



RESPONSE

ABILITY?

22nd South African
Psychology Congress
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Inviting conversations on Psychology's response/ability to individual, professional and societal challenges

ABSTRACT BOOK of the 22nd South African Psychology Congress

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Thursday, 22 September 2016

08:00 - 10:00

VENUE 1

The consequences of bilingualism for mind and brain

De Sousa, D

The paper presents a review of studies using behavioural and neuro imaging methods to examine the effects of bilingualism on cognition in adulthood. Recent evidence on bilingualism contributing to a cognitive reserve in the context of an aging and diverse population and possible mechanisms responsible for these effects are discussed.

Hate crime and the disgust imperative

Wilks, M

"I was disgusting" (Kate Bornstein, Transgender Activist, Author, Playwright, Artist, 2016)
Contemporary history has presented infamous healthcare professionals (HCPs) such as Mengele, Clauberg, Kevorkian, Watson, Freeman, Shipman and Swangoon as a continuum of amorality and disgust. Disgust is an evolutionary, fundamental response to a perceived threat. Situated in a hypothalamic-pituitary-adrenal pathway, disgust is imperatively oriented towards threat. When triggered, the sympathetic nervous system is activated to release the hormones cortisol and norpinephrine to intercept the revulsion and ensure survival. The disgust imperative keeps contagion, vermin and "the other" at bay and we instinctually identify the stigmatised, alienated, or untouchable as extreme threats to our health. Egregious hate crimes are justified by hateful ideologies under the guise of disgust. The ethical conundrum for HCPs is how to work with persons who might be fundamentally repugnant to them. HCPs with heightened disgust sensitivity to revulsion might choose avoidance or harm as a means of eliminating disgust tension. Can disgust be the evolutionary predictor of hate crimes? Do some HCPs, by acts of omission or commission, unethically break the oath to "do no harm" by failing to alleviate or suppress their own natural reactions to revulsion? Is harm against "the other" the uber-function of the disgust imperative?

The self of the counsellor as therapist

Snyders, R

Registered counsellors may serve adequately as brief therapists and impactful change agents, and to this end certain educational, training and supervisory issues will be discussed. The creation of contexts for change depends on the differentiation and maturity of the counsellor, and not so much on the theory or model espoused by the professional. According to hundreds of meta-analyses, only 15% of the outcomes of counselling and therapy can be explained in terms of techniques used, while counsellor and client variables as well as the relationship account for 70% of the variance in outcome studies. Attention will be paid to counsellor variables such as pro-activity, assertiveness, intrusive capacity, curiosity, imagery, creativity, and so on".

An exploration of midlife transition in South Africa: In search of the midlife crisis

Palk, L

Strong opposing views exist regarding the validity of the popularly held notion that a midlife crisis is inevitable. The influence and interplay between societal and personal aspects of individuals was studied. This approach to midlife transition and crisis research is not known to have taken place in South Africa or internationally. A model of midlife transition and crisis was constructed from known research and relevant literature, and tested using a sample of 220 individuals aged between 30 and 65. The validity of the model was established and a methodologically sound measuring instrument was validated. Two factors provisionally named stag nation and death/aging anxiety were found to exist. A true midlife crisis was experienced by a minority of individuals (15%) but an additional 31% had a troublesome but manageable experience. A neurotic disposition, the absence of good parental relationships, and the use of inappropriate coping skills, such as wishful thinking, were in combination related to high scores on the midlife crisis scales. A qualitative study revealed that over 90% of respondents were able to define a midlife crisis accurately, but tended to overstate the occurrence thereof. This replicates the research findings in the United States. Stagnation was experienced more acutely by individuals aged between 40 and 50 years while death/aging anxiety was the primary experience for those over 50 years. The validated conceptual model and measuring instruments can be used by therapists and coaches to facilitate the counselling or coaching process with clients experiencing midlife crisis.

Exploring executive functioning in insecurely attached adult offenders: A phenomenological investigation

Green, K, Du Plessis, L & Basson, P

Executive functioning refers to a set of cognitive abilities required for purposeful behaviour. This set of cognitive abilities includes goal formation, planning, attentional control, inhibition, mental representation, cognitive flexibility and self-regulation. Attachment has been identified as strong affectional ties that exist between parent and child, which inform internalised beliefs and expectations about oneself and others. These beliefs can influence the way individuals interact with their environment as well as the efficacy of their executive functioning. Attachment has been categorised into secure, insecure-avoidant, insecure-resistant and disorganised attachment styles. Research has established that there is a higher incidence of insecure attachments as well as poorer executive functioning amongst incarcerated individuals. The present study provides a qualitative description of executive functioning of insecurely attached offenders. Three participants with insecure attachment styles were selected and information pertaining to their executive functioning was gathered by means of semi-structured interviews. The transcribed interviews were analysed using thematic content analysis. Findings indicate that incarcerated individuals with insecure attachments struggle with logical goal formulation, planning, inhibition, cognitive flexibility and self-regulation. Poor executive functioning could thus possibly contribute to insecurely attached individuals committing crimes.

On becoming a psychologist: The experiences of the unsuccessful applicant

Booyesen, D

The study explored the lived experiences of students enrolled in psychology master's clinical programmes, who had previously been unsuccessful applicants. The study sought to establish whether qualities of growth may have manifested during the aftermath of being unsuccessful and how this may have affected the participants in being successful. It was hypothesised that previously unsuccessful applicants may have experienced opportunities for individual growth that may be congruent with the concept of post-traumatic growth. The study adopted a qualitative research method and data was collected by means of individual semi-structured interviews. The data produced six superordinate themes: *choosing psychology and undergraduate experience; master's selection and the first attempt; preparation and the second attempt; "rejection" remains a constant; accepted, but am I good enough; and acceptance and new insights*. The process of becoming a psychologist, which is filled with uncertainty and growth, resonates with the eventual dynamics psychologists have to grapple with in training and in practice. Essentially, being unsuccessful creates a void, an anxiety that unsuccessful applicants have to process and hopefully, accept. The curious paradox is that it may be the very uncertainty of becoming a psychologist that may allow anxious and doubtful applicants become open and reflective psychologists.

Psychologists' experiences with the continuing professional development (CPD) system

Zank, A, & Pillay, A

Mandatory continuing professional development (CPD) has been in effect for psychologists in South Africa for almost a decade. The authors were interested in the psychologists' CPD-related experiences, their views on its professional relevance, ease of use, and costs, among other factors. The population for this study, included all clinical, counselling and educational psychologists in KwaZulu-Natal. The questionnaire tapped demographic variables; means of accessing CPD activities and problems incurred; views on the relevance and impact of the implementation of mandatory CPD; the fulfilling of continuing education requirements; whether CPD has impacted on knowledge and skills; identifying possible CPD providers; comprehensiveness of CPD training; and cost implications. A quantitative analysis of the data will be presented. The findings will be discussed in the context of professional training as well as national mental health service issues and needs.

The well-being of South African psychologists: A mixed-method study

Hitge, E & Van Schalkwyk, I

The aim of this study was to establish the levels of well-being of South African psychologists by implementing a mixed-method research design. The study was based within a positive psychology framework as well-being is a core concept within this perspective. In the quantitative phase of the study, participants (n=278) completed questionnaires consisting of the Mental Health Continuum – Short Form (MHC-SF), Resilience Scale (RS), Meaning in Life Questionnaire (MLQ) and Affectometer 2 (AFM2). Descriptive statistics, reliability indices and construct validity were established and frequencies were determined for flourishing and languishing. In the qualitative phase of the study, unstructured interviews were conducted with 14 participants. Thematic analysis was utilised for data analysis. Data was synthesised by identifying content areas represented in both data sets and by

comparing or contrasting the results. The majority of the participants (93.9%) experienced flourishing and 6.1% experienced languishing. Through qualitative data analysis, four themes were identified, namely: work content and work context; relational functioning; self-care practices; and personal resources. Based on deductive analysis, meaning, resilience and positive affect were found to contribute positively to the participants' high levels of well-being. Participants' well-being may be the result of possessing strong competencies that sustain their well-being. High scores were also found for presence of meaning, resilience, and positive affect. Although most South African psychologists seem to experience flourishing, it is important to continue to intentionally protect and promote their well-being through awareness of the competencies and contexts identified in the qualitative part of the research and by observing the strengths and weaknesses that manifested in the empirical research.

On becoming a psychologist: The reflective experiences of master's students in a clinical training programme

Knoetze, J & McCulloch, M

"Becoming" a psychologist impacts on personal and professional identities. Previous research positions this "becoming" as a rite of passage with its constant negotiation between the personal and the professional. This paper seeks to understand this personal journey of becoming a professional psychologist. By accessing the reflexive journals of psychology master's students during their theoretical master's training year (M1), we attempted to gain uncensored descriptions of trainees' experiences, both on a personal and on a professional development level. Using interpretative phenomenological analysis, we thematised their reflections on and experiences during this training year. Data was used from the semi- to unstructured reflexive journals of seven master's students representing three different year-groups of clinical and counselling psychology master's students. Themes clustered around two superordinate themes: personal and private responses to a demanding training course; and experiences of the seminar programme and training process. These themes confirmed the distinct experience of growth on a personal, sometimes private, and professional level. It also highlights the confluence of the personal and the professional. The experience of becoming a psychologist is seen as incorporating both positive and negative aspects. The paper concludes by providing useful insights for programme coordinators to facilitate support for master's psychology students.

Hoarding! The unconscious dilemma

Howes, D

The inability to let go of that which creates clutter and congestion, is investigated relative to the underlying unconscious origins, emotional patterns and belief systems. The repercussions of hoarding extend to: challenges regarding social interactions; financial difficulties; self-concept; and relationships in general. Hoarding occurs independently from an individuals' ability to rationalise or consciously understand the need to clear clutter. Stagnation and immobilisation sabotages constructive forward movement in the individual's life. A projective drawing and storytelling process serves to illustrate the reasons why this occurs. The therapeutic process for change is discussed. A case example is presented.

Child deprivation in Nigeria and South Africa: A comparative analysis of evidence from demographic and health surveys

Oduaran, C

Children in sub-Saharan African countries are deprived of good health facilities and adequate nutrition. This research aimed to compare the levels of child deprivation in Nigeria and South Africa. Five areas of deprivation were identified: health, water, sanitation, shelter, electricity, and food. The latest Demographic and Health Survey (DHS) data for Nigeria (N=1 19 386) and South Africa (N=22 934) was analysed. To determine the levels of child deprivation, the educational background of parents, the employment status of parents, type of residence, religion, and gender of the child were compared. Data analysis was conducted using descriptive measures and inferential statistics. The data revealed differences in terms of malnourished children with stunted growth, unvaccinated children, children where surface water is used for consumption, children living in residences with mud floors, and children with no education. The results further showed that the educational background of parents, the employment status of parents, and place of residence had significant effects on the levels of deprivation. The results would therefore assist policymakers to formulate better strategies for improving child development, as well as to assist counselling psychologists in applying the appropriate therapy in both countries.

VENUE3

Effects of multigenerational racism on individual, family and community functioning and well-being: The need for community change strategies

Grills, C

The lies of white superiority and black inferiority underlie the often unconscious biases against people of African ancestry, which in turn leads to discrimination against them in every area of life. The lies seed implicit and explicit bias, cause harm to the physical, psychological and emotional well-being of black people, and deflect attention and energy from their efforts toward social justice, community-building and self-determination. These lies distort perceptions of self, cultural and behavioural norms, and truncate goals and aspirations. Psychological strategies must be designed to assist black people to undergo the kind of conscientisation described by Freire, which radicalises awareness. “[T]he more radical the person is, the more fully he or she enters into reality so that, knowing it better, he or she can transform it. This individual is not afraid to confront, to listen, to see the world unveiled (Freire, 1970, p.21)”. This is a call to revision the historical present toward a different, more positive, future, to face the pain of the past and the present to promote healing, and to pave the way to a better future for black people. This revisioning must include attention to the psychological dimensions of enduring racism (including historical, cultural, and individuated processes) grounded in an understanding of psychological, historical, and cultural trauma in black lives.

Decoloniality and the liberatory potential of African-centred psychology

Mkhize, N

The colonial subjugation of African and other indigenous people was achieved by violent means. However, physical violence per se is insufficient to maintain the colonised’s subjugated status, for which mental violence is necessary. To this end, the humanities and social sciences were strategically deployed, thus co-opting the oppressed to endorse and participate actively in their own oppression.

Drawing from anti-colonial theory/decoloniality, and with particular reference to the connection-disconnection motif characterising indigenous knowledge systems, this paper uses case examples to demonstrate African-centred psychology's liberatory potential. The paper highlights recommendations for teaching, research, and practice.

