for male and female respondents; being male and not married put one at risk to be more stigmatized. The qualitative results indicated overall reduced consultations with the Psychologist. Even though more men verbalized intentions to seek counselling based on results they seem to be the gender more reluctant. There could be underlying factors that influence the actual attendance of sessions when there is a need and this should be probed. The findings of this study could be used for conducting a much larger future study to establish the level of the stigma and reduce poor incidences of seeking psychological help.

South African health-care practitioners' experiences of the current health-care delivery system in Uthungulu district

Stoyanov J

South Africa is at a critical point in the debate about the future of health-care in the occupation-specific dispensation (OSD). It also faces the exodus of valuable human resources to what are perceived as greener pastures, as health-care practitioners become increasingly dissatisfied with governmental policy, wage negotiations, work-place disillusionment, lack of service delivery, expressions of corruption and lack of resources. This research aimed to thematically analyse the experiences, opinions and feelings of health-care practitioners in both the public and private health-care sectors as well as

explore international trends with the intention of drawing comparisons, highlighting problem areas, and discussing possible solutions. It is hoped that this research will contribute to understanding the dynamics that marked the exodus of medical practitioners from South Africa, at a time when change in the health-care system was imminent. In order for health-care practitioners to remain in the current health-care system, a new dialogue would need to be opened in which their concerns could be raised and evaluated.

Thematical Oral Sessions *Continued...*

Job demand on mental health care nurses in Johannesburg

Moyo N

Nurses in health care are amongst the most widely researched professionals the world over. Despite there being a lot of data on nurses, very little exists on mental health care nurses in Johannesburg. The development of stable, well-supported nurses is essential to enable quality mental health care. Thus this study aimed to explore mental health care nurses' working conditions and see how this affected their work performance. A non-experimental, cross sectional design was used. Questionnaires were administered to a convenience sample of nurses in psychiatric wards at the Charlotte Maxeke Hospital, Helen Joseph Hospital, TARA and Chris Hani Baragwaneth Hospital. The Job Demands Resources (JDR_ Model was used for the study. This model assumes every occupation has its own specific risk factors associated with burnout and that these

factors can be categorised into two broad areas - job demand and job resources. In this study, burnout was measured using Maslach and Jackson's (1986) Burnout Inventory (MBI-HSS). The MBI-HSS measures burnout in three subscales, emotional exhaustion, depersonalisation and low sense of personal accomplishment. Four components were included and measured in the job demands variable, that is, workload, sexual harassment, role ambiguity and exposure to violence. Job resources were assessed using the components of autonomy, job content, social support, professional development and performance feedback. The relationships between these variables were explored using correlations primarily. The results are examined in line with the assumptions for the JDR model, to see if they hold and what the implications are for a supportive work environment for nurses.

Nurses' experiences of handling aggressive patients in a public hospital

Masoka B

Violence is aggression where harm is the intention although many instances of aggression are not violent. Violence is not limited to war zones or dangerous streets that are dominated by gangsters, it is also found in offices, beautiful company buildings, organisations and places such as clinics and hospitals. In the healthcare sector it is particularly evident in patients with whom nurses continually have to contend. The aim of this study was to explore nurses' experiences of patient aggression and the strategies that nurses use to manage it in a Johannesburg public hospital. A sample of ten nurses was interviewed. A thematic content analysis was employed in this qualitative study as it facilitates the expression of

the participant's voice through themes. From the findings it was evident that nurses have a variety of experiences relating to patient aggression therefore confirming that it is not a new phenomenon in South African public hospitals. In addition, nurses use different techniques in an attempt to handle aggressive patients, some strategies being more effective than others. Consequently, this study recommends that nurses be trained and equipped to deal with patient aggression. There should be more supervision with managers and more research should be encouraged so as to be able to inform training for nurses on patient aggression.

Thematical Oral Sessions *Continued...*

Do mental health care institutions care for mental health?

Campbell C

The phrase 'psychology in action' may automatically surface positive connotations about the effects of psychological interventions. However, the fact that something is 'in action' or moving, that someone is 'doing something, does not automatically indicate favourable outcomes. Misled or badly executed actions can be damaging. Psychiatric care facilities exist primarily to treat the psychological and psychiatric difficulties individuals face. Even before meeting the therapists and doctors the mere existence of a psychiatric facility represents 'psychology in action'. Everything from what the building looks like to the attitude of the catering staff contributes to how a facility puts psychology into action.

Therefore, from the moment one is admitted to a psychiatric institution 'psychology in action' begins to influence the patient. Theory and therapeutic techniques are essential for effectively putting psychology into action. Indeed, a plethora of information exists regarding the academics of psychology. However, how often are mental health care practitioners made to look at the reality of their patients and clients genuine, lived experiences of psychology in action? It is this question, which will be addressed through an autoethnographic approach to exploring both a damaging, and subsequently effective experience of two psychiatric institutions.

Exploring the experiences of parents with traumatic brain injured children through online forums

Hassem T

The role of parents in the recovery of a traumatic brain injured child is vital. Due to this, research has been conducted on investigating the needs of these parents. Parents have highlighted the need for social support, information regarding their child's condition as well as the need for the best possible care for their child as a few of their many most important needs. Parents have stated the need for access to information and social support to be available at any time when needed. As a result of advanced technology online health forums play a very important part in access to information and social support at any given time. Online health forums have

found to have the following benefits; ability to disclose personal information without being stigmatized/ judged, access to a rich and diverse source of information, first hand experiences and advice, as well as social-emotional support. This research has explored how eight parents with children who have acquired moderate or severe traumatic brain injury at least five months prior to their online posts. These threads will be analysed by using thematic analysis as well as Henri's content analysis (1992). These results will be discussed with reference to literature on online health forums and the needs of parents with traumatic brain injured children.

Thematical Oral Sessions *Continued...*

Who wants to be a neuropsychologist?

Truter S

A survey was sent out to all psychologists in South Africa in November 2012. The survey was aimed at those psychologists who are interested in neuropsychology and either already practice in the field or wish to do so. Important information was gleaned in this way about

training received and required, what type of work those with a neuropsychology background do, where they get referrals from, what fees they charge, the degree of interest in future training and interest in registering in the category of neuropsychology in the future.

EEG biofeedback training of executive functions in a case of attention deficit hyperactivity disorder

Jimoh M

A number of different treatments have been proposed to treat attention deficit hyperactivity disorder (ADHD) in children, yet little material has been published in the literature to improve the performance of the mechanisms behind attention, inhibitory control, cognitive flexibility and working memory in these children. Therefore, the objective of this study is to ascertain improvement in the aforementioned executive functions in an ADHD pupil following neurofeedback training. The population for this study comprises of all primary school pupils in Lagos state diagnosed with ADHD. The subject for the study was a previously diagnosed 10-year-old ADHD boy. Assessment was done using the Thought Technology equipment and Test of Variables of Attention (T.O.V.A.). The subject participated in twice-weekly

intensive neurofeedback training for 6 months. Feedback presentations were contingent on the production of Beta (16-20 Hz) and the inhibition of Theta activity (4-8Hz). Results from the study revealed that the subject, based on operant conditioning was able to decrease theta activity successfully in the pre-frontal (PF) and frontal (F) aspects of the brain and as such there was a noticeable improvement in T.O.V.A. performance and Attention Deficit Disorder Evaluation Scale (ADDES). It is therefore concluded the EEG Biofeedback may improve executive functions in ADHD. Findings further suggest that EEG Biofeedback may be explored as an alternative treatment to ADHD among children. There may be a need to replicate this study in future.

Thematical Oral Sessions *Continued...*

“That which doesn’t kill us only makes us strangers” – perceptions of personality change in TBI patients

Ansell G

Traumatic Brain Injury (TBI) is a reality faced by many around the world, with its occurrence in South Africa representing significant proportions. It can result in devastating effects on both the victims and those indirectly impacted by the injury. There has been much neuropsychological research around the physiological factors surrounding TBI, as well as the known occurrence of personality changes associated with such an event internationally but not in South Africa. This paper aims to take an in depth look into the changes in personality of individuals affected by TBI, and their perceived understanding of their pre and post injury personalities. It also evaluates how this contributes to that individual and their significant other's lives in relation to their careers,

daily functioning, and relationships. Incongruity in current and pre injury personality perceptions has far reaching outcomes on rehabilitation, and the future functioning of the individual. This study also attempted to provide a better understanding of how processing these changes could support treatment, rehabilitation and caregiver support. The NEO-FFI-R personality assessment was used to assess TBI patients' perceived current and pre TBI personality. The same test was given to each of the participants' designated caregivers to establish congruency of assessment results between patients and their loved ones. Preliminary results will be presented and discussed.

Thematical Oral Sessions *Continued...*

The relationship between verbal working memory and verbal creativity

Richard S, Koitsioe P & Cockcroft K

Working memory navigates complex cognitive tasks such as learning, comprehension and reasoning. Baddeley's multi-modal model explains how working memory is essential for divergent thinking. Another key system of divergent thinking is creativity, which adds pronounced value to society. Given that both working memory and creativity are meaningful processes of divergent thinking, the aim of this study was to investigate whether there is a significant relationship between verbal working memory

and verbal creativity. After completing demographic questionnaires, fifty university students were assessed on the verbal subtests of the Automated Working Memory Assessment and the Guilford's Alternate Uses Task. Results from the Automated Working Memory Assessment were analysed in relation to results from the Guilford's Alternate Uses Task. These results will be presented with regards to the literature on working memory and creativity.