The impact of training in African traditional healing on clinical psychologists within a therapeutic context in South Africa

Thobejane, K & Baloyi, L

Many research studies about the experiences of indigenous African people in psychology are still based on Eurocentric epistemological thinking. This has for many years enjoyed the privilege of being seen as "scientific", "objective" and "universal" at the expense of other indigenous epistemologies, including the African epistemology. This dominance led to the marginalisation of the African healing systems in particular, regarding it as superstitious and/or mythical, thus disregarding the value it can add to the curriculum and practice of psychology. To this end, literature argues that, while the Western training is the dominant way of knowing and practice in clinical psychology, the African epistemological training through *badimo* calling, brings a different dimension to the practice of clinical psychology. Clinical psychologists working with people of African descent in South Africa need to recognise and respect traditional practices, belief systems and norms in order to be relevant and effective. In this presentation I argue that in order to understand African people better in the practice of clinical psychology, an appropriate African epistemological paradigm which also inform its methodology, is valid and stands uncontested against other epistemologies which are arguably valid within their appropriate contexts.

VENUE 4

Towards a global definition of counselling psychology

Young, C

Despite a vibrant 65-year history, the professional status of counselling psychology is threatened in a number of countries around the world, including South Africa. Certainly part of what puts it at risk, is that there is still no agreement on a clear and consistent global definition of counselling psychology as a distinct area of practice and research, rooted in the American vocational guidance movement of the first half of the last century, and recognising the way in which the speciality has expanded and evolved. This paper is a content analysis of the various national definitions of counselling psychology from around the world – including the United States, Canada, Ireland, the United Kingdom, South Africa, Australia and New Zealand –to identify the essential and common features, and to construct a cross-national definition that would be recognisable in all the countries where it is practiced.

Training counsellors for relevant psychological practice

Perold, M & Oswald, M

In the culturally diverse South African society, registered counsellors provide primary care, promote psychological well-being and work towards preventing mental health problems. Students enter the programme at Stellenbosch University expecting to be trained in working on an individual basis within the traditional Western model of counselling. However, in order to provide contextually apt and

effective psychological interventions, students have to be prepared for diverse contexts, potentially foreign to their own experiences. Therefore, alternative ways of thinking and doing, informing creative problem-solving strategies, need to be facilitated. Actively exposing them to diverse cultural customs and lifestyles promotes learning in this respect. We have observed that students' sense of identity seems to be continuously constructed and re-constructed within this training model. We analysed their identity trajectories from a cultural-historical activity theory (CHAT) perspective, which views identity as constructed through the dynamics of activity, to which contextual and individual influences contribute in dynamic ways. Engeström's theory of expansive learning (learning something that does not yet exist) provides a model for analysis of activities that contribute to counsellors in training's learning. We present case studies of identity trajectories of selected students and attempt to make sense of these by means of the notion of expansive learning.

An exploration of ways in which counselling psychologists can better service the needs of those living in rural South Africa

John, S & McCain C

It has been argued that there is a large mass of South African people who are underserved by psychologists. Many South Africans live in rural areas in which, traditionally, psychologists do not practice. The challenge at this round table discussion is to find ways for psychologists to become more involved in Community Centres and rural hospital clinics. These facilities offer a rich variety of work for psychologists of different categories, but particularly in the category of Counselling Psychology. In rural areas, there is dire trauma work required due to the numerous cases of abuse and accidents which occur, as well as neuropsychological injuries. In addition, substance abuse levels are high; and poverty is extreme in certain areas. HIV infections and related illnesses are elevated, with a sero prevalence rate of about 30% in some districts. Police personnel also require assistance in the form of cognitive assessments for court preparation of juvenile sexual survivors and perpetrators. Counselling psychologists are critically positioned to be responsive to the public in this situation. Counselling Psychologists can serve an important function in responding to mental health matters in rural areas in a variety of ways. They could also network with social workers and doctors in rural clinics in the form of multi-disciplinary teams. This round table discussion will allow for an exploration as to how counselling psychologists can engage and be more responsive to the South African public located in rural areas.

VENUE 5

Capability approach in understanding inclusion and exclusion in public schools

Kern, A & Walton, E

The aim of the paper is to apply the capability approach to understanding exclusion and inclusion in the South African educational context. South Africa as a country has a past beset with inequality, discrimination and segregation. As a result, after the 1994 elections, the country has seen a huge push towards inclusion and social justice, particularly in the area of education. Despite this, many children are still excluded from the educational project for a number of reasons. One reason is argued to be because of the decisions that are taken around individual difference, rather than because of the difference itself. Thus it is the thinking around race, ethnicity, socio-economic status, migrants and poverty, that creates the exclusion of groups of individuals. One way of understanding the decision-making process at play in inclusion and exclusion, is through the lens of the capability approach which

provides a “framework for thinking about poverty, inequality and human development in general”.. This approach is a human rights approach which has been developed since the 1980s, arising out of the works of Amartya Sen and Martha Nussbaum. Both Sen and Nussbaum identify education as a capability having inherent worth and it is from this broad vantage point that capability theory is used as a framework for this study. The key concepts within the capability approach of functioning, capability and agency will be argued to offer insight into the manner in which inclusion and exclusion can be understood.

Parents’ perceptions of the use of technology in South African primary schools

Shunmugam, L & Vorster, A

Despite 20 years of democracy, education in South Africa is still plagued by the inequalities carried over from apartheid. Concerns on issues of standardisation in education, which are linked to socio-economic status, make it increasingly difficult to determine what skills learners are leaving the schooling system with. There is a need to bridge the gap that currently exists within education, and one way in which this is thought possible, is through the integration of technology in the classroom. However, for the introduction of technology to be successful it is considered important to explore the perceptions of important stakeholders who, through their attitudes and beliefs, can either support or hinder this process. This study aimed to specifically investigate the perceptions of parents, with regards to the introduction of technology within primary school classrooms in South Africa. In order to achieve the main aim of this study, perceptions were explored from parents whose children are in private and government-funded schools. This study used a combination of two models in order to understand how parents use and accept technology and the influence thereof on their children’s interaction with technology. This study found that how parents come to use and accept technology, is not influenced by socio-economic status. Further, it was noted that acceptance and usage impacted how they viewed technology being introduced in the classroom.

Stress of distance learning postgraduate students while writing a thesis

Silinda, F & Brubacher, M

Working on a postgraduate degree can be a stressful experience for students, including distance learning students who are writing a dissertation or thesis. In this mixed-method study, 748 distance learning postgraduate students who were engaged in the dissertation or thesis stage, completed an online questionnaire about potential stressors and experienced stress. Quantitative and qualitative data indicated two general sources of stress: uncertainty about the research/writing process and lack of sufficient support from supervisors; and difficulties with time management. Issues pertaining to relationships, health, and finances were not as strongly related to overall stress. Universities with distance learning postgraduate programmes could help students by offering training or counselling services that are tailored to their needs, and by developing policies for supervisors to ensure distance learning students receive the support they require.

“Why I pay it forward!” Motivations and basic psychological needs of young adult peer educators

Mc Farlane, J & Naidoo, A

Peer educators, particularly those in developing countries, are the primary resource used to deliver health promotion messages in many resource-constrained communities. Working mostly within contexts of overwhelming social challenges which ostensibly would place a strain on their mental

health, they are used extensively as behaviour change agents in the battle against HIV/AIDS. Although extensive studies report the relative efficacy of peer education programmes, there is little evidence of the peer educators' "voice" or indication of the benefit of peer education work for the peer educators themselves. Given the significant role they play in intervention programmes, this study explored what motivated individuals to become peer educators and what benefits they accrued from the experience. This qualitative study examined the subjective well-being of peer educators at a higher education institution, TSiBA Education, through the lens of Self-Determination Theory. Intrinsic and extrinsic motivations and satisfaction of the basic psychological needs for autonomy, competence and relatedness were examined in participant narratives. Well-being of the participants was further related within the broader fields of positive psychology, pro social and peer education literature. Findings recorded significant improvements in familial relationships, meaningful awareness and understanding of the needs of others, self-initiated learning skills and a confidence and increased self-esteem through gaining competence. All of these in turn addressed subjective well-being and led to an improvement in the psycho-social functioning of the peer educators and an awakening of critical consciousness in these young adults.

Relationship between resilience, emotional intelligence and perceived parenting styles among adolescents

Maepa, MP & Mathibe, GE

The study aimed to explore the relationship between resilience, emotional intelligence and parenting style among adolescents. Using a correlation design, 426 adolescents (N=426), male (181) and female (245), ages ranging from 15 to 18 years, were purposively sampled to participate in the study. Data was collected using the parental authority questionnaires, resilience scale, and the Schutte self-report emotional intelligence test. The study results revealed that there was a significant positive relationship between resilience and permissive parenting style ($r=0.312$, $p<0.01$), authoritarian parenting style ($r=0.370$, $p<0.01$) and authoritative parenting style ($r=0.478$, $p<0.01$) among adolescents. A positive relationship between emotional intelligence and permissive parenting style ($r=0.462$, $p<0.01$), authoritarian parenting style ($r=0.517$, $p<0.01$) and authoritative parenting style ($r=0.528$, $p<0.01$) was also found. It is concluded that a positive relationship between resilience, emotional intelligence and parenting styles among adolescents do exist. Educational programmes aimed at empowering youth with resilience and emotional development are recommended.

The perceptions of mothers regarding the use of smartphones by adolescents amongst the Tshivenda-speaking community

Makatu, M

Signs of smartphone addiction are rapidly rising and they lead to mental health problems with symptoms such as sleep disturbance and depression. The aim of the study was to explore the perceptions of mothers regarding the use of smartphones by adolescents amongst the Tshivenda-speaking community. In order to select 10 mothers of adolescents who own smartphones to participate in this study, purposive sampling was adopted. For the purpose of data collection; semi-structured interviews with guiding questions was used. Thematic content analysis was used to analyse data collected for this study. From the analysed data, the following themes emerged: mothers' understanding smartphones and smartphone usage; reasons for providing adolescents with smartphones; advantages and disadvantages of smartphones in the lives of adolescents; mothers' responses in relation to smartphone usage by adolescents. The study concluded that smartphone usage amongst adolescents is no longer for communication purpose, but also personal advancement in relation to the entire social network. Although it has advantages, the disadvantages are more as

they include addiction and anti-social behaviours. The study recommended that when adolescents were provided with smartphones, rules had to be set to show them the purpose of a smartphone. It is further recommended that mothers should have space in their lives to accommodate the fact that adolescents were growing up in a different generation where technology was not only dominating, but simplifying life. It is also recommended that should this lead to addiction, adolescents should be advised to seek psychological intervention.

VENUE 6

Towards a visible and vocal psychology

Nel, J, Pule, NT, Crause, E, Pillay, S, Tlaka, T & Judge, M

Are you occasionally approached by the media for expert opinions or perhaps an avid blogger, relating to professional endeavours? If so, this roundtable discussion is for you. PsySSA is currently in the third year of five of operationalising its Strategic Plan (2014-2018). The plan suggests a vision for psychology that requires the discipline and society to be much more relevant and responsive to concerns and priorities of South Africa, Africa and the world. As such, the plan serves as a guide to prioritise and contextualise the work of the society, informed by the needs of psychology professionals and developments within psychology, the healthcare sector and South African society. Towards this end, and as a listed priority of the society, considerable efforts have gone into ensuring PsySSA is more visible to its (potential) members and the greater public in terms of the role that PsySSA and psychology can play relating to the issues in the current social context. To date, the focus has been on two areas: Creating a social media presence (Facebook and Twitter as methods for communication with members but also creating visibility); and (reactive and proactive) engagement with mainstream media, i.e. the PsySSA Mail & Guardian Thought Leader blog; congress media engagement, leading to congress, at congress and after congress; and the compilation of a media directory of experts willing to engage with the media around their particular areas of interest. Come and share your related experiences and volunteer to assist PsySSA in reaching its objective.

Writing articles for academic journal publication

Pillay, A & Kramers-Olen, A

With the academic pressure to publish articles in scholarly journals, editors and their teams tend to be inundated with articles, a large percentage of which are submitted by new or inexperienced authors. Unfortunately, many of these submissions are poorly executed either in terms of research methods or the linguistic and formatting aspects of the written manuscript, resulting in poor outcomes for the authors. This round table will address best practice approaches to writing academic articles, and will provide simple dos and don'ts which will help make manuscript preparation simpler and more systematic, while also enhancing the likelihood of acceptance. Common errors and ways to avoid these will be discussed. In addition, guidance will be provided on online manuscript submission processes.