Life stressors and resources as predictors of adolescent suicide attempt

du Plessis E

The continuing rise in adolescent suicide worldwide constitutes a serious public health challenge. Several environmental and personal factors have previously been associated with the rise in adolescent suicides. However, only a few South African studies have investigated the combined occurrence of these factors amongst the different racial groups. This study investigated the role of gender, race and psychosocial stressors and resources in attempted suicide among 1 033 Grade 11 and 12 learners from schools in the Free State Province. A cross-sectional research design was applied. Participants completed a biographical questionnaire and the Life Stressors and Social Resources Inventory, Youth Form. Logistic regression analysis was used to identify stressors, resources and demographic variables, which predict attempted suicide among the sample of learners.

The findings of the current study suggest that 12.5% of the sample had previously attempted suicide. Being Coloured ($p \leq .01$) and being female ($p \leq .01$) significantly increased the likelihood of attempting suicide. Stressors significantly associated with the increased likelihood of attempting suicide for the whole group were stressors regarding parents ($p \leq .05$), extended family ($p \leq .01$), home and money ($p \leq .05$), and negative life events ($p \leq .01$). Resources significantly associated with the reduced likelihood of attempting suicide for the whole group were supportive relationships with parents ($p \leq .01$), with Boyfriend/Girlfriend ($p \leq .01$) and positive life events ($p \leq .01$). These findings highlight the importance of supportive relationships and stable home conditions for the well-being of adolescents.

Thematical Oral Sessions *Continued...*

Every scar tells a story: The meaning of adolescent self-injury

Perold M, Ridgway M & Daniels D

In recent years expansive literature has been drawing attention to self-injury and has indicated that self-injurious behaviour is prevalent among the age group between thirteen and fifteen years. Self-injury among adolescents thus seems an important concept to be understood by teachers, parents and other significant role players. A gap in research regarding qualitatively generated knowledge and understanding of self-injury was identified. In this study, a narrative inquiry design was used to make sense of the stories of self-injury that the participants told. Four adolescent girls between the ages of fourteen and seventeen years with no history of mental illness and who were not receiving psychiatric or psychological intervention or showed significant levels of anxiety or

depressive symptoms, but who presented with cutting behaviour, were selected for the study. Two interviews were conducted with each girl, using firstly the metaphor of life as a fish bowl, and the making of a memory box to explore their stories of self-injury. The findings of this study suggest that cutting behaviour has purpose in the lives of the participating girls. Apart from having meaning in their lives, cutting behaviour also served to fulfil various functions, depending on the kind of problem and feelings that would be experienced in that moment. These functions ranged from providing relief, to being a form of punishment, to being a temptation, to becoming a comforting habit and a way to feel alive again.

Exploring parents' perceptions of teenage depression

Masemola M & Mojapelo-Batka E

Despite the rising levels of depression among teenagers and its associated dangers, there has been insufficient attention to parents and guardians' perceptions of teenage depression. The primary aim of the pilot study was to explore these perceptions. Three parents were recruited using purposive-criterion sampling method from Daveyton Township, on the East Rand of Gauteng Province. In-depth interviews were conducted and were analyzed using interpretive phenomenological analysis. Results indicate that parents perceive and

explain depression largely based on physical symptoms. Depression is defined as an illness that exerts pressure and disturbs the normal functioning on the teenager. Prayers and social support are regarded as treatments while causality is attributed to life stressors and bewitchment by others. Parents' perceptions of teenage depression within this study indicate both universally and culturally based features. This implies that it is important to develop culturally specific and relevant understandings of teenage depression.

Thematical Oral Sessions *Continued...*

A group therapy programme for adolescent girls who have suffered sexual abuse

Rapapali T, Msomi-Mbele P & Ngcobo S

The aim of the study was to evaluate a group clay therapy programme among teenage girls who have suffered sexual abuse. South Africa is a multilingual society with high incidence of sexual abuse. According to the National Department of Social Welfare, on average, 80 children were sexually abused daily between 2004 and 2006. The South African Police Service Statistics indicate that in 2008/2009, reported cases of child sexual abuse increased to 7 276 from 2 014 of the previous year. The study adopted a quasi-experimental research design. A sample of 40 adolescent girls who had survived sexual abuse was selected. They were divided into two groups of 20 each; the experimental group, and the control group.

The experimental group received clay therapy whereas the control group underwent the routine intervention programme that is offered at the health clinic where the study was conducted. On evaluation, a higher positive response was observed in the experimental group. This demonstrated the effectiveness of clay as a therapeutic medium. The number of trained professionals to attend to the reported cases of abuse is limited. Clay evokes the release of negative feelings and emotions without a word from the client; communication is minimal. Group clay therapy is therefore recommended when working with deeply traumatised individuals in third world countries like South Africa, where there is scarcity of resources.

Coping in the relationship between life stressors and suicidal ideation in a cross-ethnic sample of South African adolescents

du Plessis E & van den Berg H

The role of life stressors in adolescent suicidal behaviour is well established within literature. However, the relationship appears to be non-linear as the way in which adolescents cope with life stressors plays an important role in determining the outcome of this relationship. This study investigated whether a relationship exists between life stressors and suicidal ideation amongst 1033 multi-ethnic South African adolescents. A criterion group design was used. Participants completed the Suicidal Ideation Questionnaire (SIQ), the Life Stressors and Social Resources Inventory (LISRES), and the Coping Orientations to Problems Experienced Questionnaire (COPE). Product-term regression analyses were conducted to investigate the role of coping strategies in the relationship between life stressors and suicidal ideation. Correlations were found between suicidal

ideation and the two stressor subscales parents and negative life experiences. A correlation was also found between the stressor friends and suicidal ideation for the white participants, and the stressor family and suicidal ideation for the white and coloured participants. Coping strategies did not mediate the relationship between life stressors and suicidal ideation amongst any of the three ethnic groups. Coping strategies, did, however, act as moderators in this relationship for all three of the ethnic groups. The results suggest that ethnicity might play an influencing role in the experience of suicidal ideation and life stressors amongst South African adolescents. It appears as if Coloured adolescents might be particularly vulnerable with their level of suicidal ideation suggestive of a possible stressful adjustment to South Africa's rapid political and socio-economic transitions.

Thematical Oral Sessions *Continued...*

Resilience and attachment as mediators impacting upon the psychosocial sequelae of unwanted early sexual experiences

Caldwell T, Howcroft G & L Stroud L

Unwanted early sexual experiences (UESE) are phenomena that occur across cultures, genders and age groups. In the present study the term unwanted early sexual experiences is used in place of child sexual abuse (CSA) as it is a term that is perceived to be less threatening and encompasses more unwanted behaviours of a sexual nature that can occur in childhood. Existing studies on UESE have often focused on the negative consequences and effects of these experiences. In other words, they focus on the pathology of the experience. However, not all individuals who are exposed to an UESE are bothered by the experience. By using a psychofortigenic framework, the present study will endeavour to elicit the strengths of those individuals who were not adversely affected by the UESE. This will be achieved by investigating

the survivor's resiliency characteristics and the parent/child attachment relationship to determine if these acted as mediators to prevent the survivor from developing any negative psychological sequelae after the experience. A triangulated research methodology will be utilised in order to gather and analyse the data that is collected. Questionnaires (a biographical questionnaire, the Early Sexual Experiences Checklist, the Inventory of Peer and Parent Attachment and the Relationship Questionnaire and the Resilience Scale) have been administered to over 300 undergraduate tertiary students. One-on-one semi-structured interviews have been conducted with volunteers from the initial sample. The data that has been collected is currently being analysed.

A group psychotherapy practice-based model to develop psychotherapy and reflective skills with clinical psychologists during service learning in a public health settings

Naidu T & Pillay S

Reflective practice is increasingly recognised as an essential element for effective professional, ethical practice, especially in the health and caring professions. Ideally, learning to become a reflective practitioner should form part of the process of acquiring professional practice skills acquired during service learning. In resource-strained training contexts, combining clinical interventions with structured consultant involvement can achieve clinical and training goals simultaneously. This approach enhances both clinical and training goals in a mutually beneficial manner. In this paper we describe how clinical practice during training in group psychotherapy was used to facilitate the development of reflective skills with intern clinical psychologists. Various opportunities

were created for interns to practice reflective skills in the context of conducting group therapy with in-patients and out-patients in a psychiatric unit. Intern psychologists engaged with peers, clinical supervisors and clients to develop their reflective skills based on a Cognitive Apprenticeship Model, combining elements of modelling, mentoring and coaching. This supported and encouraged interns to reflect on the development of their psychotherapy skills, experienced psychologists' performance and patients' progress and response in the treatment groups. The utility of the model is discussed in the context of the competing demands of intern training and service delivery in busy public health settings.

Thematical Oral Sessions *Continued...*

A careerspan model of psychotherapist development within the South African context: A mixed-methods study

Laidlaw C, P Hoelson P & Fourie E

The current research aims to investigate the professional therapeutic development of psychologists across the career lifespan ranging from registered counsellors to senior psychotherapists (25 years or more in the profession) within the South African context. Career levels are to be explored in relation to the international developmental six-phase model of psychotherapists' professional development. Participants will be drawn from currently registered clinical, counselling or educational psychologists who practice psychotherapy. The study has adopted the mixed-methods approach of a qualitatively driven sequential explanatory design. In the quantitative phase of the study participants will complete an online survey version of the Development

of Psychotherapists Common Core Questionnaire. The results of the questionnaire are then envisaged to inform the sample of subsequent qualitative interviews of psychotherapists at the various levels identified where semi-structured interviews will be conducted to elaborate and enrich the questionnaire results. Texts from the interviews will undergo thematic analysis. Questionnaire results and interview findings will be interpreted together to provide a picture of psychotherapist development of psychologists in South Africa. Lastly, the findings of professional therapeutic development of South African psychologists will be compared to similar studies conducted internationally.