Deciphering the discipline: Lost in translation

Nortje, S, Hasan, M, Mahomed, S, Makedama, O & Tehini, R

The central focus of this round table is to discuss the pressing concerns of psychology student surrounding navigating psychology as a discipline. This has particular relevance for the future (its developments, shortfalls and pioneering for the future) of psychology in South Africa as well as its development (focal points and strategies) as a discipline. The concerns being addressed are divided into two particularly focused on curriculum: A South African contextualised educational curriculum; an African psychology integration; low utility for psychology honours degrees, and a lack of practical skills. The second concern focused particularly on communication and infrastructure: The number of master's degree students selected per institution per year, the lack of knowledge by psychology students of the psychology discipline and discourses. The above will be mentioned as per point and discussion will be held to ascertain opinions and possible interventions and recommendations. Preliminary findings, according to the National Psychology Student Survey 2016, suggest that 29.2% of students did not know that they were required to have a master's degree to qualify as a psychologist. A total of 90% of students mentioned that the curriculum was not relevant to their context, it was too theoretical and did not provide a competent skill set development to be useful in mental health spheres. These findings indicate that there is still, practically, very much to do for psychology in Southern Africa.

The Master's Journey of the student: Towards fulfilling the need for Psychological intervention in South Africa?

A review of the National Health Insurance White Paper and the National Mental Health Policy Framework and Strategic Plan 2013-2020 suggests that Psychological Services are met with a scarcity of professional human resources to fulfil the health care requirement, even though the need is clearly identified. An ongoing issue raised by psychology students is the limited training availability to become a professional psychologist, as offered by tertiary institutions as per the HPCSA pre-requisites for registration. The current structure is not producing the professional output required to deliver mental health services based on the needs of the South African population and government mandates put in place. Preliminary results from a survey of Psychology students suggests that students are easily demotivated by the lack of feedback and guidance in completing their journeys as Master level psychologist. Students indicated the need for alternative training and mentorship possibilities along with potential student driven opportunities for practical experience under the guidance of universities and/or professional organisations.

This roundtable discussion is aimed at finding constructive channels to address these issues by sharing knowledge and experience between all stakeholders of this ongoing challenge to the discipline of Psychology. Students, professionals and academics are invited to participate in discussion on feasible and sustainable solutions that can best serve the needs of the students and the country.

Social factors influencing the moral development of black adolescents in Mamelodi area

Matlala, Y

This paper aims to outline how social factors influence South African black adolescents' moral development. A literature study with empirical inquiry following an interpretive approach was utilised. A theoretical framework of Bronfenbrenner's model was used to understand moral development and adolescent development. Furthermore, recent trends with regard to moral development of black adolescents in the South African context were addressed. An interpretive paradigm was followed and a qualitative method was utilised. A qualitative research inquiry was used. The sample included 18 black adolescents, nine boys and nine girls, who attend a township school in Tshwane, Gauteng. Maximum variation and purposive sampling strategies were used to select information-rich participants. Data collection was done by individual semi-structured interviews using a moral dilemma question, and focus group interviews. Data was analysed by using content analysis and Guba's model of trustworthiness was used to enhance credibility. Measures to ensure ethical research included consent from the Gauteng Department of Education, the principal and parents. Participation was voluntary and pseudonyms were used to protect the identity of participants. The key themes that emerged reflected the participants' moral behaviour-shapers, including the sub-themes of personal needs, personal ownership, identity, cognition and the influence of academic achievement; social moral behaviour-shapers, including the role of family, peers, church and social media and community moral behaviour-shapers, including the congruent application of values and safety. The study suggests recommendations to enhance the development of moral behaviour among adolescents.

"It's like a kind of medicine that keeps a person going": Hope discourses of urban South African adults

Wigdorowitz, M & Guse, T

In the last few decades, South Africa has been host to one of the most progressive democratic changes. Post-apartheid South Africa depicts a new identity promoted by freedom, transformation, social cohesion and opportunity. This ideal national identity is entrenched in the beliefs of the citizens that hold these views. Contemporary questions regarding the notions of national progress and development have undoubtedly steered interest in the direction toward what driving forces locate this optimistic identity. One such force that has been acknowledged in the social context, is hope. This study aims to explore the discursive possibilities of how hope is constructed by urban South African adults. A group of 27 adults living or working in Gauteng, participated in one of eight open-ended focus groups investigating hope. Using a social constructionist framework, discourse analysis guided the analytic process. Three discursive themes emerged in relation to how hope was made meaningful to the participants: hopefulness versus hopelessness, context-specific conditions for hope, and hope as individualistic or collectivistic. These findings indicate how the socio-political and economic milieu of South Africa is entrenched in the national identity of these citizens. Socio-political hegemonic normativity had a large influence in how urban South African adults construct a hope discourse both at a personal level and in relation to South Africa more broadly.

Kendrick Lamar's Alright: A narrative analysis

Ncongwane, H & Dladla, S

Hip hop is a form of art that expresses, reflects and narrates the reality of those who speak and hear it. Hip hop is commonly characterised by rhythmic music accompanied by rapping and rhyming speech. Kendrick Lamar, a South Central Los Angeles rapper, narrates the story of his own personal troubles through his song *Alright*, from his third studio album *To Pimp a Butterfly*. The aim of this study was to gain an in-depth understanding of the song through narrative inquiry. The study focused specifically on how the artist's story is told through the use of rap music. An inductive thematic analysis was conducted to extract themes from the song, which consists of three verses with a repetitive chorus. The chorus changes the mood to become uplifting, not only for the artist himself but also for the listener, by affirming "we gon' be alright". The emerging themes were integrated to provide insight into the artist's reflections of his own hardships as an African-American, his experience of the music industry and the challenges and temptations he has had to face. The findings, as the reflections both of one individual and of a whole community that has been historically marginalised, can be used to illustrate the richness that can be found in the stories that come from hip hop. It provides understanding of how African-American artists position themselves in an oppressive and racist society.

What does equity and transformation in PsySSA mean?

Pillay, S

This round table debate is hosted by the Equity and Transformation Standing Committee of PsySSA. The general theme of equity and transformation is unpacked, with the intention of an open debate on how psychology practitioners view these concepts. Preliminary data will be presented from an ongoing research project that is exploring ways of conceptualising equity and transformation in a manner that is meaningful for practitioners across contexts. Specifically, it is suggested that an explicit agenda of decolonisation be adopted by PsySSA, as this foregrounds the historical context within which change is being examined and catalysed.

VENUE 9

SYMPOSIUM: Developing valid assessments: Leveraging methodological advances to further instrument development

Scherman, V

Within the field of psychology, the use of tests is still widely recognised as a helpful tool in practice in conjunction with alternative ways of assessment and intervention, due to cultural diversity. Innovations in methodology has called for the use of quantitative, qualitative and mixed methods to strengthen validity claims, but in practice, this can often be a difficult task to accomplish given the topic addressed as well as other constraints, such as resources. However, the responsibility to ensure that the information received from the various tools used can be trusted to make informed decisions, cannot be ignored. This symposium will focus on the ways in which test developers address validity (and credibility) concerns, making use of advances in methodology.

Developing culturally valid but globally relevant psychometric tests: A discussion of the procedure for developing a screening tool for anorexia nervosa in men

Reeves, M

South African psychologists have recognised the importance of constructing psychological measures that are culturally sensitive and thus ethically sound. Nonetheless tests which only possess utility in very particular circumstances, are of little value to practice and to the community. Therefore, a

challenge often encountered by researchers when developing culturally valid tests, is the difficulty in accommodating for a great diversity of cultures, not only in South Africa, but in the world. Psychologists are thus faced with the daunting task of needing to construct tests that possess content validity in a multitude of contexts. Two possible solutions to this challenge exist. The first solution entails developing an initial measure that is valid for use in a particular setting and amongst a specific population, before seeking to adapt the test to accommodate for cultural variation. The second solution is to develop test items that adhere closely to the theoretically accepted definition/s of the construct/s under investigation, and then to adapt the measure for use amongst more specific populations. Both solutions present unique challenges are arguably better suited to addressing different concerns. When developing a valid measure for use amongst a very limited population that is scattered throughout the globe, as is the case with the population of men who suffer with anorexia nervosa, arguably the latter of the two solutions is the most appropriate.

Identifying academically at-risk students with external assessments: Using receiver operating curves and predictive validity to set cut scores

Combrinck, C, Scherman, V, Maree, D & Howie, S

The use of external monitoring assessments to identify academically at-risk Grade 11 learners is examined in this study. The Rasch Partial Credit Model was used to validate Grade 11 English language, mathematics and natural science assessments. Teachers requested that cut scores be set so that learners who need remedial intervention can be identified. To set the cut scores, a predictive validity study was done to gauge if the Grade 11 assessments predict end of school (matric) results in a dichotomous outcome: no tertiary access or tertiary access. A total of 293 learners participated in the study. Logistic regression modelling was used to identify which of the assessments predicted the outcome with significance, and Receiver Operating Curves (ROCs) were used to set the cut scores. When the mathematics and natural science results were combined, the cut scores identified most of the at-risk learners, correctly identifying 86% of those who were academically at risk. The conclusion is that external assessments can be used to identify academically at-risk learners, but these findings should be combined with internal school assessments and evaluations. The study also demonstrates how to set cut scores based only data, and this is useful when panels are not available to implement more traditional standard-setting methods. In a post testing era, psychometric methods should be applied to assessments so that they are validated and results are utilised to support learners and teachers in ways beyond merely monitoring performance.

Determining validity by using Rasch and ROC analysis

Maree, D

The concept of validity is crucial in psychometrics. The paper briefly examines the contribution of Rasch and Receiver Operating Characteristic (ROC) analysis to the issue of validity. The role of dimensionality in validity is briefly discussed and how Rasch contributes to determining dimensionality/unidimensionality by means of various indices, such as fit analysis and principle component analysis (PCA) of standardised residuals. The issue of unidimensionality in classical test theory is also pointed out and how one might mistake reliability and discrimination indices as indicators of construct validity. This problem can easily be carried over to a ROC analysis of tests, and the appropriate utility of ROC analysis in validity studies is pointed out. Finally, some examples of using both Rasch and ROC analyses in establishing test validity, is described.

Reading literacy assessment development for South African primary school contexts: The role of Rasch, classical test theory and expert judgement for establishing validity

Zimmerman, L & Howie V

South African learners' poor performance in a range of national, regional and international tests of reading literacy in the last decade has triggered many interventions and curriculum changes to address the issue. Monitoring and evaluation of progress made in this key developmental area of schooling has resulted in a need for external assessments targeted at measuring developmentally appropriate, curriculum-aligned reading literacy skills, taking into account the multilingual complexity of language teaching and learning. In a national landscape devoid of standardised instruments normed for South African populations, researchers and role players need to develop the pool of such instruments. In this paper, we reflect on the design and development process of a reading literacy instrument for 115 Grade 4 learners at one primary school in Pretoria as the first step towards a standardised assessment. Test development considerations are reflected on, particularly in terms of the use of assessment frameworks, expert judgement, classical test theory and Rasch measurement for the purpose of strengthening validity claims.

Addressing validity concerns through data quality management

Taylor, N

Ensuring that a psychological test has sufficient validity evidence to demonstrate its utility in a given context, is one of the critical duties of the test developer. However, to obtain that evidence is often difficult in applied contexts. The key to validity research is to be able to provide evidence that is relevant to the purpose of the psychological test. Arguably the most difficult evidence to obtain, is that for criterion-related validity, especially when the researcher needs to depend on existing data. For organisational settings, this means relying on usually subjective performance data, safety data obtained from individuals three levels down from the individual being assessed, or 360-degree measures linked to the organisation's values (and often not developed according to good psychometric principles). In clinical settings, sample size tends to be the main obstacle, along with ensuring that the responses on the psychological test are reliable and valid. Without good quality data, even the most advanced statistical techniques will fail to draw meaningful conclusions. This presentation highlights obstacles in collecting data for validity studies in applied settings and provides suggestions on how to address them based on experience, latest research, and best practice principles.

Beyond reliability and validity: Towards a contextually relevant assessment paradigm for South Africa?

Laher, S & Cockcroft, K

Ensuring that psychological assessments are appropriate and fair for clients from diverse cultures is challenging for most practitioners. This is exacerbated in South Africa where issues of multiculturalism, multilingualism, English language proficiency, and limited material and human resources ensure that a number of South Africans have little access to the benefits of psychological assessment. This paper describes the current psychological assessment practices that have developed in response to challenges encountered within the South African context. An examination of these approaches demonstrates a paradigm shift in practice from the traditional assessment paradigm which focuses on the use of static, standardised tests, to a more process-focused approach that has a more narrative, qualitative focus and is more contextually relevant to the assessment needs of majority of South

Africans. The paper concludes with some reflection on the consequences and implications of this paradigm shift.

10:30 - 12:30

VENUE1

SYMPOSIUM: Surviving private practice

Lockhat, R

This is the fourth successive year that the private practice symposium will be presented, following a decision by the PsySSA executive to allow a more dedicated focus on issues pertaining to private practitioners at its annual congress. As in previous years, current and pertinent issues will be tackled in the presenters' usual candid, knowledgeable and accessible manner.

What I wished I had known before I started private practice

Opperman, I

Are you considering starting a private practice? When I opened my practice years ago, I had very little business experience. Luckily, I did a few things right that allowed me to be profitable. In preparation for private practice, I learnt that one should consider gaining experience first, developing a niche, watch market trends, create a strong plan, develop new talents, sell yourself, be bold, respect your worth, and diversify your skills. Private practice is considered to be a business, which in turn means that you are self-employed and you should therefore save for self-employment taxes and ensure that you have the necessary insurance cover and indemnities in place. When starting your own practice, things like putting money aside for months where you know you will most likely have a dip (i.e. December and January) becomes important. It is also imperative to understand that that flying solo can be isolating.

Shooting ourselves in the foot: Private practice is under attack from the medical aids and what we are doing to help them kill us off

Lockhat, R

It is essential that all private practitioners, especially newer practitioners, conduct a detailed study of the medical aid benefits for psychological services. You may be astounded to find that although we get a slight increase in fees every year, the medical aids have found nuanced ways to actually reduce benefits, which impacts heavily on service delivery but also on practitioner income. At a meeting between the PsySSA Executive and Discovery Health, and in communication with other medical aids, it was apparent that this situation is not going to change. In fact, it is going to get worse. Those practitioners who do not adapt to this rapidly changing practice landscape are likely to find themselves struggling to continue to make a comfortable living from their chosen profession.

Tax matters! By a tax expert

Lockhat, R

Psychologists are excellent therapists but pretty hopeless at accounting. Many psychologists find themselves in desperate trouble with an ever more voracious SARS. Following on from last year's very

successful presentation on tax and accounting matters related to private practice, this year's presentation continues to explore, explain and clarify these critical matters.

Legal issues, by a legal expert

Opperman, I

Any psychologist who has had the singular misfortune to be hauled before either the prelim or full disciplinary committee of the professional board will know how stressful that experience is. It is a generally accepted fact that university teaching programmes don't spend sufficient time teaching master's students about ethics in private practice. These students then go on to open private practices, either knowingly or unwittingly cross ethical or legal lines, and find themselves in hot water. Following on from 2015's very successful presentation, this year a legal eagle who has defended psychologists will discuss what will land you in the pot, and how not to fall in it in the first place.

VENUE 2

An analysis of factors associated with severe mental illness among adults in Brazil

Mashamba, T

The aim of this study was to explore factors associated with severe mental illness amongst psychiatric adults aged 18 years and above receiving care or treatment in either public psychiatric hospitals or public mental health outpatient clinics (CAPS) in Brazil. The study was drawn from a larger national multicentre cross-sectional study. The sample (n=2 475) was obtained through a two-stage sampling strategy and just over half the participants were female (51.6%). Most participants (64.8%) had a family income that exceeded the Brazilian minimum wage (US\$200). About half (50.6%) had more than five years of schooling, whereas two thirds (66.8%) were single, divorced, or widowed. Most participants (54.8%) had only one psychiatric diagnosis, and 36.3% were currently hospitalised. Just over a quarter of participants (25.7%) had a history of incarceration, while 17.9% indicated that they had a history of homelessness. Violence was also reported, including physical violence (41.6%) and sexual violence (19.7%). Only 38.7% reported no violence or verbal violence only. About half of participants (48.2%) had their first sexual intercourse when they were under the age of 18, followed by those who were aged 18 or above (35.8%) and those who reported never having sex in their lifetime (16%). A large proportion of participants (80.3%) reported unsafe sex while 31.6% had practiced sex under the influence of drugs and or alcohol and 26.4% received or offered money for sex. Lifetime cigarette smoking and alcohol use was very common (71.5% and 43.1% respectively).

To tell or not to tell? Military psychologists' search for meaning during deployment

Visagie, N & Du Toit, D

This paper suggests a narrative intervention aimed at normalising, understanding and contextualising psychologists' personal military experiences. We advocate that the narrative approach can serve as a means of constructing personal identity and meaning from military experiences through personal stories, which can inform future practices in the military. A qualitative, auto ethnographic research design was utilised to relate narratives of female psychologists' experiences in a mission. Photos, symbols and metaphors were used to conceptualise psychologists' stories. Data was gathered through means of personal photo collections – photo analysis was conducted to identify processes and themes. Through thematic analysis of photos, two overarching processes surfaced, with main themes informing each process. These processes were: search for identity, and search for meaning.

Search for identity was linked to the main themes of: challenging existing paradigms; social structures and stereotypes; identifying with military culture; search for personal identity; and role conflict. Search for meaning was supported by themes of human connection; environment; reality of death; and anger. The richness of the data, produced themes and processes which constitute each woman's story, scattered with symbols of meaning making, juxtapositions and paradoxes. Although the women brought their unique sets of dispositions, situations and positions to the mission, their shared experiences allowed for them to tell their stories. Through the struggle of voicing their truths and search for meaning, these processes culminated in a progression from an old to newly constructed, authentic personal identity, filled with meaning. To tell or not to tell: Tell!

Decoding mental disorders: The value of practical experience in perceptions of autism spectrum disorder

Tehini, R

The purpose of this paper is to explore the value of practical experience with autism spectrum disorder (ASD) as a microcosm of mental disorders, in psychology students' attempts to fully understand it in all of its intricacies. The study follows a one-year programme where students of psychology volunteer at a school for children with autism, ages 3 to 18. The individual levels of experience with, and theoretical understanding of ASD varies measurably amongst the volunteers; these volunteers are then intermittently interviewed, observed and surveyed throughout the programme in order to determine any decline or growth in their understanding of ASD, as well as assessing how they have come to experience autism differently when compared to their previous theoretical understanding. A panel of professionals – all of whom are active in the world of ASD (principals of schools for children with autism, psychologists, child development specialists, special needs teachers, parents of children with autism and occupational therapists) were used specifically for this study to develop the guideline for understanding ASD that will be used comparatively against the information gained from the volunteers in order to establish the individual results. The paper concludes by illustrating how psychology has a responsibility to the community to understand disorders, past what is academic and theoretical, and how increasing student experience with a disorder can aid in a more holistic psychological approach to mental disorders in the future.

Common sense

Thwala, J

#FeesMustFall has been a buzzword since the latter part of 2015 and the beginning of the 2016 academic year. A lot of conflict management strategies have been employed by a number of institutions across the country. The study presents the experiences of students across disciplines and what they believe works. "If you believe in me, I will believe in you." This is a phrase that kept the "controllers of the means of production" and the students together in intelligible debates and reaching common understanding. The outcome of these engagements proved to have some stability and promotion of academic excellence among students in certain institutions.

Changing the fitness to stand trial and criminal responsibility assessment legislation

Pillay, A

The waiting lists nationally for fitness to stand trial and criminal responsibility examinations, span about six months to one year, which delays justice and thus violates human rights. This is due mainly to the

shortage of psychiatrists and bed-space in forensic mental health institutions. According to the legislation, the examination panel must comprise two or three psychiatrists, and a clinical psychologist “where the court so directs”, but the latter is only effected in exceptional circumstances or high-profile cases. The fact that clinical psychologists are trained to conduct such examinations, and are in five-fold greater numbers than psychiatrists, seems to have escaped policy makers and the courts. This is unfortunate because their inclusion on the panel will drastically reduce the waiting list and speed up justice. The presentation discusses this issue as well as the steps being taken to address the problematic composition of the examination panel. In addition, it examines the implications of legislation amendments for clinical psychology practice and training.

Understanding trauma, mental illness, and sexual risk in HIV: what about the personality disorders?

Durvasula, R

Relationships between trauma history, sexual risk, and mental illness have been well examined within this context is the role of personality disorders (PD), which are of particular relevance given the putative role of trauma in the development and maintenance of PDs. The long-standing, chronic, and dysregulated nature of PDs suggest that their contribution should be considered within the context of mental health, trauma and HIV risk. A sample of 500 adults (243 HIV-positive and 257 HIV-negative) were assessed using the structured Clinical Interview for DSM-IV Axis I Disorders and Axis II Disorders, PCL Specific, traumatic life events summary, and the TCU sexual risk inventory. The sample was comprised of 254 men, 214 women, and 32 transgender, and was ethnically diverse (91% ethnic minority). A total of 38% had a major mental illness, and 34% had a PD (17% were co morbid). The presence of a PD was associated with a greater number of traumatic life events ($p < 0.001$). Traumatic life events were associated with riskier sexual behaviours ($p < 0.01$). There was a three-way interaction between psychiatric diagnosis and HIV serostatus on trauma, with significantly higher endorsement of post-traumatic symptomatology in those living with concurrent HIV, major mental illness and PD ($p < 0.01$). PDs may represent a consistent vulnerability for risk taking through various mechanisms, and are often under-addressed in HIV intervention and prevention. Those impacted by trauma, and the triple diagnosis of HIV, PD and major mental illness, require sustainable and comprehensive programmes of clinical management, health, and behavioural risk.

VENUE 3

The perspective and mission of the Association of Black Psychologists

Washington, K, Jackson-Lowman, H & Grills, C

The Association of Black Psychologists (ABPsi) sees its mission and destiny as the liberation of the African mind, empowerment of the African character, and enlivenment and illumination of the African spirit. The organisation is committed to enhancing scholarship, promoting professional development, and developing new theories and interventions. These issues will be examined in terms of the association’s programmes, products and advocacy.

Challenges facing the Association of Black Psychologists

Washington, K, Grills, C & Jackson-Lowman, H

This portion of the presentation will examine some of the challenges faced by the Association with respect to elements considered vital to the Association’s life and growth, including strategic planning,

governance structure, enhancing financial resources and human capital, increasing capacity to be responsive to community needs, and identity and philosophical challenges.

The present and future of the Association of Black Psychologists (ABPsi)

Washington, K, Grills, C & Jackson-Lowman H

Forward ever, backward never. ABPsi's present and future will be discussed particularly as they relate to the issue of identity, Africanism, indigenisation, sustaining global movement for Pan-African psychology, and relevance. The discussion will include current efforts to expand the scope of the organisation's involvement in public policy, research activities, collaboration with other national and international Black organisations, and community programmes. Opportunities and challenges will be explored, along with lessons learned.

VENUE 4

CASE PRESENTATION: The good in me that's bad

Pule, N

This case presentation, facilitated by the South African Association for Counselling Psychology (SAACP), will explore therapy approaches for similar issues from different perspectives, as well as ethical dilemmas in this regard.

The good in me that's bad: Dynamics in therapy

Pule, N

A psychodynamic lens has provided the therapist with tools to explore clients' presenting issues but also a mirror for reflection. "The good in me that's bad" describes the parts of the clients that evoke anxiety at an unconscious level, which is displayed as an adjustment disorder and at times as depressive symptoms. These have been found in two individual cases of self-proclaimed born-again Christian clients who have been distressed about their consistent faltering in the context of their beliefs. The other instance has been found in a couple counselling case where interaction dynamics are of interest – "the good in me that's bad" in the relationship dynamics appears to maintain the married status of the couple and provides an imagined stability in the relationship, while the dysfunction in the interpersonal dynamic manifests in the distress that is experienced by both partners. A critical reflection on the therapeutic intervention is provided in this case presentation and modes of intervention from other therapeutic models are explored.

Loving with logic

Pule, N & Molebatsi, O

This case study presents the struggles of a young man at a university who had an irresponsible and financially over-demanding mother. He found himself loving and appreciating the fact that he has a parent who stuck by him but yet found her role in his life "absolutely useless" by his own definition. He presented with academic and family stress. Therapy focused on reconciling two conflicting ideologies: "loving the sinner and not the sin" and "how can a sinner commit such a sin though, it's just not acceptable" – love says I love you with all your imperfections, but logic says that your imperfections are just too much to make me feel that I love you; I question that what I feel is love because it feels like

anger. CBT was utilised. The client learned more about himself and his way of processing information about his identity, his need for love, and his mother.

The good in me that's bad: Ethical dilemmas of the therapist

Ndala-Magoro, N

Ethical dilemmas when seeing a couple appear not to be very easy when not careful or aware to go into dual role with one of the pair. Clients can easily pull you to their corner where you as a therapist. With or without the therapist's awareness an alliance can be formed. Couples at times present themselves as victim and villain and the therapist own unconscious dynamics afford ethical dilemmas in the couple therapy process. This discussion draws on a couple case presentation and explores the dynamics involved in a couple therapy process in terms of everyone in the relationship is responsible for their contribution in the dysfunction. The positioning of the therapist seems to be significant in resolving the possible ethical dilemmas while the line of good in relation to the seduction towards creating an ally with one of the partners is thin.

Where is community psychology in South African psychology?