Understanding affect regulation in psychosomatic symptoms of an African girl: a Rorschach case study

Rose J & Macklin D

The Rorschach Inkblot Method is an assessment measure that has been used with much success in psychiatric settings. It is however not the first port of call in assessing children from various cultural backgrounds for somatic complaints in the South African public health service. This is of vital importance when considering the challenges of the multi-lingual, multicultural South African context where language, culture and nuance play a critical

role in an understanding of psychopathology among children. This paper will present the findings of a study that used the Rorschach Inkblot Method to understand affect regulation of psychosomatic symptomology amongst a young 'African' language child, who presented with pseudo-seizures. This paper will provide helpful insight regarding affect regulation and somatic complaints within the broader African context.

Thematical Oral Sessions *Continued...*

Caregivers perceptions of a parent-infant intervention implemented at a peri-urban settlement in South Africa to foster secure attachment

Amod Z & Aspoas B

This study investigates a parent-infant intervention that is run by a community-based organisation on the outskirts of Johannesburg's Alexandra township, South Africa. Community-based interventions that support the parent-infant dyad present an ideal opportunity to shape the development of youth as they aim to foster secure attachment relationships. This research specifically explores caregivers' perceptions of the Baby Mat project in order to understand why some caregivers make optimal use of this intervention whereas others do not. Data for this study were collected by holding a focus group discussion with 11 caregivers. The results of the data analysis indicate that caregivers are increasingly having to navigate the transition to motherhood alone, and are often overwhelmed with anxiety. Consequently

caregivers are often very receptive to the Baby Mat, which they see in the role of "grandmother". By visiting the Baby Mat, caregivers realise that they are not alone in the challenges they face and often leave the mat feeling more hopeful about their problems. Yet several factors block them from making full use of this intervention. The primary one is their socially and economically weak position. They are also concerned that actions that they would rather avoid might be taken when facilitators on the mat learn of the abuse they are exposed to. Having limited resources, they are often looking for information and guidance and when this need cannot be met, frustration follows. Generally they want people running relevant interventions to come to them, as opposed to their going out to seek support.

The risks and benefits of participating in research on child abuse experiences

Bassa H & Collings S

This study examined the risks and benefits of participating in child abuse research in a sample of 323 South African university students. Respondents for the study were recruited through notices placed on a university intra-web. During Phase 1 of the research (n = 323), data were collected using a structured questionnaire which surveyed child abuse experiences, assessed respondents' traumatic status, and evaluated participants' reactions to research participation. Phase 2 of the research, involved a 2-week follow-up of 119 respondents from Phase 1, and was designed to assess the short-term effects of Phase 1 participation. Research participation was well tolerated by respondents with the majority of respondents reporting: satisfaction with their participation (65%), personal benefit as a result

of participating (56%), and positive risk-benefit ratios (67%). Findings regarding research-induced distress suggest that a sizable proportion of respondents (31%) experienced their participation as distressing, with 13% of respondents reporting persistent distress at 2-week follow-up. Research findings provided no evidence that respondents had been re-traumatized by their participation. The findings suggest that participation in child abuse research is experienced as distressing by a sizable proportion of respondents. As such, child abuse survivors would appear to constitute a particularly vulnerable group with respect to research-induced distress, with such survivors warranting special attention in the design and ethical approval of research protocols.

Thematical Oral Sessions *Continued...*

Emotional experiences of participants in an all-male group psychotherapy: Reflections on a pilot interview

Jansen S & Ratele K

There is growing South African evidence of the emotional misery that males inflict on others and themselves. Renewed focus on the subjective distress of males reveals rates of depression that may surpass that reported among females, challenging the prevailing tendency of locating emotional ill-health in women. This presentation draws from a qualitative study, which explored the subjective therapeutic experiences of participants of gender homogenous group psychotherapy. The central aim of the study is to uncover male emotional responses in a psychotherapeutic group setting. Data-collection methods include in-depth individual and focus group interviews. The sample consists of purposively selected males who had been in brief and long-term all-male psychotherapy groups with the first author in a student centre at a local university and in a private practice

setting. The sampling strategy maximum variation ensured maximum within sample variance of site, age, race, geographical location, urban and rural and socio economic status. Data was analysed using grounded theory method-driven thematic analysis. The presentation reflects on the preliminary results of the pilot interview of a participant of the all-male group psychotherapy. In the presentation it is argued that effective psychosocial change work with men demands an explicit male-gender framework and that all-male group psychotherapy provides a space for gender sensitive and gender consistent therapeutic change work. It is hoped that the findings of this study increase understanding of men's self-reflection, engagement with therapeutic culture and other issues and experiences that are typically expected to emerge during therapeutic encounters

Precarious employment and fathering practices in South Africa: A critical review

Malinga M & Ratele K

A defining element of successful fatherhood in the eyes of men is breadwinning. Even while global and local literature suggests masculinities are changing, the ability for men to provide for their families' needs remains a key criterion of good fatherhood. Under this light, unemployed and precariously employed men face challenges to fulfil their role as satisfactory fathers. In fact, research indicates that the proportion of South African children with absent living fathers is high. For a significant number of men in South Africa, which is characterised by official unemployment rates of around 25%, chances of earning a secure, living wage to support a family are reduced. Unemployment figures tend to exclude those who are precariously employed, meaning those who are subjected to employment conditions without predictability

or security characterised by intermittent income, low pay, and are easily blackmailed by employers. Additionally, the new social expectation for men to also actively participate in the daily lives of their children is equally demanding. This presentation, which is grounded in a critical review of literature, focuses on the 'so-called' transition in the definition of fatherhood and associated practices under conditions of precarious employment. The aim is to highlight areas neglected in studies of fatherhood. We address the existing gaps in research by redirecting the focus from the perspective and interest of mothers and children onto the challenges and benefits of fathering for fathers. This work is expected to inform future directions in the study and interventions into fatherhood among the precariously employed.

Thematical Oral Sessions *Continued...*

‘You had it coming’: Victim-blaming and masculinity in male students’ talk on rape in South Africa

Everitt-Penhale B & Boonzaier F

In this paper I will discuss the victim-blaming accounts of rape utilised by male students in their talk on rape in South Africa and examine how these accounts are linked to masculinity discourses. In this study six focus groups were held, each consisting of between four and six male university students, in which participants discussed why some men rape in South Africa. Discourse analysis was used to analyse the data, with a focus on masculinity. Despite most participants’ overt opposition to rape, several distinct victim-blaming arguments were presented. Firstly, drawing on assumptions inherent in the Discourse of the Male Sexual Drive, women were argued to be responsible for being raped if they ‘provoke’ men by wearing revealing clothing or provide men with the ‘opportunity’ to rape them by getting drunk. Secondly,

women were argued to be responsible for being raped if they accept gifts from men with whom they do not intend to have sex, thus violating the ‘cultural’ rules of transactional heterosex and bringing their victimisation upon themselves. Thirdly, women were blamed for causing men to rape them through their insubordinate behaviour, wherein rape was presented as a legitimate male response to perceived female defiance of patriarchal gender relations. These accounts can be seen as part of the framework of meaning that young males have available to them to make sense of rape in South Africa, therefore demonstrating the need for interventions in South Africa that challenge victim-blaming beliefs and the masculinity discourses upon which they are formed.

Traditional masculinity as a self-reflexive gender project: The self-stylisations of Amakrwala

Everitt-Penhale B & Ratele K

The term ‘traditional masculinity’ appears frequently in masculinity research from a variety of diverse contexts, including South Africa. Yet despite widespread acceptance of the fluid and diverse nature of masculinities within and between different contexts, there has been for the most part a surprising lack of critical engagement with its usage. Oftentimes, ‘traditional masculinity’ is problematically equated with ‘hegemonic masculinity’. At other times, the adjectival ‘traditional’ is deployed (often with a negative connotation) in direct opposition to ‘modern’. Although the perception of a tradition-modernity binary clearly exists, the veracity of such a clear binary has been questioned. An example of the difficulty of precisely distinguishing such categories comes in the form of the dress of the Xhosa amakrwala, young males recently returned from initiation school.

The characteristically stylized clothing that many amakrwala wear are distinctive in a way in which those unfamiliar with the practice would be unlikely to label as ‘traditionally African’, yet this practice is described by amakrwala as part of Xhosa tradition. Therefore this study, using visual methodology supplemented with conversation with new initiates, poses a challenge to the way in which ‘traditional masculinity’ is utilised within much of the research on masculinity. The aim is to uncover how, not unlike ‘modern masculinities’, ubukrwala as a form ‘traditional masculinity’ in South Africa has to be seen not as a single unchanging object but rather a mobile self-reflexive gender project. The study also reveals how the notion of ‘traditional masculinity’ is not oppositional to but constituted by modernity.

Thematical Oral Sessions *Continued...*

The role of identity in academic commitment in university students

Human-Vogel S & Rabe P

In the present study we examine the relevance of identity to academic commitment in university students. Commitment reflects a long-term decision to persist in reaching future goals by regulating behavioural choices. We use Long's (2010) framework to argue that mature commitment requires significant identity investment to act as a guiding force on behaviour. The hypothesis that guided the present study was that greater self-differentiation and authentic pride as (proxies for identity) would be associated with greater academic commitment. We used Skowron and Friedlander's (1998) Differentiation of Self - Inventory - Revised (DSI-R) and a new scale, the Academic Commitment Scale (ACS). The sample comprised of 259 undergraduate students, mean age 20 years, with most participants in the

second year of study. The ACS reliability was 0.89, the Authentic and Hubristic Pride Scale was 0.83, and that of the DSI-R was 0.90. Results provide evidence for the hypothesis that higher self-differentiation was associated with stronger commitment. Particularly, the ability to take an I-position was positively associated with the extent to which participants experienced their academic commitment as meaningful ($r = .198, p < .01$), the extent to which they derived satisfaction from their studies ($r = .31, p < .001$), the level of investment in academic study ($r = .197, p < .01$), and the level of commitment they reported ($r = .241, p < .01$). The findings also indicate that stronger academic commitment was associated with higher authentic pride, and higher self-differentiation. The implications of the findings will be discussed.