Carolissen, R, Pillay, S, Fourie, E, Pillay, J, Graham, T & Mahomed, S

During the 1980s, community psychology was viewed as a strong liberatory impetus in South African psychology. It did not only propose alternatives to traditional psychological practice, but also propagated the importance of socio-political values in psychology. In short, it called into question the response-ability of psychologists and psychology students to societal transformation. Over the last 30 years, formal community psychology programmes, once popular in South African universities, have seemingly disappeared from undergraduate curricula at universities, with some vestiges remaining in postgraduate professional programmes. Some scholars argue that community psychology is marginalised or that it has embedded itself in other approaches to psychology, such as public health and inclusive education. Other voices also suggest that community psychology researchers have focused on circumscribed areas of research that could be viewed as community psychology but are identified, for example as gender or trauma research, and not community psychology. This roundtable aims to bring together established psychologists engaging in community psychology, as well as student psychologists to discuss divergent views on the presence and power of community psychology in South Africa, Africa and globally. This roundtable poses the questions: What has happened to community psychology in South Africa? Is community psychology important to a South African psychology and society?

VENUE 5

Resilience among orphans and vulnerable children: Towards a psychosocial model of intervention in kwaZulu-Natal schools

Makhonza, L, Nzima, D & Buthelezi, N

This study aims to explore the resilience of orphans and vulnerable children (OVC) by identifying factors which contribute to their resilience, and further attempt to develop a psychosocial model of intervention. The study utilises an ecological perspective, and in gauging resilience of participants, the adapted Child and Youth Resilience Scale (CYRS) was used and a semi-structured questionnaire on psychosocial factors was utilised. The sample consists of OVC between the ages of 12 and 19 years old, from various categories, including the disabled and abused. Caregivers and teachers also

participated. Schools around homes of safety, and orphanages were purposively selected. The study adopted a mixed-method approach (quantitative and qualitative), and the questionnaire was analysed using the Statistical Package for Social Science software. The frequency and correlation coefficients between variables was calculated, and focus groups consisting of teachers, caregivers and OVC were analysed through content analysis. After analysis, findings and results will be used to develop a psychosocial model of intervention which will support OVC towards resilience. This study is not yet complete.

The role of working memory on reading achievement in young, semi-rural children in South Africa

Kok, I & De Sousa, D

The aim of this research was to study the role of working memory on reading achievement in young semi-rural children in South Africa. A total of 28 children participated in the study, of which 11 were monolingual and 17 were bilingual. The sample was selected from Grade 2 and Grade 3 classes and participants were selected from low socio-economic backgrounds, and attended a public school that offered instruction in a second language (L2). Participants were assessed on reading comprehension using an adapted version of the Neale Analysis of Reading Ability, as well as measures of verbal and visual working memory, namely the Stroop and Rey. The Stroop and Rey tests have been used in bilingual and monolingual studies. The hypotheses examined were as follows: (a) there is a difference in working memory and reading performance in children differing in first language (L1) and L2 status, (b) there is a difference in the relationship between working-memory, performance and reading comprehension ability in L1 and L2 children. Results showed that children receiving instruction in L2 might not comprehend what they are being told. This could be explained by overload of working-memory due to L1 not being proficiently grounded in the early development phase, and L2 language transfer not being accessible due to inadequate instruction in the language. The results will have implications for enhancing teaching practices of multilingual and bilingual children.

Child sexual abuse and literacy achievement in a sample of South African primary school children: Implications for educational psychologists

Pillay, J

This study investigated child sexual abuse (CSA) and literacy achievement in a convenient sample of South African primary school children. Data was collected using a quantitative survey that was administered with learners (N=160) from four Grade 5 to 7 classes in a Soweto school. The survey included five literacy tests that were standardised by Do-IT Profiler. The results showed a statistically significant relationship between CSA and literacy scores, with learners who were sexually abused scoring significantly lower on the literacy tests used in this study. The uni variate test results provided more information on how learners who were sexually abused performed on the five literacy tests, noticeably worse in the real word test, followed by spelling, words spelt correctly, reading fluency, and non-word spelling. Based on the findings, it is recommended that educational psychologists should adopt a social justice framework in providing psychological and literacy support for children who are sexually abused.

The interface of childhood executive functioning and maths cognition: A pilot intervention study for low performing South African first graders

Ragpot, L & Niewoudt, I

The low performance of South African (SA) children in mathematics on global assessments is cause for great concern. Strategies to remediate this low performance need to focus on children in the early grades or before they begin formal schooling. Globally, practical actions are suggested to provide learning support for children. This paper will report on the findings of a pilot intervention study which investigates whether South African low-performing Grade 1 children's mathematics skills could be improved using the *Think Math!* intervention programme, which was translated into English. In addition, the results will show the relation of Grade 1 children's mathematics learning, to their executive functions (EF) and language skills. The programme consists of intervention sessions with the low-performing children in small groups of five or six children, for three lessons a week, over a six-week period. The results of this ongoing study will be presented and includes an analysis of the mathematical performance of the entire group (at T1), an analysis of the development of the low-performing children from T1 to T2, and from T1 to T3. We will also report on the relation between EF and mathematics, as well as EF and language skills in the beginning of the intervention, and as a predictive capacity for later performance.

Attitudes of school educators towards the integration of educational technology in schools in Johannesburg

Neveling, S, Patel, P & Laher, S

With initiatives such as Gauteng Online and e-learning being introduced by the Department of Education, it is clear that the introduction of educational technology in classrooms is a priority in South Africa. This is predicated on the idea that educational technology is beneficial to the development of learners and learning in South African classrooms. However, educator buy-in is core to successful integration of educational technology. This study explored educators' attitudes towards educational technology by interviewing eight educators from different schools, involved with the implementation of educational technology at their schools. Using Roger's Diffusion of Innovation Theory, Fishbein and Ajzen's Theory of Reasoned Action, and Bandura's self-efficacy concept, a semi-structured interview schedule was designed. Interview data was analysed using thematic analysis. Results are discussed within the context of implementation of educational technology in schools. Implications for policy and intervention with regards to the integration of educational technology are presented.

Teachers' perceptions of ET integration and usage in Gauteng schools: Is attitude everything?

Daya, A & Laher, S

Educational Technology (ET) is fast becoming a part of South African classrooms. Teachers play a crucial role in the effective and successful integration of this technology within the classroom. This study, based on Rogers' diffusion of innovations theory, explores the relationship between teachers' access to ET, their attitudes towards ET, and their use of ET for various teaching-related purposes. The factors of perceived competence; cultural relevance; and perceived usefulness, are also explored in relation to teacher attitudes and ET usage. A convenience sample of 100 teachers from various schools in Gauteng (public and private) completed a questionnaire consisting of a demographics section, the attitudes towards computers scale and the information and communication survey. The results are discussed in the context of ET integration in schools in South Africa. The presentation concludes with recommendations for teaching policy, practice, and research in South African schools.

VENUE 6

Perceptions of homosexuality among students at a previously disadvantaged university

De Jager, S, Van Rooyen, C & Basson, W

South Africa is a leader on the continent regarding the rights of homosexuals and reforms around sexual orientation in general. Though South Africa has various laws and policies in place to protect and promote the social inclusion and integration of homosexuals, many homosexuals are still subjected to derogatory labelling, social exclusion, and other forms of discrimination on university campuses. Of particular interest, is the intersection between traditional values associated with black rural areas, and a more cosmopolitan and inclusive attitude towards sexual diversity promoted by universities. A convenience sample of undergraduate students participated in the study. Participants were assigned to focus groups based on the gender of the participant. A semi-structured focus group guide was used to facilitate the focus groups. The audio recorded focus groups were transcribed and analysed using the constant comparative method. Categories that emerged from the analysis, include: sexual identity as a mediator of appraisals regarding homosexuality; cultural and religious prescriptions regarding the acceptability of homosexuality; and perceptions regarding the nature of human sexuality. Findings indicate a central position of culture and sexual identity in perceptions of homosexuality.

Human rights, legislation and sexuality in relation to persons with chronic mental illness and intellectual disability

Kramers-Olen, A

Sexuality constitutes a central feature of what it is to be human. Recovery models for persons with chronic mental illness, emphasise the need for independent living and peer relationships. Sexual intimacy forms part of this recovery vision, yet, mental health practitioners frequently perceive romantic and sexually intimate relationships among persons with chronic mental illness to be inappropriate. Similarly, persons with intellectual disabilities have inherent sexual needs and rights. Many health practitioners (particularly in institutional settings) regard persons with chronic mental illnesses/intellectual disabilities to be “asexual”. This paper reviews the literature on sexuality amongst persons with chronic mental illness and intellectual disabilities, and considers relevant legislative frameworks and human rights issues in this regard. Competency to consent to sexual acts and barriers to sexual expression are considered.

Do dental dams fulfil motivational psychosocial needs amongst women who have sex with women (WSW) in Tshwane, South Africa? A qualitative study

Spilka, A & Opperman, I

Dental dams are marketed towards WSW as a barrier method to reduce the transmission of sexually transmitted infections (STIs), yet few WSW make use of them. WSW, regardless of sexual orientation, is at risk for STI infection. Drawing on self-determination theory, this qualitative study examined whether dental dams fulfil universal psychosocial needs which would motivate dental dam use amongst WSW. Data was obtained from a focus group discussion and a demographic questionnaire in October 2015. The focus group consisted of 10 WSW, aged 18-46, recruited through snowball sampling. Women were eligible for inclusion if they lived in Tshwane and self-identified as WSW. Data was analysed using a combination of thematic and interpretive phenomenological analysis. Three a priori themes with seven in vivo sub-themes emerged in the findings. Competence, defined as the need to feel one is

able to engage in a behaviour, had two sub-themes: difficult to use and unavailable. Relatedness, defined as the need to feel like one belongs, also had two sub-themes, namely social exclusion and discrimination in health settings. Autonomy, defined as the need to feel one has options and choices, had three sub-themes: protection from STIs; pleasure; and alternate safer sex strategies. The study suggests that dental dams do not fulfil universal motivational psychosocial needs, and consequently WSW do not feel motivated to use dental dams. Further research is needed in determining whether fulfilment of psychosocial needs, such as guaranteeing access to dental dams and sensitising health professionals, will increase use of dental dams

Ben 10 and HIV vulnerability: A focus on young men's relationships with older women in South Africa

Vilanculos, E, Nduna, M, & Ewing, D

Age-disparate relationships between young women and older men are an increasing public-health concern, however, less focus is placed on younger men dating older women. This study explores sexual networks between younger men and older women. Eight audio-recorded gender-matched focus group discussions were conducted with young men and older women at six sites across two South African provinces: kwaZulu-Natal and Eastern Cape, in their respective home languages. Data was collected in December 2014, transcribed and translated into English, and analysed using thematic analysis. Different views around intimate relationships between young men and older women existed. Older women perceived these sexual networks as a ticket out of intimate partner violence. Young men perceived them as transactional, a way out of poverty and securing a better future, and reduced financial constraints in supporting peer-aged girlfriends. Condom non-use and withholding HIV status was perceived easier in relationships with older women than with young women. Older women's threats to withhold financial support, upon young men's insistence on condom-use, were reported. Sexual networks between young men and older women may carry similar power dynamics as age-disparate relationships between young women and older men, wherein the financial provider dominates decision making. In an age and gender-skewed epidemic, such as seen in South Africa where women acquire HIV earlier, older women might pose an HIV risk to younger men. Reducing the spread of HIV and other STDs requires interventions tailored to all perspectives of sexual networks.

Disability pornography: Fetish or celebration

Ebrahim, S

Against the backdrop of ableist and heteronormative constructs of sexuality, sex juxtaposed with disability may on the surface seem discordant. Until relatively recently, this dissonance in thought about disabled sexuality was commonplace. Current scholarship has documented that the disabled community is sexually active and perhaps nowhere is it more evident than in the burgeoning genre of disability pornography. While it is evident that mainstream media is bereft of imagery that depicts physically disabled individuals involved in sexual activity, when the focus is shifted away from mainstream media to pornography, a different picture emerges. Initially, disparaged for its denigration of women and even attributed to the aetiology of sexual deviance, thoughts on pornography have shifted in many aspects, with avid feminists even defending pornography as an avenue for the liberation and celebration of vast female sexuality. In light of this, if mainstream pornography is seen as a product of hegemonic able-bodied discourse, the existence of disabled/amputee/cripple genre of pornography can perhaps be seen as the ultimate celebration and liberation of disabled sexuality. However, the question needs to be asked: Is the mere inclusion of a separate genre of disability pornography – while appearing under the ruse of sexual accessibility of the disabled population – also

...serving to unintentionally objectify disabled bodies and disabled sex as the subject? With this in mind I raise questions about the intersection between pornography and disabled sexuality.

VENUE 7

CASE PRESENTATION: DRM Careers Workshop 2016

Kramer, S

Objectives of the Workshop: To equip students with knowledge about research psychology and other research-related career opportunities; to connect students to key stakeholders in the field of South African research; to further promote the Division for Research and Methodology (DRM) to students and, in turn, recruit new student members; to encourage discussions concerning the status of research psychology in South Africa; to enhance communication and collaboration with student members.

Beyond therapy: Career opportunities for emerging psychologists

Kramer, S

This workshop will comprise a range of panel presentations by various researchers who are working in different sectors of the industry (such as in the corporate sector, education, marketing, health, academia, social development, and community-based research). The panel will take the form of a presentation and discussion whereby each individual will introduce her/himself, provide a brief description of the kind of work that she or he does, as well as how it relates to the specific sector of research, speak about her or his journey to reach their current position, and answer any career-related questions asked of them by the mostly student audience. The presentation of each panel member will be approximately 10 to 15 minutes long, with an additional 5 to 10 minutes of question time. DRM executive members will chair the presentations, ensuring that the speakers adhere to the allocated time and encouraging discussions between the presenters and the audience members. The audience would most likely consist of undergraduate, honours and master's psychology students who are interested in a career in research psychology and related fields. It is intended for these workshops to become part of the annual DRM activities.

VENUE 8

Group-based humiliation: An experimental study

Vorster, A & Dumont, K

Humiliation is a universal, negative, internal feeling that is the result of a psychological discrepancy between an individual's self-concept and how they perceive others as viewing them. Appraisals of humiliation include the experience that an individual's status is being lowered, that their sense of self is devalued and that they are being disrespected and socially excluded through dehumanisation or infra-humanisation. As humiliation is a negative feeling, individuals' responses to this emotion will be either anger or shame and they will try to rid themselves of this feeling by either withdrawing or engaging in revengeful behaviour. It has been argued that humiliation can be experienced as a group-based emotion (i.e., on behalf of in-group members), but the empirical evidence for this is limited. The paper will report on three experimental studies using natural groups that tested systematically the possibility to elicit feelings of group-based humiliation as well as the emotional and behavioural responses. The results confirm that individuals can experience group-based humiliation. The

respective responses are dependent on their identification with the group that experienced humiliation. The results of this research will be presented and discussed in light of the consequences for future intergroup relations.

The role of leadership in promoting collective action: A social identity approach

Khumalo, N & Dumont, K

The social identity approach to leadership, or identity leadership, posits that leadership is a multifaceted process that requires leaders to represent, advance, create and embed a shared sense of social identity for group members. The approach proposes that in order to mobilise ordinary group members to contribute and achieve group goals, the following four leadership dimensions need to be considered: identity prototypicality, identity advancement, identity entrepreneurship, and identity impresarioship. Previous studies on identity leadership have only focused on the individual dimensions of leadership. Moreover, no study to our knowledge has focused on the impact of identity leadership on collective action. The present paper will report on two cross-sectional studies that aimed to investigate the relationship between identity leadership and collective action. The studies were conducted on various social groups, ranging from social movements, work groups and political groups in order to improve our understanding of the role of social context in influencing the relationship between the leadership dimensions and collective action. The role of in-group identification as a mediator in the abovementioned relationship was also explored. The results of these studies and their implications will be discussed.

The Oscar Pistorius trial: Testing the social trust of South Africans

Dumont, K

When Judge Dunstan Mlambo granted permission to South African media groups to broadcast live from the Oscar Pistorius trial on 25 February 2014, he argued that the justice system of the young democratic South Africa is still perceived by the majority of South Africans as treating the rich and famous “with kid gloves whilst being harsh on the poor and vulnerable” and he expressed his hope that by broadcasting this trial South Africans might (re)gain their social trust. Social trust is complex and can be assumed to be interrelated to various belief systems, such as belief in a just world, belief in (in)equality and belief in justice. The present paper will report on the results of a longitudinal study consisting of four waves (wave 1 – before trial: N=1 400; wave 2 – after trial: N=630; wave 3 – six month after trial: N=437; and wave 4 – after appeal court’s decision: N=285). The study tested whether there is empirical evidence that Judge Mlambo’s dream came true; whether changes in social trust were related to changes in beliefs and expectations people shared during and after the trial; and whether these relationships were moderated by peoples’ identification with their racial groups. The results demonstrated that peoples’ trust in the South African legal system remained rather low; that belief systems and expectations people shared influenced their social trust; and that this trial challenged white South Africans’ social selves in particular.

The role of social identity factors on academic persistence

Silinda, F & Dumont, K

Although universities were successful with removing racial segregation, institutional culture segregation, a culture that fails to accommodate and affirm racial diversity and differences, still needs some attention, and it may impact a student’s academic persistence negatively if not attended to. This paper examines the extent to which academic motivation mediates the link between identification with the academic department and academic persistence. Using data from a correlational survey

conducted among 388 undergraduate students; the results show a positive and significant link between identification with the academic department and academic motivation and between academic motivation and academic persistence for black students. The results also show that the effect of identification with the academic department on academic performance is fully mediated by academic motivation. These results are in line with the social identity theory, which posits that group-based needs will play a role, particularly a motivational role, in situations where an individual's social identity is salient.

Road-side work-seekers' constructions of fatherhood: Nurturing vs economic fatherhood or an integration of both?

Malinga, M

Studies on fatherhood in South Africa and across the world suggest the emergence of a nurturing fatherhood. According to these studies and many media platforms, men are becoming more involved in their children's lives, moving from a conception of fatherhood centred on economic provision, towards a fatherhood centred on physical presence and emotional support. An interesting point to note about some of these studies, is that they are prescriptive in their writing about fatherhood, suggesting that fathers should be focusing less on providing for their children's financial needs and more on supporting their children emotionally and providing physical care, with very little understanding of the cultural factors that shape particularly poor black men's definitions of fatherhood. In this paper, I present on a study that sought to understand the fathering practices of precariously employed African men. These are road-side work-seekers who spend most of their time on the side of the road looking for work. Some of the questions I consider include (1) how these men define fatherhood, (2) and how they negotiate between their children's socio-emotional and economic needs. At a time when the discourse on nurturing fatherhood dominates, it is important to seek empirical evidence to support such a discourse. In order to design interventions that aim to support men in their role as fathers, it is important that we understand the practices they consider important and what it means to them to provide financial support while being physically and emotionally 'absent' or the other way around.

Adolescents' expectations of the future: The context matters

Masinga, N & Dumont, K

In light of all the changes that have occurred in South Africa over the past two decades, the current study aimed to understand the relationship between an individual's beliefs about their personal future (possible selves) and the beliefs they hold about the present and future of South Africa (collective future). We hypothesised that individuals' expectations about their personal future and the future of South Africa were interdependent. More precisely, we assumed that this relationship was informed by their social group membership. A total of 631 adolescents from four Gauteng high schools took part in this correlative study. The results, which partially confirm the hypothesis, will be particularly discussed with regards to the complexity of the social change processes in South Africa.

VENUE 9

Conceptualising Research Ideas and translating them into Projects

Pillay, A & Maree, J

Many young and newly qualified psychologists have ambivalent feelings about research. Often the master's dissertation research has been a stressful experience and has sometimes left scars and battle wounds resulting in an avoidance of further research endeavours. At the same time, graduates are aware of the value of scholarly research and the need to engage in scientific inquiry not only for career advancement, but also as way of contributing to the body of extant knowledge. The presenters are aware of these anxieties facing emerging scholars and this roundtable is a response to associated queries from aspirant researchers. The presentation will focus on the basic steps and transitions involved in conceptualising research ideas or problems through to translation into feasible projects. The authors will address methodological issues and elucidate on the appropriateness of various techniques. Delegates will be encouraged to participate, raise questions and discuss concerns around their own research ideas and projects.

“From research to ethics, from ethics to research”: How the ethics of working with incarcerated offenders transformed a research design.

Prinsloo, J & Terre Blanche, M

Ethical concerns typically constrain the scope of research projects involving incarcerated offenders and sometimes discourage researchers from initiating new projects – arguably to the detriment of offenders. Offenders are considered a vulnerable class of research participants as their incarceration can be assumed to have an effect on the voluntariness of their decision to participate. This presentation describes how concerns about ethics fundamentally transformed a research project involving the rehabilitation of offenders. In this project, concerns about ethics resulted not in it being abandoned or reduced in scope, instead, considering the ethical issues that were raised, expanded and enriched the project methodologically (ie making use of a mixed-method design and strong participatory elements) and conceptually (ie focusing on the capacity for ethical decision-making of individuals and groups as central to rehabilitation). The presentation describes the Department of Health's ethical guidelines for research with people who are incarcerated. Furthermore, it focusses on the use of participatory action research – not only as a research approach and method, but also as the intervention to be researched. The following challenges and opportunities are addressed: the disempowered status of the potential research participants; managing the participants' restricted autonomy; ensuring voluntary informed consent, anonymity, privacy and confidentiality; addressing justice and fairness; and utilising a collaborative research approach to manage the complexity of the correctional setting.

Ethics and research partnership in social research

Sibaya, P

Social research is predominantly conducted among people of developing countries. In South Africa, particular historically black universities are located in rural areas which constitute about 80% of the land. Access to these populations is less prohibitive. The primary objective of this paper was to examine ethical principles and ethical codes to which social researches should adhere when conducting research among traditional communities. The second objective was to illustrate the role of science shops in social research. A descriptive retrospective research design was used. The study was carried out using the general practice research data base. This involves literature review on ethical principles and codes applicable to researchers. The use of science shops models as propounded in the Netherlands to illustrate their roles. Analysis reveals gross violation of ethical principles and codes in social research. The results reveal that there is reciprocal benefit when research problems are conceived by communities and not by researchers.

13:15 – 15:15

VENUE 1

SYMPOSIUM: Brain Working Recursive Therapy (BWRT): A Selection of six complex therapeutic cases

Lockhat, R

Brain Working Recursive Therapy is an innovative psychotherapy developed by Terence Watts a leading UK therapist. The therapy is based on the pioneering neuroscience work of Benjamin Libet, winner of the Virtual Nobel Prize from the University of Klagenfurt in Vienna. Practitioners using this therapy are able to achieve remarkable results with a diverse range of psychological problems in one to four sessions. This symposium continues from the world premier symposium of BWRT held at PsySSA 2015, with five highly experienced psychologists trained in BWRT presenting some of their work.

Curing major depression in four sessions: Is this possible? A case study of a patient with major depression treated with BWRT

Opperman, I

Brain Working Recursive Therapy is a therapeutic technique developed by Terence Watts from the United Kingdom (UK) that provides rapid relief from psychological trauma and long-lasting symptoms. In this case study, a 63-year-old female patient with major depression and suicidal ideation, with a history of several previous unsuccessful psychological interventions, is discussed. The patient's husband died, and although financially secure, her lifelong symptoms of depression were exacerbated by the death of her husband, subsequent insolation, loneliness, and lack of meaning. The patient made a dramatic recovery after a few sessions of BWRT.

Treatment of a substance (cannabis, tik, CAT) addicted teenage male with BWRT

Haynes, H

This case study is about a teenage boy who was suspended from school after being discovered using cannabis. He was referred to me and further investigation revealed that he was in fact using tik and CAT. During the formal detox process, he was treated with two sessions of BWRT to control his cravings and the results were astounding. His cravings stopped altogether. Five months later, Gavin was back at school and is now an ambassador for a drug-free lifestyle.

Post-traumatic stress disorder and BWRT

Lockhat, R

Given the current unending crime wave in South Africa, almost everyone has been or knows someone who has been robbed at gunpoint or knife-point, or been a victim of a hijacking or home robbery. As a result, there are many South Africans who have been traumatised and either have post-traumatic symptoms or full blown PTSD. Most psychologists know that in general PTSD is difficult to treat with complete success. This case is about a young woman who was held up at knifepoint at a train station

and as a result, developed post-traumatic stress disorder and could not function effectively. She received one treatment session of BWRT using Terence Watts' original "contentless" protocol, namely that the therapist did not know any of the content of her traumatic experience. At the end of the session, she reported that the traumatic memory was of zero significance. A follow-up session three months later, showed that she was still completely symptom free and getting on well with her life. A video of the therapy will be shown.

BWRT with Intellectually disabled persons

Saptouw, E

All therapists who have attempted to work psychotherapeutically with persons who have intellectual disabilities know they face enormous challenges. Most of the available therapies do not lend themselves to working with this population, as they were designed for a higher level of cognitive understanding and insight. The presenter has worked in the field of intellectual disabilities for over 20 years, and knows fully the limitations of the more popular therapies with persons like this. He has been able to adapt BWRT and use it in the hospital where he works. He has discovered that it can be a highly effective therapeutic tool for problems ranging from sexual abuse to tantrum behaviour. This presentation will focus on how he has adapted BWRT to work here and will present several case studies to highlight its effectiveness.