An appreciative enquiry into the life orientation program offered in high schools

Manzini K & Msomi-Mbele P

This study aimed to assess the perceived effectiveness of the Life Orientation (LO) program offered in high schools using interviews led by a pre-designed questionnaire. These were conducted with 80 participants (52 females and 28 males) over 3 months. Purposive sampling was used for students who were registered for the first academic year in 2009 from the University of Zululand. The students reported critical developments that were enhanced by the LO programme as required by the Department of Education. It enabled students to be able to demonstrate initiative in identifying and utilising opportunities and taking responsibility for self-

development within a dynamic environment, solve problems when encountering obstacles to personal development, Understand and accept themselves as unique and worthwhile individuals, practice acquired life and decision making skills and develop positive psychological well-being. Participants were positive about the role of the LO programme. South Africa has a limited number of mental health professionals, therefore delivery is beyond reach to everyone. The skills learnt in this high school program are valuable in the prevention of ill-health and psychological problems.

Thematical Oral Sessions *Continued...*

The level of preparedness of the educators in Mthatha district to implement inclusive education

Titi P, Msomi-Mbele P & Govender S

The aim of this study was to evaluate the level of preparedness of educators from Mthatha District to implement inclusive education. The Department of Education (1977), and the National Commission on Special Needs in Education (NCESS) (1997), explain inclusive education as a way of integrating learners who have been excluded from ordinary schools because of barriers to learning. Preparedness refers to how well educators are ready or qualified to implement inclusive education effectively. The study was influenced by claims that educators experience the teaching of learners with diverse educational needs as difficult and unrewarding. A qualitative design was adopted for this study. A random sample of 100 educators was selected from the Junior Secondary Schools that have been converted to full service schools under the Department of Education

in the Mthatha District. A pre-designed, structured questionnaire was used to collect data. Data was analyzed qualitatively, through thematic analysis, and quantitatively through the use of the Statistical Package for the Social Scientists (SPSS). Data analysis was therefore both interpretive and descriptive. The findings revealed that 60% of the participants were comfortable with inclusive education because of previous training and experience; however, they felt that more could be done by government to support them. Forty percent of the participants were not ready for inclusive education. Findings from this study indicate some progress in the Mthatha District towards implementation of inclusive education however; more needs to be done by the government to improve the situation.

Locating constructions about students within higher education discourses and implications for institutions

Schreiber B

Various discursive and normative communities within higher education, such as Student Affairs, construct students differently. This paper explores some of the discourses which implicitly construct 'the student' within the broader emerging discourse on higher education nationally and globally. Two positions will be explored, the construction of the student as a complex heterogeneous group, and the student as client. A review of the national higher education policy reveals the emergence of a contextualised construction of the 'the student'. These emerging voices reveal complex notions about the student, away from a 'type', perhaps described in monochromatic and binary terms, towards the recognition that, through massification, internationalisation and other influences, students are a heterogeneous group and complex beings, with fluid identities and a range of needs and capabilities.

The trend towards recasting higher education as a commercial commodity heralds a shift towards viewing the student as a client. The notion that the student takes part in higher education as a passive recipient of a service removes the inter-relationship of collaborative knowledge creation, which is part of constructivist notions that knowledge is created and relative to its context. This positions the student as a passive recipient outside of the knowledge-creation process and challenges universities' contract with society. As part of a larger research project, 23 Student Affairs executives and practitioners were interviewed to illuminate constructs underpinning notions about students. The interviews were transcribed and thematically analysed. Two themes will be discussed and implications of the findings will be linked to current higher education practices.

Thematical Oral Sessions *Continued...*

Challenges associated with the assessment of psychomotor domain for quality education in Port Harcourt Metropolis, Nigeria

Agomoh E

The quality of assessment especially in the psychomotor domain by teachers has serious implications for quality assurance, educational standards and credibility of certificates awarded to students. This is based on the premise that one of the EFA goals is to ensure improvement of all aspects of the quality of education. The study adopted a survey research design and investigated the challenges associated with the assessment of the psychomotor domain for quality education among different categories of secondary school teachers in the Port Harcourt metropolis in Nigeria. A stratified random sampling technique was used to draw a

sample of 880 teachers from federal, state and privately owned secondary schools in the metropolis. Data were collected by the use of a structured questionnaire while mean scores, t-test and ANOVA statistical tools were used to analyse them. Results of the study showed that male and female teachers, teachers in unity, state and privately owned secondary schools poorly assessed the psychomotor domain, while the qualification and years of experience of the teachers determined the extent to which they experienced such challenges. Recommendations based on these findings are provided.

Psycho-social factors related to relapse of drug addiction in Bangladesh

Rahman M,

It has been noted that many drug addicts relapse after discharge from successful treatment and rehabilitation programs. The present study aims to identify the psychological and social factors related to relapse of drug addiction in Bangladesh. We selected individuals with a history of drug addiction (30 relapsed and 30 non-relapsed cases), from various drug addiction treatment centres in Bangladesh. We conducted a quantitative study on all the 60 participants using a self-reported semi-structured questionnaire while 10 relapsed and 10 non-relapsed cases were selected for qualitative analysis through data generated by in-depth clinical interviews. The items of the questionnaire were selected through expert judge evaluation. Test-retest reliability on 30 individuals revealed a high degree of reliability. Logistic regression analysis and topic guide related to the objectives, were used for

the quantitative and qualitative analysis, respectively. All participants were male, aged between 18 to 41 years, with mean (SD) of 27.63 (4.23). Psychological/intra-personal factors were more contributory to relapse than social/inter-personal factors ($p < 0.05$) but both factors showed combined contribution on relapse. The "negative emotion" factor had a strong contribution on relapse while "peer pressure", "self-efficacy" and "lack of assertiveness" contributed to relapse moderately. The "parental discord" and "relation with parents" factors showed no relationship with relapse. The thought/belief, feeling/emotion and behaviour/action patterns related to relapse were identified, covert relapse components were also revealed. These components must be considered in developing policies to deal with drug addiction.

Thematical Oral Sessions *Continued...*

An overview of co-occurring disorders and the effectiveness of 12-step rehabilitation models in treating vulnerable populations in substance-related treatment centres

Heald A

Twelve-step orientated programs, which incorporate a disease model for understanding substance-related disorders, are a treatment protocol in nearly every substance abuse facility both in South Africa and internationally. Despite the importance of 12-step self-help groups (SHG's) for specifically sustained abstinence from substances, the immense proportions of re-admissions to substance-related rehabilitation centres have largely been unaccounted for. A recent explanation for this trend relates to the phenomenon of co-occurring disorders (COD's). This research explored mental

health practitioners' perceptions working in the field of substance related disorders of COD's in two addiction rehabilitation centres in Johannesburg. Six addiction counsellors were interviewed using a semi-structured interview schedule exploring addiction counsellors' views on the effectiveness of 12-step orientated models for treating populations suffering from co-occurring disorders. Thematic content analysis was used to analyse the results. This presentation discusses these results in relation to the literature on co-occurring disorders both locally and internationally.

Posttraumatic growth in three women diagnosed with Breast Cancer

Dirker S & du Plessis L

Posttraumatic growth is an emerging area of research concerned with the positive psychological changes that can follow the experience of trauma. One of the established domains of posttraumatic growth is described by Tedeschi and Calhoun (1995) as an increased appreciation of life. This presentation aims to address this domain. We set out to understand the experiences of three women who were diagnosed with breast cancer and experienced this diagnosis as traumatic. After the induction of remission for at least one year, the women described how their appreciation of life has been transformed as a result of this trauma. Further, they describe how their new appreciation has led to: a sense of guided destiny, increased compassion, realistic optimism, renewed priorities, strengthened faith, and gratitude, awareness of mortality and physicality

and strengthened personal relationships. These descriptions extend beyond what has been described in the extant literature and offer an in-depth and rich phenomenological understanding of what Tedeschi and Calhoun conceptualised as an increased appreciation of life. The benefit of an in-depth understanding is that it is foundational to the establishment of an understanding of the processes underlying posttraumatic growth. In turn, such understanding may have practical value when designing therapeutic trauma intervention models. Exploring posttraumatic growth and the deep and rich phenomenological understanding it affords opens a scholarly discourse relevant to South Africa's multicultural milieu and may enhance the design of culturally sensitive and appropriate treatments, prevention and enrichment programmes for persons in the aftermath of trauma.

Thematical Oral Sessions *Continued...*

Alcohol consumption among a sample of Angolan adolescents and young adult: Prevalence and associated risk factors

Serra Coelho M, Ferreira J, Martins J & Cassinda P

Alcohol use and abuse is one of the most concerning health problems in adolescents and young adults in the African Region. Therefore, this study aims to: characterize alcohol consumption among a sample of Angolan adolescents and young adults and analyse some of the risk factors (e.g., family monitoring, alcohol expectancies, motives for consumption) in the development of alcohol

problems. For this purpose, a sample of Angolan adolescents and young adults completed a battery of questionnaires about socio-demographic variables, drinking patterns as well as about some of the risk factors. Results are debated in light of relevant literature and suggestions for prevention are discussed.

Prescription stimulants as study drugs in South African institutes of higher education

Pahad S

In recent years, prescription stimulants aimed to treat attention disorders have been found to be increasingly used non-medically by students attending institutes of higher education as a method of improving and enhancing their cognitive performance in order to effectively manage their high levels of academic stress, large academic workload, academic strain, and time pressures. This trend has been widely noted in students as infrequent and sporadic, taken mainly during periods of academic stress (such as before an exam, test, or assignment). It has also been found that the stimulants are used for recreational reasons because of their relatively easy and stigma-free procurement. While this issue has been widely investigated internationally, only anecdotal and lay press media reports have reported

on this issue in South Africa. Invitations to participate in a self-administered Internet survey were sent out to undergraduate students in various undergraduate classes at a large public university in Johannesburg. This study investigates the nature, prevalence, characteristics and patterns, motives for, beliefs regarding, and knowledge of the nonmedical use, misuse, and abuse of stimulant medication prescribed for attention-deficit hyperactivity disorder. The results of this study hold implications for the university mental health professionals and higher education administrators. It also holds potential for the direction of future research, prevention and intervention strategies on educating, combating, and assisting at risk and affected students.

Thematical Oral Sessions *Continued...*

Exploring the perceptions of mental illness among Pedi psychologists in the Limpopo province

Sehoana M

Mental illness can be understood differently by different people of different cultures and religions. Internationally and in South Africa, there is a growing body of research arguing for an understanding and recognition of illness that goes beyond the current Eurocentric conceptualisations particularly as this has important implications for the diagnosis and treatment of mental illness. Taking these factors into account, this study explored the perceptions of mental illness among 12 psychologists belonging to the Pedi culture of Limpopo Province in the northern part of South Africa and the possible role their culture plays in their perceptions. Four psychologists from each

of the clinical, counselling and education categories of psychology were interviewed using a semi-structured interview schedule. The interview schedule consisted of 27 questions covering the following sections: contextual questions, Psychologists' perceptions of the Pedi culture and mental illnesses in general and Pedi Psychologists' approach to treating clients with cultural beliefs about mental illness. Data were transcribed and analysed using thematic content analysis. Themes are discussed in relation to literature on cultural understandings of mental illness and the need for culturally competent practitioners.

South African adolescents' pathways to resilience: A case of Indigenous vs. Western theories?

Theron L

In this paper, I report findings from the IDRC-funded 'Pathways to Resilience Study', with the aim of elucidating how Sesotho-speaking adolescents' pathways to resilience are similar to and different from universally reported pathways to resilience. To do so, I draw on phenomenological data (6 Mmogo-prompted focus group transcripts; 130 participant-produced and -explained drawings) generated voluntarily by 159 resilient adolescents (53% girls) in the Bethlehem and QwaQwa areas of South Africa. The data were analysed inductively and thematically. Thereafter, local community representatives reviewed and endorsed the emerging themes. The themes comprised four resilience-supporting pathways: attachments to mothers/grandmothers, educational aspirations, cultural pride, and spirituality (including reverence for ancestors).

These pathways were intertwined and supported equally by girls and boys. Although inclusive of universally reported resilience processes (e.g., attachment, agency, mastery), each pathway reflected traditional Africentric practices and values (e.g., family communities; interdependence, contribution to the communal). I conclude that socio-cultural situations sculpt resilience processes and that psychologists, therefore, need to be sceptical about universal theories of resilience that do not acknowledge the sociocultural shaping of the mechanisms of positive adjustment. One consequence for psychologists partnering with Sesotho-speaking youth toward (enhanced) resilience is the imperative of appreciating how Africentric world-views potentially promote and hinder resilience processes.

Thematical Oral Sessions *Continued...*

State of psychology in Bangladesh in the context of the demand for indigenization

Rahman M, Jahan S, Hossain S, Tushar T, Jasmine U & Nila F

The prime focus of this paper is to provide an introduction to psychology in Bangladesh in order to assess the current status, necessities and demand for growing indigenization as a subject and profession, as there is global movement for the indigenization of national psychology, that flourished since the 1990s. The indigenization debate typically focuses on the extent to which mainstream western psychology is appropriate for a non-western cultural context. In the then East Bengal region, psychology was introduced as a course within the Philosophy Department in 1921, at the University of Dhaka, following the outline of the psychology department of Calcutta University in India, which was in fact a copy of western psychology. From the very beginning the psychology course and research followed western trends, as the pioneers of the discipline were trained

from in US and Europe. After a few decades of teaching, research and practice in psychology, a crucial question is to what extent Bangladeshi Psychology has been progressed towards indigenization? This paper presents a thematic analysis of the selected published research papers in local psychology journals to explore the various aspects of indicators of indigenization in Bangladeshi Psychology. These include choice of research questions, theoretical concepts, measuring tools, and cultural relevance. The results of the study demonstrate a slow trend in the indigenization of Bangladeshi Psychology. A possible explanation for this will be provided along with recommendations for its accelerated growth towards indigenization - incorporating local culture and the minds of the Bangladeshi people.

The lived experience of two survivors of sexual violation in a context of *ukuhlolwa kwentombi* (virginity testing): A case study

Mamkayi A

The last decade has seen a large-scale revitalization of the practice of *ukuhlolwa kwentombi* among the Zulu culture in South Africa. The revival of the custom has been perceived to be a cultural response to the HIV/AIDS pandemic. Locally, the practice of virginity testing has been extremely contentious often resulting in polarised views. The present study aims to create a discourse around the cultural practice of *ukuhlolwa kwentombi* by describing the experience of two survivors of sexual violence. In the present study two cases of Zulu women from a general hospital in KwaZulu-Natal are presented. The first case is that of a 20-year-old woman who took part in virginity testing celebrations for several years but lost her virginity through rape. The second case is that of a 14-year-old adolescent who was a victim of early childhood sexual abuse and therefore was unable to follow the tradition.

The present study has been conceptualized within the narrative theory framework. Although the lived experience in the two case studies is different common themes emerged from their narratives. Some of the salient themes include the perceived role of virginity testing, an overarching sense of loss and isolation, a sense of being victims of cultural practices, the survivors' inability to differentiate between consensual sex and rape and finally, suicidal behaviour and the risk of developing psychopathology.

Thematical Oral Sessions *Continued...*

Widows' experiences of spousal mourning among amaxhosa: an interpretative phenomenological study

Akol G & Ngqangweni H

This study was conducted on the mourning rituals of the AmaXhosa widows and focused on the descriptive presentation of their experiences in the Buffalo City municipality of the Eastern Cape Province. The study sought to establish the widows' perceptions regarding mourning rituals and to interpret their experiences within the context of contemporary cultural, religious, gender and socio-political influences. The experiences among the widows interviewed were found to be located in similar contexts but their perceptions about the mourning rituals were different between the widows younger than 40 years and those older than 50 years. Widows from an urban and rural area of East London, Mdantsane Township and from within a 60 kilometre radius of East London were interviewed. Structured interviews were

held with widows ranging between 29 and 91 years of age. An interpretative phenomenological analysis of the recorded discussions was conducted on the data. The perceptions of the older widows aged above 50 years revealed that they had no reservations about performing the mourning rituals. The younger widows aged below 40 years on the other hand felt that the mourning rituals were biased against women and did not serve a useful purpose and they even proposed changes to the manner in which the mourning rituals are conducted; particularly the shortening of the mourning period from 12 to 6 months or less. However, they seemed to recognize the role played by the morning ritual in lessening and possibly healing the pain and sorrow caused by their bereavement.

The PsySSA sexual - and gender diversity position statement for psychology professionals in South Africa

Victor N, Nel J & Lynch I

This presentation introduces an affirmative position statement on sexual and gender diversity as a precursor to more extensive practice guidelines. The statement was formulated as one objective of a mainly Arcus Foundation funded collaboration between the International Network on Lesbian, Gay, and Bisexual Concerns and Transgender Issues in Psychology (INET) and PsySSA, namely the 'PsySSA African LGBTI Human Rights Project'. The position statement - a first for the continent - provides an affirmative view regarding sexual and gender diversity, including lesbian, gay, bisexual, transgender and intersex concerns. An affirmative stance aims at the normalisation of sexualities and gender identities, focuses on a contextual awareness of issues and the practitioner's ability to empathise with the experience of diverse sexualities and gender identities. Aimed primarily at psychology professionals in South Africa, the statement

offers a framework for understanding the challenges that individuals face in societies that are patriarchal, heteronormative and that discriminate on the basis of sexuality and gender. In the session we will discuss the process of developing the position statement over the past two years and highlight specific challenges we encountered. This will be followed by the introduction of the statement itself. This includes themes of human rights and self-determination, sexual and gender diversity and fluidity, challenges and complicating intersectionalities, the impact of stigma and discrimination, developmental pathways and relationship issues, best practice, continued professional development and the promotion of social awareness. The hope is that the session will open the space for comment and feedback from the audience.

Thematical Oral Sessions *Continued...*

Top or bottom: Talking about gay sexuality in a stepping stones workshop

Kiguwa P

Studies of heteronormativity have emphasized prescriptive sex and gender-role stereotypes related to its normative content and function. These studies highlight what some scholars describe as 'compulsory heterosexuality': a term that has often been deployed to critique those disciplinary modes of practice by which gender transgressions and sexuality are sanctioned. The self-labelling practices amongst some gay and lesbian-identified individuals have been of interest to gender and feminist scholars related to their apparent re-inscription of the heteronormative. Through the popular constructs of 'top' versus 'bottom', critics have argued that heteronormative content is reproduced in essentialist and

hegemonic ways. And yet, 'top-bottom' politics meets certain erotic needs for LGBT youth, including reasons related to physical safety for LGBT living in dangerous spaces. This paper explores the discursive constructs and meanings of gay sexuality through reference to the self-labels of a group of young gay-identified students in a Stepping Stones Workshop in Johannesburg, South Africa. We also explore the dynamics of safe sex negotiation and risk related to 'top-bottom' positioning. The discussion demonstrates the different meanings of gay sexuality in terms of identity, sexual practice and appearance for the participants.