Case study of the treatment of alcohol use disorder

Naik, B

This paper focuses on a case study of a 67-year-old male who presented with alcohol use disorder. This behaviour started in 1990 following his first retrenchment. Unable to cope with the various stressors of life and work, his abuse of alcohol progressively worsened. Together with his determination to recover, the support of his family, and BWRT, he made a great recovery and has not consumed alcohol to date. This paper outlines the treatment process utilised.

Grief Buster protocol

Scholtz, R

This case study focuses on a primary school child who initially suffered the loss of his father. The child received therapy for this loss and the school reported that he was doing well socially and academically. Then in the new term it was discovered that his concentration and focus had deteriorated and the teacher reported that he was very unhappy. The psychologist discovered that the child's maternal grandmother had passed away during the holiday. The BWRT Grief Buster protocol was used with the child and after one session, the child reported feeling much better. Follow up three weeks later revealed that the child was almost back to normal levels of functioning.

VENUE 2

Emotional attachment, touch and comfort in bereavement using bonsai

Hermann, C

The relationship between emotional attachment, the sense of touch, and loss of a loved one, has led to the investigation of the role that bonsai as therapeutic art form can play in mental comfort and

healing to the participant. Bonsai, as ecotherapeutic tool, was used to aid healing and adjustment to loss. This study aimed at looking at alternative models in transitioning between the stages of grief. Ecopsychology seeks to rebuild the essential disaffection between the person and the natural environment, and to awaken the intrinsic appreciation of the environmental interchange that lies inside the ecological unconscious. The objective was to establish whether the time spent with their trees had any effect on the healing process of missing loved ones. Using a method of purposive convenience sampling, 10 bonsai artists were interviewed using semi-structured questions, and these were analysed using thematic interpretations. In all cases, participants had used bonsai in a commemorative way to immortalise or celebrate the life of loved ones and used it to overcome grief or trauma. The results of leisure engagement studies have shown to have direct and indirect impacts on the regulation of the moods of individuals. The purpose of this study was to determine whether there was a link between the art of bonsai and mental well-being after the loss of a loved one. The study provided confirmation that having contact with nature and with activities in and around nature might have an impact on the capacity of a person to adjust to negative life events.

Narcissism in the life of Howard Hughes: A psychoanalytic exploration

Sandison, A & Stroud, L

Narcissism is a personality configuration which is highly complex and difficult to research. Psychobiography as a methodology allows for the exploration of the lived life, and is thus useful to surmount the inherent challenges. The primary aim of the research was to explore and describe narcissism in the life of Howard Hughes, an eccentric billionaire who was revolutionary in his effect on the world, but concurrently disturbed within his personal pathologies. Hughes was dynamic in three different sectors, namely motion pictures, aviation and gambling. Due to his strong narcissistic personality configuration and interpersonal difficulties he experienced, Hughes represents an ideal figure within which to explore narcissism. The study used a single case study design, and purposive sampling to select Hughes. Qualitative data was sampled, using secondary data sources. Data was analysed using Miles and Huberman's strategy of data analysis, which consists of three steps, namely data reduction, data display, and conclusion drawing and verification. Kohut's theory of self-psychology was used for theoretical conceptualisation. Patterns which emerged in the data highlighted a mirroring transference, seen in Hughes' efforts to prove his worth through relentless efforts to be the top in his field in all sectors that he was involved in. He tried to create the circumstances that would mirror his greatness, but struggles in doing so led to the continual vacillation between grandiosity, fear, and shame. Findings confirm the effectiveness of Kohut's theory in understanding narcissism within a lived life.

Demographic factors in the prevalence of depression among patients of Neuro-psychiatric Hospital, Port Harcourt, Nigeria (2010-2013): Counselling Implications

Kinanee, J, Kpai, T, Kpe-Nobana, C & Harwartba, D

Depression is the leading cause of disability as measured by years lost due to disabilities (YLDs). Depressive disorders are common, chronic and expensive, and have become a major public health problem even as depression is ranked the fourth cause of diseases worldwide (WHO Health Report, 2006). Considering the grave consequences of depression and the lack of adequate care for its patients, the purpose of this study was to determine the demographic factors in the prevalence of depression cases among patients of Neuro-psychiatric Hospital, Port Harcourt, Nigeria with a view to helping to build data for intervention and developmental purposes. Three research questions and two hypotheses were formulated to guide the study. The study adopted a descriptive retrospective review of records of all patients at the hospital within a four-year period (2010-2013). The population of the

study comprised all registered patients diagnosed with depression within the period under investigation. A sample of 345 reported cases of depression comprising 129 males and 216 females was used. Data obtained was analysed using simple percentages and chi square statistic. Results showed that there were more depressed female patients when compared with their male counterparts, more married people were found depressed, while patients in the age bracket of 30 to 39 were the most depressed age bracket in comparison with other age groups. Gender and age of patients were not significant predictors of depression among patients, while marital status was found to be a significant factor. Based on the findings, recommendations were made.

Ethical professional conduct: The military context

Geemooj, N & Bester, K

The purpose of the current study was to gather evidence on the circumstances and demands that are being placed on psychological practitioners that are functioning within the South African Military Health Services (SAMHS) to highlight the ethical challenges that are encountered on a daily basis. Ethical conduct within the SAMHS is considered to be imperative when delivering services to clients. However, psychological practitioners in the military are not immune to ethical challenges that confront other psychology practitioners. Thus, the purpose of this study was to establish the experiences of ethical benefits and challenges within the SAMHS psychological services. This study employed an online questionnaire where seven open-ended items to explore the nature of the ethical challenges faced by psychology practitioners in the SAMHS. The official language of the questionnaire was English, as it is proclaimed to be the official language of the South African National Defence Force. This study employed non-probability purposive sampling to select participants from various units across the country. All the participants in this study were registered psychology practitioners. All ethical standards were maintained throughout the research process. The results of this research study will be utilised to contribute towards the development of a distance education module that highlights ethical challenges identified by psychological practitioners in line with the Health Professions Council of South Africa code of ethics. The results will be used to demonstrate the past, current and envisaged future ethical challenges within the SAMHS, but also to recommend on organisational strategies to improve on ethical conduct by registered psychological practitioners.

Genetic counselling for psychiatric disorders: Ethical implications following an efficacy meta-analysis

Moldovan, R, Pinteau, S & Austin, J

Psychiatric illnesses are complex, highly heritable disorders that have substantial implications for affected individuals and their families. Though genetic testing is currently limited in its clinical usefulness in this area, interest in genetic counselling for psychiatric disorders has a relatively long history and many positive outcomes have been posited. Yet, empirical studies of genetic counselling outcomes have been emerging only more recently. The aim of the current meta-analysis was to analyse the efficacy of genetic counselling and explore potential moderators of its effect. An extensive electronic search was conducted investigating the literature published until December 2014. The initial search resulted in 1 971 articles, four of which met the inclusion criteria; three studies were included in the quantitative meta-analysis. Effect size parameters and sample sizes for all variables in each study were included. We found that genetic counselling is efficient in terms of increasing empowerment, self-efficacy, knowledge, decreasing stigma, anxiety, depression and self-blame; the genetic counselling efficacy has an overall statistically significant effect size of moderate intensity. The efficacy has been demonstrated at post-intervention and at follow up. Implications of this study are discussed in detail.

Let's not blame patients: Barriers to psychological services for persons with first-episode schizophrenia

Barnwell, G, Sack, V & Strümpher, J

This oral presentation provides a critical reflection on the barriers to psychological services in public service in South Africa. The presentation draws from a study of clinical psychologists' perceptions of the barriers to the provision of psychological services for persons with first-episode schizophrenia in urban public health settings. The qualitative research study utilised an interpretive research design. Purposive sampling was adopted to gain access to clinical psychologists who had at least two years of public health experience in working with people recently diagnosed with schizophrenia. Data was gathered from 11 participants from the Nelson Mandela Bay Metropolitan Health District in the Eastern Cape, using in-depth interviews. A computer-assisted qualitative analysis of the collected data was conducted using NVivo software. The presentation will adopt a reflexive stance to the findings of the study, recommendations and suggestions will be put forward to attend to and overcome these perceived barriers.

VENUE 3

SYMPOSIUM: Forum of African Psychology: Part II

Makgahlela, M

This symposium continues the presentation of conceptual and empirical studies that illustrate the African ways of thinking and practicing psychology in the (South) African context and the diaspora. The papers presented highlight and address some of the weaknesses and limitations inherent to mainstream psychology and put forth recommendations which, if adopted, could enhance the responsiveness of the psychology profession in (South) Africa. Each paper argues for the inclusion of an African epistemological paradigm in psychology curricula and provides possible new directions for a truly pluriversal psychology.

Management of bipolar disorders, schizophrenia and epilepsy by traditional healers: Case studies

Mfusi, S

Bipolar disorders, schizophrenia, and epilepsy are some of the most debilitating conditions in modern psychiatry. Despite their prevalence in the general population, their management is believed by many mental health practitioners to be more complex than is generally accepted. Bipolar disorders refer to a group of disorders that involve episodes of hypomania and mania that may alternate with episodes of depression; schizophrenia is a mental disorder that involves loss of contact with reality; and epilepsy is a neurological disorder that is often associated with abnormal EEG patterns during and also between attacks. Despite the progress made in the diagnosis, management or control of these disorders, some people affected by these conditions still prefer to seek alternative and traditional treatment. The presentation explores the aetiology of this class of disorders from the perspective of traditional healers. Using selected case studies that involved collaborative work between a clinical psychologist and a traditional healer, the strategies that are utilised by the latter to manage and control symptoms of bipolar disorders, schizophrenia, and epilepsy are critically discussed.

Quality of life and prostate cancer: A study of a group of elderly men of African descent diagnosed with prostate cancer

Nkoana, SE & Sodi, T

Quality of Life (QOL) is an increasingly important outcome measure in healthcare. However, there are relatively few studies that focus on the prostate cancer experience of elderly men of African descent. The goal of this study was to determine the QOL among men of African descent with prostate cancer. A Quality of Life Index (Cancer Version - III) questionnaire was administered to 23 elderly men of African descent diagnosed with prostate cancer and receiving some form of treatment at Pietersburg Provincial Hospital, Limpopo province. Data was analysed by calculating the overall mean scores for the four domains of functioning. The study found that the disease and its treatment led to significant declines in the patients' quality of life, particularly in two mains, namely physical and functional. Understanding prostate cancer experience and QOL outcomes among elderly men of African descent are critical to appropriately assist patients and improve cultural sensitivity.

Exploration of faith healers' perceptions of chronic diseases: A qualitative study

Masola, N & Sodi, T

In South Africa there is growing recognition of the complementary role that traditional and faith healers can play in the treatment of chronic diseases and other conditions of ill health. In this paper we present the results of a study that explored faith healers' perceptions of chronic diseases in the rural community of Ga-Dikgale in Limpopo province. A qualitative approach was followed. A sample of 10 male participants was selected through snowball sampling. Data was collected through in-depth interviews and analysed using thematic content analysis. The findings of the study indicate that faith healers perceive chronic diseases as incurable. HIV was perceived to be the most common type of chronic disease in the community. The study further found that there are various factors attributed to chronic diseases. These include biological, dietary, behavioural, spiritual and cultural factors. The study is concluded by recommending further studies with larger samples to understand the role of the different types of healers (for example, pastors, prophets, bishops and traditional faith healers) in the management of chronic diseases.

The diagnosis and treatment of mental illness by traditional healers in a Shona community in Zimbabwe

Taruvunga, P

Several studies have indicated that traditional healers are effective in the cultural environment where they practice. This paper reports on the results of a study that sought to explore the diagnostic and treatment methods used by Shona traditional healers in dealing with mental illness. A total of 10 participants (male=9; female=1) were selected using purposive snowball sampling. Data was collected using face-to-face in-depth, semi-structured interviews. Data was analysed using the interpretive phenomenological explication method. The study found that traditional healers use a number of diagnostic methods that include divination (*kushopera*), looking glass (*girazi*) and dreams (*kurotswa*). A number of interventions that include specific treatment methods (*nziradzekurapa*), dealing with bad spirits (*kubvisamweyayakaipa*) and compensation (*kuripa*) were found to be commonly used to manage mental illness. Based on the above findings, it is suggested that there is a need for mainstream psychology to learn from other healing systems. The results are discussed in the context of the emerging field of African psychology.

VhaVenda indigenous healers' conceptualisation of the causes of mental illness

Sigida, T & Sodi, T

Several studies have shown that alternative healthcare practitioners play an important role in addressing the mental healthcare needs of individuals by offering culturally appropriate treatment. In South Africa it has been suggested that indigenous healers are frequently consulted for mental illness when compared to their Western-trained counterparts. The aim of the present study was to explore the conceptualisation of mental illness by VhaVenda indigenous healers. A qualitative approach the case study method, was used in the present study. Ten indigenous healers (male=8, female=2), aged between 35 and 60 were selected through snowball sampling and requested to participate in the study. Data was collected using semi-structured interviews and analysed using content analysis. The findings revealed that indigenous healers attribute mental illness to a number of causal factors that are culturally contextualised. Among others, mental illness was perceived to be caused by witchcraft and evil spirits, poisoning, heredity and trauma. The findings further suggested that indigenous healers do not have an elaborate nosological system that distinguishes between the different types of mental illness. The study is concluded by making a few recommendations, that among others include consideration being given to some form of collaboration between indigenous healers and Western-trained healthcare practitioners.