Violence against LGBT persons in Nigeria: Implications for mental and public health practice

Kinanee J, Jamabo T & Kpai T

A report published by the United Nations two years ago showed the state of human rights violations suffered by lesbian, gay, bisexual and transgender (LGBT) people around the world. Nigeria was not an exception. Such violations included murder and hate-motivated violence, torture, detention, criminalization and discrimination in jobs, health care and education, all because of one's real or perceived sexual orientation or gender identity. LGBT persons are equally exposed to kidnappings, assaults and rapes, as well as psychological threats and arbitrary deprivations of liberty. Nigeria is one of the countries with the highest homophobic and transphobic attitudes in the world, with associated increased cases of violence

against lesbian and gay people. This paper chronicles some of the violence and discrimination cases against gay and lesbian people as reported over the years in different parts of Nigeria, and examines the implications for mental and public health practice. It recommends the use of education (enlightenment) and counselling in managing victims of violence, as well as the wider public. While education arms LGBT people with information and skills, and also enlightens the public about the existence of other sexual orientations and their human rights implications, counselling is used to rehabilitate victims of discrimination and violence psychologically and restore them back to wholeness.

Thematical Oral Sessions *Continued...*

The production of stigma and (re) construction of negative stereotypes in HIV/AIDS prevention and care materials

Nicholson T

There is a fairly substantial body of work focusing on the experiences of stigmatised individuals and communities and the impact this may have on their quality of life. There is also an extensive body of literature which attempts to trace and explain the sources of HIV stigma and how these present barriers to care and treatment. Typically, however, HIV/AIDS policies and campaigns are addressed in terms of their capacity to reduce stigma

and there is little engagement with the different tactics used by care and prevention campaigns and how these conflicting approaches and goals may produce HIV stigma. This paper reports on the first phase of a mixed-methods doctoral study which aims to construct an account of how prevention and care messaging may be implicated in the production of stigma.

Reflections on a stepping stones training workshop amongst LGBTIQ youth

Kiguwa P, White T, Nduna M, Padi T, Makhubo Z & Mthembu M

In this paper we reflect on a Stepping Stones training workshop initiative amongst a group of LGBTIQ (Lesbian, Gay, Bisexual, Transgender, Intersex and Queer) youth in Johannesburg, South Africa. Our objective was to gain clear understanding of the sexual and reproductive health concerns of LGBTIQ youth. Secondly, we explored the relationship skills available to this group in comparison to the heterosexual group and lastly, we evaluated the usefulness of the Stepping Stones programme for this group. Stepping Stones is a training package in gender, HIV, communication and relationship skills. It is also sometimes described as a life-skills training package, covering many aspects of our lives, including why we behave in the ways we do, how gender, generation and other issues influence this, and ways in which we can

change our behaviour, if we want to. The Stepping Stones manual was designed to address sexual and reproductive health concerns and issues amongst heterosexual members of society and has been scientifically evaluated in South Africa. The training package included a series of group facilitation workshops over a period of seven weeks. The workshops included LGBTIQ youth (18-30 years of age). This initiative has never been used amongst non-heterosexual members, thereby limiting our knowledge of the sexual and reproductive health concerns and issues amongst this cohort. The workshops were an attempt to address this gap in knowledge as well as assess the utility of such a package for LGBTIQ youth. This paper is a reflection of our experiences and findings.

Thematical Oral Sessions *Continued...*

Who am I? The lived experience of elite South African athletes

van Heerden K

The aim of this study was to explore the development of Athletic Identity (AI) in elite athletes within a multiple identity framework. Semi-structured interviews were conducted with three South African athletes and a heuristic phenomenological approach used to interpret the data as the author herself was also a member of the South African swimming team for 15 years. The interviews

revealed that although the 'Athlete' identity was central to the self-concept, other identities also played an important part in their lives in a number of ways, not least of which was the facilitation and support of AI itself. The results can be used to design more effective psychological support systems for South African athletes.

Sport as the vehicle in the development peace

Arendse N

Sports are widely used as either a political-ideological or socio-cultural tool to nurture peacemaking across divided relations or communities with the intent to reduce social tensions and promote reconciliation and construction. It can play an imperative role in "teaching real life lessons" and imparting skills and values which extend to both the individual and relational level; including key concepts such as fair play, honesty, trust, teamwork, respect, etc. As an international language, sport should be considered a practical means to communicate messages of peace and help find non-violent solutions to problems. In an effort to promote sport development for peace education, this article maps projects on sport and peace, and it offers an overview of the approaches and methods considered as most effective for peace education. These motion-oriented approaches for

preventing violence collectively report that it enables aggression and the need for physical expression to be controlled and worked off; it provides a way of guiding existing physical skills into positive channels; it offers a way for young people to practice and improve relationships between themselves and to their environment; and amongst others it inspires them to believe that it is possible to learn to accept existing rules. In the interest of programme success it is recommended that local project 'ownership' be consciously promoted through full user-group participation in formulating and implementing programmes at grassroots level. The encouragement of andragogical techniques of communication and education advocate that transformation is of strongest impact when learning through experience.

Thematical Oral Sessions *Continued...*

The ethical subject

van Deventer V

Our current era is marked by the disintegration of overarching institutions (Lyotard) and the rise of the sovereign individual (Davidson). The increased emphasis on ethics should be seen against this background. As institutionalised practices fall away we become increasingly accountable for ethical behaviour in our personal capacities. The aim of this paper is to explore

the subject as ethical subject. Starting with the premise that the subject is ultimately self-referential the paper demonstrates the fundamental nature of ethics in the existence of the subject. In other words, the paper argues that the process of self-referencing is fundamentally ethical. Ethical codes of psychological conduct are used to further explain and support this conclusion.

Pimp the pain: Using the social media as a platform to conduct Franklian dialogues

Makola S

People are always responding to the call to stop the pain of life. The purpose of this article is to share some of the innovative ways we can use to teach people, especially youth, about Viktor Frankl's philosophy of finding meaning and purpose in life (logo-theory) reflecting on everyday experiences in a dialogue. The Russian philosopher and semiotician Mikhail Bakhtin's theory of dialogue emphasized the power of conversation to increase understanding of several points of view and construct countless possibilities. In order to actualise this process, a platform was created on social media to give people an opportunity to share their perspectives and experiences about issues related to sense of meaning and purpose. It was from these dialogues, presented on the social

media, that, I coined the term 'Franklian Dialogues'. The dialogues were compiled into a manuscript titled: Pimpdapain: Purpose Driven Dialogues. I will present some of the principles of sense of meaning from the dialogues. The manuscript presents ways through which we can "pimp" our pain and lead meaningful and fulfilling lives. To "pimp" is to get the most out of a situation. What we learnt from these dialogues is that, how we attach meaning to personal daily experiences can become an excellent way of teaching others about sense of meaning and purpose. The dialogues are concluded with a new philosophy I call Integral Meaning. The manuscript is currently being appraised for possible publication by UNISA Press.

Interactive Poster Sessions

Palliative care nurses' attitudes towards euthanasia: Do personality traits matter?

Bloch L

South Africa is burdened with a high prevalence and incidence of terminal illnesses such as AIDS, cancer and drug resistant tuberculosis. However there is very limited access to palliative care facilities. The aim of the study is to measure the attitudes of South African palliative care nurses towards euthanasia, and to examine the relationship between personality correlates and euthanasia attitudes. Euthanasia is a contested topic as it challenges the value systems of people and it

would be helpful to gain insight and understanding as to what influences people's attitudes towards euthanasia. Approximately 50 nurses working in the palliative care sector will be given a demographic questionnaire, the Euthanasia Attitude Scale as well as the HEXACO personality inventory. Employing a non-experimental correlational design, the two aims will be addressed using a Spearman Rank Correlation Coefficient, independent t-test and a multiple regression analysis on SPSS 21.

Influence of a self-identification meditation intervention on psychological and neurophysiologic variables

Edwards S

This study investigated the influence of a brief, twenty-minute, breath-based, Self-identification meditation intervention on meditation experiences, identity, mindfulness, spirituality perceptions, and correlative neurophysiologic functioning in a small convenience sample of 10 South African adults (7 women and 3 men, with a mean age of 55 and an age range of 33

to 77 years). Main findings were qualitatively meaningful improvements in experiences and identity perceptions. This was associated with significant quantitative increases in mindfulness, spirituality, muscle relaxation and EEG alpha activity. Integrated findings indicated the beneficial, personal, spiritual and psychotherapeutic value of the Self-identification meditation intervention.

Interactive Poster Sessions *Continued...*

Exploring industrial psychologists' perceptions of personality assessment in personnel selection and the issues associated with personality assessment in South Africa

Fakir S & Laher S

This study explored industrial psychologists' perceptions of personality assessment in personnel selection and the issues associated with personality assessment in South African organisations. This was a qualitative study in which 11 industrial psychologists (2 male, 9 female) were interviewed to determine the reasons why personality assessment is or is not used for selection purposes. Semi-structured interviews were conducted which comprised of 11 questions related to the industrial psychologists' context, understanding the place of personality assessment in personnel selection in organisational settings in South Africa and a view of common practice employed in organisational settings in South Africa. Thematic content analysis was used to analyse the data. The analysis resulted in five themes

namely, person-environment fit; other purposes for which personality assessments are used; personality tests commonly employed; limitations of personality assessment; and ethical considerations with the use of personality assessment. Based on these themes it can be concluded that there is invaluable information gained from determining whether or not a person will fit into the organisation. Therefore, person-environment fit theory is a crucial theory that underpins the use of personality assessment in personnel selection. Further research is required in the field of psychometric assessments in organisational settings within the South African context in terms of addressing the various ethical issues facing administrators.

An Adlerian analysis of a serial killer: Jeffrey Lionel Dahmer on the psychobiographical couch

Fouche P, Howcroft G & Cheze E

Serial crime is an element of society that continues to disturb and fascinate scholars. There is a need to understand the uniqueness of serial murderers and their psychological development. Jeffrey Lionel Dahmer (1960-1994), a cannibalistic serial killer who killed 17 young men, served as single psychobiographical subject in this lifespan case study. A qualitative psychobiographical research method was utilized. The primary aim of the research was to explore and describe Dahmer's personality development across his

life span. This was achieved by applying Adler's dynamic individual psychology to provide a more comprehensive idiographic interpretation of Dahmer as an individual. Alexander's model of identifying salient themes was used to analyse data for analytical generalisation. Adlerian theory indicated that Dahmer held a socially useless lifestyle whose movement was guided purposively towards a fictional goal of godliness through creative, concrete expressions of personal superiority.

Interactive Poster Sessions *Continued...*

The psychofortology of post-graduate students in health sciences at a South African institution of higher education

Fouche P, Naidoo R, Smith G & Stroud L

This study describes the coping and subjective well-being of post-graduate students in a Faculty of Health Sciences at an institution of higher education in South Africa. An exploratory-descriptive research design was used and participants were selected by means of non-probability convenience sampling from six post-graduate programmes in the Faculty of Health Sciences, including: psychology; human movement science and sport management; environmental health and social development professions; pharmacy; nursing science; biomedical technology and radiography. The sample consisted of 60 male and female master's and doctoral post-graduate students. Five measures and a biographical questionnaire were administered. Coping was assessed with two measures, namely the Coping Resources Inventory (CRI) and the Orientation

to Life Questionnaire (SOC-29). In turn, subjective well-being was assessed with three measures, namely: The Satisfaction with Life Scale (SWLS), the Affectometer-2 (AFM-2), and the General Health Questionnaire (GHQ). The data were analysed using both descriptive statistics and cluster analysis. A Hotellings T2 was computed with subsequent t-tests to make inferences about the differences in the means of established groups across the five measures. The results indicated that students generally coped and experienced subjective well-being. Two clusters differed significantly from one another across the measures. The first cluster comprised the students with a high level of psychofortology (i.e., better coping and subjective well-being), and the second cluster had low levels of psychofortology (i.e., poorer coping and subjective well-being).

An interpretative phenomenological analysis of fathering children with Autism Spectrum Disorder

Fouche P & Walker S

The experiences of fathers of children with Autism Spectrum Disorder (ASD) are largely unexplored and the coping strategies these men employ to cope with the challenges they face have received limited research attention in South Africa. This research aimed to describe and explore the phenomenological experiences of fathers of preschool children with ASD by gaining a better understanding of the manner in which these men attempted to cope. A multiple, single-case study design was employed and five participants were recruited via paediatric practices. Semi-structured interviews were conducted with the participants and data were analysed

making use of Interpretative Phenomenological Analysis (IPA). The analysis yielded three superordinate themes: (a) the experiences of fathering a child with ASD, (b) the challenges of fathering a child with ASD, and (c) coping with fathering a child with ASD. The results suggest that the fathers experience their parental role as stressful. The participants reported making use of a number of coping strategies in order to deal with the challenges they faced. These included problem-focused and avoidant coping strategies. A recommendation with regard to future research is advanced.

Interactive Poster Sessions *Continued...*

The role of demographic differences and coping in adolescent satisfaction with life

George A & Sloley C

As a developmental stage, adolescence involves many changes and transitions that affect an adolescent's well-being. To contribute to the understanding of adolescence from the perspective of current positive psychology, this study analyses the dynamics surrounding satisfaction with life as an important component of subjective well-being within the South African context. Specifically, the research studied the relationship between satisfaction with life and coping within an adolescent population. It examined whether this is moderated by the personal and contextual factors of gender and family structure. Research data was collected by means of a biographical questionnaire, the Revised Coping Schema Inventory as well the Satisfaction with Life Scale. The research sample

consisted of 495 grade eight learners from five urban and five rural schools within the Free State Province of the Republic of South Africa. This information was analysed by means of multiple regression analyses. Based on these results, it was concluded that there is a correlation between coping and adolescent satisfaction with life, which is moderated by family structure but not by gender. Further research investigating the relationship between satisfaction with life and race/ethnicity, specific family structures, as well as coping throughout adolescence is recommended. In addition, greater clarity needs to be established about the concept of coping and its terminology.

“Once upon a time...” the contribution of older persons' life stories and its value for young adults

Jansen van Rensburg S

The aim of this presentation is to describe the value of stories of older persons for young adults. The theoretical framework that underpinned this research is that relationships are continuously created through ongoing communication. The stories voiced by older people are regarded as a form of communication with young adults. Eighteen white and coloured, Afrikaans and English speaking students (aged 21 to 31) from a tertiary educational context participated. Data were collected through the Mmogo method®, a projective visual research method, focus group discussions, individual interviews, as well as personal journal entries. The participants were asked to make visual representations of their relationships with older people (aged 60 years

and older), using clay, beads and straws. Data were analysed thematically and by applying visual data analysis. The findings revealed young adults express appreciation for the knowledge that older people share with them. The young adults conveyed that they value the wisdom of older people; learn from how the older people displayed resilience despite challenging life situations and appreciate the positive outlook of older people. In conclusion, these stories seem to involve the relational capacity of young adults to adapt, grow and recover from adversities and become more resourceful. It is recommended that these findings serve to inform the development and application of further research.

Interactive Poster Sessions *Continued...*

The relationship between mental toughness and sport psychological skills among university level rugby players

Kruger A & Ellis S

The purpose of this study was to determine the relationship between mental toughness and the sport psychological skills among university level rugby players. Fifty two rugby players of the PUK Rugby Institute participated in the study. The average age of the players was 21.3 years. The Performance Psychological Inventory (PPI) was used to determine the players' level of mental toughness while the Athletics Coping Skills Inventory (ACSI-28) was used to determine the players' sport psychological skills. The results of the Pearson product-moment correlation indicated that cope with adversity, peak under pressure, goal setting, concentration, confidence and achievement motivation and coachability showed a high positive correlation

with total mental toughness. Both the standard linear regression as well as the stepwise regression indicated that self-confidence and, to a lesser degree peak under pressure are important predictors for most of the mental toughness subscales. In the case of negative energy control, adversity and freedom from worry are the most important predictors, while adversity is also regarded as the best predictor of attention control. The results therefore indicated that self-confidence and a players' ability to peak under pressure is the best predictor of mental toughness. Furthermore, all the ACSI's subscales, except freedom from worry, had a significant relationship with the players' mental toughness.

Traditional beliefs and perceptions of witchcraft amongst a sample of first year university students

Matsoso D

In South Africa, a study by Pelter (2003) concluded that there are no differences with regards to gender and the belief in witchcraft amongst a sample of secondary learners who displayed more magical thinking and paranormal beliefs than university students. Other research in this area has focused on direct experience with witchcraft and concluded that many view it as harmful and performed by those with whom one has relations. In many South African communities beliefs in witchcraft are prevalent. This makes it essential for psychologists to develop an awareness of such beliefs as this will facilitate a better understanding of the ways in which a psychological disorder manifests and is experienced, as well as assist clinicians in determining an appropriate

treatment. It promotes cultural competence amongst practitioners and has the potential to aid interventions to promote mental health literacy in the South African public. Traditional beliefs and perceptions were explored in a sample of eight first year students at the University of the Witwatersrand. A qualitative approach was adopted through the use of interviews which consisted of twelve primarily open-ended questions to determine how the participants perceived witchcraft, how this belief has influenced them, and whether they have had a direct or indirect experience of witchcraft. Thematic content analysis was used to analyse the results. The results are discussed in relation to the broader body of literature on cultural beliefs and mental illness.

Interactive Poster Sessions *Continued...*

Divorce in the 21st century: Young black people's perceptions of divorce in the South African context

Maubane B

It is safe to say that there have been fundamental transitions in attitudes to divorce from the premodern to the postmodern era. Unlike today, divorce, before the 19th century was conceptualised as a form of deviance and even laws made it difficult for divorces to be granted. This study aims to investigate the perceptions of divorce in the South African context and the potential factors that could be influential on how divorce is viewed today. These include, culture, gender, education and religion.

For the purpose of this study a qualitative approach will be applied and a thematic content analysis will be used to structure and interpret the data. Black students, four males and four females will partake in this study, as Statistics South Africa recently highlighted a significant change in divorce rates in this group. The results will be discussed in relation to the cultural shift from African to Western in South Africa.

Mapping research focus areas in psychology at the University of South Africa

Meiring L & Nogqala A

The Department of Psychology at the University of South Africa (Unisa) is in the process of identifying the key research focus areas of Master's and Doctorate (M &D) supervisors/promoters and their students. In this poster, we shed light on the key research focus areas of current supervisors and promoters in the Department of Psychology. We do this by means of a content analysis of the profiles of these current internal and external supervisors. Key interest areas were identified

by extracting codes from these data which were further categorised into overarching themes. The overarching themes finally represent the research focus areas of M &D supervisors and promoters within the department. We point out the benefits and limitations of having focus areas in academic departments and identify the extent to which these focus areas speak to larger institutional and national research imperatives.

Interactive Poster Sessions *Continued...*

Culture and clinician-client relationship

Mfusi S

The role of culture in the relationship between clinicians and their clients has always been debated, and is even outlined in the DSM-IV. The effect of culture on the clinician-client relationship refers to differences in the construction of clinical reality caused by differing cultural schemas in the clinician and the client. This can manifest in something as simple as a misunderstanding of the clinician's instructions based on class or language differences, or something more serious like a misdiagnosis based on widely differing cultural backgrounds. It is not uncommon for example, that a western trained clinician might diagnose a spirit possession-type illness based strictly on disease-centred conceptions of mental illness

- leading to a misdiagnosis and a less than optimal treatment plan and outcome. This paper argues that psychologists must critically assess the effects of their own cultural schemas in relation to the individual cases they encounter. A client in this case is the person with first-hand experience of the illness; understanding his/her subjective illness experience is central to making an assessment of the differences between the clinician's conceptions and the problem. The paper also addresses language barriers during assessment and how these may complicate communication. These issues are analysed and discussed within the context of a multicultural approach to counselling and assessment.

Correlates of the big five personality dimensions in a military training organisation: A descriptive study

Mthembu O & Mashigo A

Personality could have an effect on some very important work outcomes like job satisfaction, job commitment and job performance. Literature suggests that there are five universal personality traits, namely, extroversion, agreeableness, conscientiousness, adjustment, and openness, referred to as the "Big Five". The aim of this research is to describe the level of the big five personality dimensions in a military training organisation. A cross-sectional survey was used to collect data from 122 military personnel ranging from the rank of Non-Commissioned Officer to Major. Descriptive statistics and correlations involving the five dimensions

were computed. Also, t-test statistics and analysis of variance (ANOVA) were computed to determine the significance of mean differences among age, gender, race, length of service and rank sub-groups. Results show that the highest mean value is associated with conscientiousness and agreeableness. There is only one significant correlation amongst the five factors observed; between conscientiousness and adjustment. Significant mean differences are observed amongst some age, gender and length of service subgroups. There are no significant mean differences amongst race and rank subgroups. Implications for the results are discussed.

Interactive Poster Sessions *Continued...*

The value of reflexivity: A personal journey of self and professional identity development

Nyabadza K

In this poster presentation, the author shares the value of reflexivity in developing a confident personal and professional identity. Utilizing the terms “Marginalized Self” to denote a poor self-image and “Enlightened Self” to denote a confident self, the author illustrates the identity development process of an auto-ethnographic study which utilised the action learning method applied to a practical learning and work scenario over an extended period of time. The research question for the study was how can reflexivity contribute to a positive self-identity?

The study applied the principle of reflective practice and advantages were noted in the author’s personal self-discovery process, professional identity development, awareness of her capabilities and strategies for handling role responsibility. The value of the application of reflexivity in the action research process is also illustrated. This study makes a significant contribution to budding researchers who want to include reflexivity in their work as well as those who want to conduct auto-ethnographic research.

Perceptions of parents of children who experience intellectual barriers within an inclusive education system in primary schools in the Nelson Mandela Metropole

Pienaar C & Swartz D

This study examined the perceptions of parents whose children experience intellectual barriers in primary schools within an inclusive education system. A qualitative methodological design was used within an interpretive paradigm. The following research question directed the research: How do parents of children who experience intellectual barriers perceive inclusive education in primary school? Data were collected by means of semi-structured interviews, at two primary schools, by means of purposive and convenient sampling. Data was analysed using Tesch’s eight steps. Themes revolved

around perceptions that parents held of their children’s schooling, participation with homework, collaboration with teachers, and an understanding of their children’s academic strengths and limitations. The findings of the study indicated that parents showed interest in their children’s schooling. They also reported an understanding of their children’s limitations but ambivalence regarding an appreciation of their strengths. One of the important findings of the study is that schools should take the initiative in providing supportive guidelines to parents in order to help parents to optimise their involvement.

Interactive Poster Sessions *Continued...*

Alcohol consumption in Angola: Jurisdictional and psychological issues

Serra Coelho M & Campos C

Alcohol consumption is considered a public health problem in the African region. According to the World Health Organization (WHO) alcohol consumption in Angola is increasing. Associated with this excessive consumption of alcohol are several adverse consequences for both self and society. Therefore it is urgent to develop and implement alternatives likely to reduce the excessive consumption in this country. Given

this above, this poster presentation aims to describe and analyse this issue by clarifying its legal and psychological aspects. In addition, we want to set up some guidelines to strengthen preventive interventions as well as enforce the necessary regulations and legislation in this area. It is expected that this paper will contribute to creating public awareness of the problem which could lead to a reduction in the harmful use of alcohol.

Toxic love: Perceptions and attitudes of intimate partner violence amongst a sample of first year university students

Shongwe N

Violence in South Africa has become a common social ill to the point that South Africans have come to consider it normal. The South African home provides little refuge from violence due to the predominance of intimate partner violence in the country. In the current state of intimate partner violence in South Africa either one is exposed to, or knows someone who is either directly or indirectly affected by intimate partner violence. Young adults are viewed as a high-risk group for being victimised in intimate relationships due to their developmental stage. The aim of this study was to explore youth's perceptions of intimate partner violence and 'health relationships' in

this context. The study focused on understanding the norms and attitudes the youth held towards intimate partner violence and how the prevalence of intimate partner violence affected what the youth understood as a healthy relationship. First year male and female university students participated in the study. Open-ended questionnaires were used to obtain data in this qualitative study. Results were analysed using thematic content analysis. This presentation discusses the results of the study in relation to the literature on intimate partner violence in the South African context and internationally.

Interactive Poster Sessions *Continued...*

Project Care: Risk and resilience in Durban youth: a longitudinal collaborative study between UKZN and Virginia Commonwealth University (VCU)

Swain K

This study evaluates the links between cumulative risk and adjustment in youth, with a focus on mediating processes and protective mechanisms. It is hypothesised that cumulative risk, which includes both demographic, psychological, and environmental risk factors, will be associated with elevated measures of poor adjustment. This poor adjustment may include increased internalising and externalising behaviour problems; impaired psychological and neuropsychological functioning; stress response on certain biophysiological markers (cortisol, alpha-amylase, c-reactive protein) and reduced indicators of positive adjustment. The research is being undertaken in various lower socioeconomic status

community settings in the greater Durban area. Home interviews are conducted with 400 maternal caregiver and youth dyads (grades 7 and 10). In addition physiological measures (measuring areas such as cumulative risk; coping and social support; trauma exposure; and drug usage) and neuropsychological assessments will be undertaken. This cross-sequential study will explicate the ways in which cumulative risks affect adolescent well-being over time, identify the mediating processes that account for these associations, and identify factors that serve to protect adolescents exposed to risk. Structural equation modelling will be used to establish relations between observed and latent constructs.

An exploration of grade 12 girls' perceptions of lifestyle and wellness

Swart E & Ryan V

In recent years the rapid increase of lifestyle diseases and lifestyle-associated psychopathologies has become more prominent amongst the adolescent population in South Africa. This paper presents the findings of an interpretive study that aimed to explore and describe the way adolescent girls construct meaning of the concepts lifestyle and wellness. The aim of the inquiry was to access adolescents' voices to inform the process of designing meaningful and sustainable intervention and prevention programmes that are developmentally and contextually appropriate. Five adolescent girls aged 16 and 17 were purposefully selected to participate in the study. Their perceptions of lifestyle and wellness were explored through the use of focus group discussions

using guided reflections, visuals, picture lines and the repertory grid technique. The findings demonstrate that both lifestyle and wellness can be viewed as multi-dimensional constructs that share overlapping features. The study proposes that more explorative and participatory research studies amongst adolescents within the fields of lifestyle and particularly wellness ought to be conducted in order to identify gaps and strengths in existing knowledge bases. The identification of gaps and strengths in knowledge bases may impact the way in which lifestyle and wellness education is introduced to and received by the adolescent population within the South African context.

Interactive Poster Sessions *Continued...*

The experience of the human-horse relationship in adolescence in times of transition and change

Terre Blanche S

The use of horses has become popular in physical therapy and psychotherapeutic circles. Reviewed literature and personal experience suggest that there is something powerful in the use of horses in therapy, and the presence of horses in human lives. Reported benefits include physical, emotional, behavioural, developmental, social and psychological changes. The use of the horse as facilitator and co-therapist in therapeutic systems is based on the nature of the horse - capable of sensitive communication, mirroring human behaviour, and providing accurate and instant feedback in a therapeutic session. Furthermore, horses provide by their nature the conditions of worth for therapy: warmth, empathy and unconditional positive regard. The aim of this paper is to provide a new angle of approach to horse-related

therapeutic research, from a social constructionist perspective. Instead of an exclusive focus on the horse as co-therapist with inherent therapeutic value, the goal is to examine the value of the human-horse bond, specifically, the value of this bond between horse and adolescent. Adolescence is a phase of life characterised by much change and transition, and is widely acknowledged as a difficult transitional phase from childhood to young adulthood. In this paper I will attempt to examine the human-horse bond more closely, with the hope of gaining some insight into the psychotherapeutic worth of horses in helping adolescents in traversing a difficult transitional phase in their lives. This will be done by means of in-depth interviews, which will be explored in more detail by means of a thematic analysis.

An auto-ethnographic study of a young woman's relational experiences of older persons

van Aardt J

People are embedded in social networks, including family, friends and the broader community. The aim of this study is to explore the relational experiences of a young woman and older persons in the different social networks in which she functions. An auto-ethnographic research design was used, which is a self-narrative method focusing on the understanding of the self, others and the culture. The participant is a 22-year old female and her social networks can be described as multi-racial (Indian, White and Coloured) and multi-lingual (Afrikaans, English and Hindi). Data were gathered by means of a personal journal as well as the Mmogo-methodTM. The journal was completed by means of open-ended questions reflecting the experiences of the younger woman's relationship with older persons and the Mmogo-

methodTM, which is regarded as a visual data gathering method, consisting of clay, beads and straws, which are used to make visual constructions that are regarded as projections. Data were analysed by means of thematic analysis. The findings revealed that the young woman's community networks consist of different social networks, varying in their levels of closeness and with differing motivations for their interrelationships. In these diverse relational networks she developed respect for diversity irrespective of race and age. She developed sensitivity and adaptability towards older persons in various social and cultural contexts. In conclusion being exposed to diverse relational networks contributed to her ability to interact empathically to people across different cultures.