VENUE 4

The effects of social anxiety and individual-collective orientation on health professional students' attitudes to communication skills

Naidoo, S & Naidu, T

Communication is increasingly being recognised nationally and internationally as a core graduate competency in health professionals training. Initiated by the Canadian Medical Association as the now well-known CanMEDS; graduate competency frameworks represent a defining feature of medical training. This study concentrates on communication as a core competency. Students from nine different health professional graduate training programmes within the school of health sciences at a South African university were surveyed using Communication Skills Attitude Scale; Liebowitz Social Anxiety Scale and the Individualism-Collectivism scale. Qualitative questions aimed at understanding students' subjective views on learning communication were included in the questionnaire. The influence of social anxiety; individualist/collectivist orientation, and various demographic factors (gender, age, first language, previous education etc) on attitudes towards learning communication were considered. Findings can be used to inform the development of teaching communication as a core graduate competency in health professionals' education.

Hope for career counselling in South Africa

Marsay, G

Unemployment in South Africa has risen to alarming numbers. The prevailing difficulties within the economy advance the feeling of helplessness and hopelessness among young people. This paper is based on the premise that everyone in the community is responsible for building capacity in our youth. The purpose of this paper is to explain a *contextualised, hope-infused, future-orientated programme*. The programme motivates and empowers young people from different cultural and socio-economic backgrounds, to make a successful transition from education, into the world of work. This innovative approach is a tailored mix of culturally relevant strategies, drawn from universal principles of career

education, embedded in a programme that cultivates fundamental hope, which is the unique foundation for the programme. The paper begins with a discussion of the rhetoric around terms such as career counselling because it is important to address the power dynamics of language used to communicate notions of future possibilities, relating to how people will earn a living. The programme has been tested in the South African context using a focused ethnographic research approach. Mixed methods were used to collect data. The analysis is explained and findings are discussed, the paper concludes with some ideas about how those who work with young people, can assist them towards the world of work by focusing on practical interventions to identify their strengths and skills, while at the same time enhancing the basic constructs of hope.

Using interpersonal process recall to assess the process and outcome of career-construction counselling

Maree, J

Career counsellors who draw on career construction theory (CCT) and life construction theory (LCT) (the interpretive lens for the understanding and interpretation of the data obtained) endeavour to help clients focus on central patterns of personal meaning (career-life themes). Interpersonal process recall (IPR) was used to enhance clients' and the counsellor's understanding of what really happened during key moments of the intervention. The purpose is to investigate whether the use of the career construction interview (CCI) and IPR can promote reflexivity and development in a woman who requested career counselling. The research design follows an instrumental case study (using the CCI). After the study, the woman demonstrated improved self-insight, an enhanced need and capacity for emancipation and liberation (of the self and from others), and the desire and courage to turn intention into action and to advance her own and others' career-life stories. The IPR helped the career counsellor assess the ability of career-construction counselling to promote the participant's self-reflection and reflexivity. The use of the CCI and IPR can promote reflexivity and development in a woman who requested career counselling. Using IPR to assess the process of career counselling adds an important dimension to counselling, in addition to the benefits of administering the CCI. The study substantiates the view that the effectiveness of the CCI can be enhanced through an IPR-facilitated understanding of a client's narratives.

Exploring the influence of role models on the career development process of adolescents from a low-income community in South Africa

Matshabane, O

It is commonly known that role models can exert a formative influence on the lives of individuals. While adolescents in low-income communities are faced with various career barriers, it is believed that having a positive role model may influence these adolescents' career decisions and overall life plans. The present study aims to describe how role models influence the career development process of high school learners from a South African township. This qualitative study presents the narratives of six Grade 11 learners from Kayamandi, Stellenbosch. The narratives were elucidated through the use of semi-structured individual interviews and one focus group interview. With the use of thematic analyses, the study aimed to: identify who the learners chose as role models and why; what the discourses were that accentuated their choice; how the chosen role models played a significant role in the learners' career and life plans; and how the learners applied the qualities of their chosen role models to their overall career and life plans. Participants' narratives were contextualised in relation to the tenants of

the Social Cognitive Career Theory. Findings of the study suggest that social organisation and cultural values play a pivotal role in informing the decisions young people make regarding role models, and how the role models influence their overall career and life plans.

Using appreciative inquiry to imagine families as (re)sources of strength in resource-constrained communities

Human-Vogel, S, Boyce, S & Mampane, R

Appreciative inquiry is an opportunity-centric mode of action research that invites participants to build on existing strengths by imagining how they can leverage their resources to design their future. In this presentation, we will share how we used appreciative inquiry in the context of an equine-assisted growth and learning approach (EAGALA) to community involvement, to explore how families living in a resource-constrained community used the 4D model to discover, dream, and design their destiny by reflecting on how families can be (re)sources of strength in a resource-constrained community. Our conceptual framework draws on family resilience theory. Our analysis focuses on how appreciative inquiry can offer families living in the context of chronic stress, to explore and develop their strengths as a family. We also examine the interface between appreciative inquiry and the experiential approach used in the EAGALA model of equine-assisted intervention.

Using photography as a research tool to evaluate community violence-prevention interventions

Merafe, M, Mfundisi, T, Mlilo, A, Malapela, L, Uwizeye, G, Garcia, M & Ngubeni, K

The Centre for the Study of Violence and Reconciliation (CSV) has been working in four communities – Kagiso, Marikana, inner city of Johannesburg, and Ekangala – in the last three years to prevent violence. In this paper, we discuss the value of using photography as a research tool in evaluating community violence-prevention interventions. After three years of interventions in these communities, the community members were given disposable cameras to take photos that best capture the origin of the community work, the challenges and successes of their work. In total, 537 photos were developed. Key findings show that the use of photography allowed community members to be effective in reflecting the impact of their community violence prevention interventions. This also allowed them to actively participate in the research evaluation process. It is therefore highly recommended that photo-voice methods are used to evaluate the impact of community interventions.

VENUE 5

The identity construction of college students through participation on Facebook

Perold, M & Chetty, L

The experiences of first-year college students' participation on Facebook and its contribution to identity construction were explored. Self-representation theory provided the lens through which the findings were viewed. Employing a qualitative methodology, participants were purposively selected and participated voluntarily in interviews and also consented to observation of their Facebook profiles by the researcher. Thematic analysis highlighted four main themes: a real world identity, an online identity, the online self in relation to other people and the practical implications of being active online. The participants viewed the virtual world as one where they were accepted, in contrast to experiences in the real world where they often felt isolated. Their online interactions incorporated their preferred

understandings of who they were and closely resonated with the way they represented themselves. Facebook therefore provided a platform for the construction of preferred identities.

Don't expect much ... Challenging the myth of delinquency and underachievement

Watkiss, S & Currin, L

This paper aims to highlight the positive impact that a multidisciplinary intervention can have on the intellectual, psychological and interpersonal development of a group of vulnerable adolescent males in the South African context. Two elements of the multidisciplinary intervention will be presented. Firstly, the findings of psychometric assessments of a group of former adolescent street children, conducted over the past three years, will be highlighted. Secondly, the process of relational group play therapy will be described. This process of therapy draws on psychodynamic theory in order to further understand the relational functioning of a group of vulnerable children. From a psychosocial responsibility standpoint, the authors consider interventions with adolescent street children to be vitally important towards developing fruitful members of South African society. In addition, the age of this particular group is acknowledged in literature to be an important time for learning since a great deal of brain reorganisation is taking place during this period. There is growing literature about the neurological and psychological growth during adolescence that accompanies hormonal and physical growth. This neuro plasticity has important implications for therapeutic and developmental work with adolescents. The authors have found that in terms of the psychometric data, the group in question has made certain intellectual gains since the beginning of intervention. In addition, dramatic shifts in their relational functioning have been noted. Psychometric results will be presented in the form of quantitative data while the therapeutic process will be understood in qualitative terms drawing on elements of reflexivity as an important ethical concept to consider when describing this process.

Stress experienced among postgraduate students when writing a dissertation

Silinda, F

Engaging in different phases when writing a dissertation can be stressful for distance learning students. This study was conducted among 270 distance learning students who were engaged in writing dissertations. The results indicate that postgraduate students experience more stress when engaged in writing the theoretical and literature review chapter, research methodology chapter and after they have submitted the analysis chapter to their supervisors. In addition, time management significantly mediated the relationship between a student's engagement in writing the interpretation chapter and the stress they experienced. Results are discussed in line with the role psychology can play in assisting students to cope with the stress they experience while writing dissertations in order to academically persist in a distance learning environment.

Knowledge of mathematics for life skills

Van Der Merwe, P & Van Der Merwe, W

Mathematics teaches children to understand the world in terms of numbers and shapes, they learn to reason and to connect ideas with each other and learn logical thinking and seeing things in proportion. However, if one looks at the history of mathematics in the South African society, you see that mathematics is not an activity that many people participate in. The inference is that mathematics was used to define the elite and provide a lot of power and privilege only to a handful of people during apartheid. Consequently, mathematical literacy was incorporated into the South African mathematics curriculum. Mathematical literacy will ensure that learners acquire knowledge and skills and can apply them in ways that are meaningful. Here, the curriculum promotes knowledge in local contexts. At this

point it may be important to remind ourselves that if mathematical literacy is raised to become the indispensable subject it is meant to be – crucial to nation-building and the strengthening of democracy – we should directly address the quality of in-service training the mathematical literacy that teachers get. The question that arises is, what components should be included in a mathematical literacy in-service training programme to accommodate the diverse interpretations of concepts such as workplace, life skills, cultural heritage, and science and technology. The authors took advantage of their own experiences respectively as a mathematics training facilitator and psychologist to provide perspectives on the learning principles of how adults learn and apply it to bring a positive attitude during training.

Teachers' teaching strategies in South African inclusive classrooms

Lake, N & Kern, A

This qualitative exploratory study aimed to provide insight into how teachers in South African mainstream schools engaged with the process of inclusion in their classrooms. Inclusive education is the educational policy in South Africa and teachers are invaluable in implementing the process. The sample consisted of 14 teachers from four primary schools in the Johannesburg east region. Three focus groups and one individual interview was conducted. Analysis of the results found that teachers viewed learner-centred and differentiated instruction as useful within the inclusive classroom and made use of these strategies. However, teachers indicated that they received insufficient training for such strategies, thus creating a need to improve training. Further limitations to inclusive education strategies were identified as large classes and limited resources. Cognitive and academic differences between learners were considered by teachers more frequently in the preparation of lessons, than differences in culture, learning styles, interests, personality and socio-economic status. Interestingly, teachers highlighted the importance of the family system in achieving the goals of inclusive education, yet noted that there was insufficient family involvement. Overall, the study found that teachers do attempt to use inclusive educational teaching strategies; however, numerous factors need to be addressed in enhancing teachers' use of these strategies.

Navigating constructive life choices with socially marginalised in school, adolescent boys

Damons, L & Daniels, D

Hostile marginalised youth in high schools is not an uncommon phenomenon. However, if left unchecked, the potential exists that this hostility and marginal status could lead to engagement in increasingly antisocial acts, as well as make them vulnerable for recruitment into countercultural groups. We ask two questions: How can we collaborate with these in-school marginalised adolescent boys to advance self-efficacy, and strengthen their emotional and social intelligence? How can we work with their perceptions and experiences of marginalisation and vulnerability to encourage the exploration of alternative ways of being in the world? We engage the agentic possibilities embedded in a cluster group that six in-school adolescent boys had membership to. Using a practise-based experiential model, we created a democratic, collaborative space in which the boys were encouraged to negotiate, mediate and practice their participation in various activities. We report on the potential entrenched in this participatory action research process, to advanced self-efficacy in marginalised, distrustful adolescent boys, and explain how their participation advanced a sense of self-efficacy, belonging and independence in these formerly hostile adolescent boys. Participation by individuals and the collective was a dynamic process that sought to be mindful of the emotional and social

intelligence that had led the participants to establish the group. The ethics of power relations and the right to autonomy were critical components of the study.

VENUE 6

The silent D – Supporting disabled transgender populations

White, T

This paper examines key issues facing the transgender population and has a central focus on the “silent D” – the recognition of and support services offered to disabled transgender people. Focusing on the key experiences of disabled South Africans represented in literature about transgender people, the paper analyses a number of informative resources offered to the transgender population and looks at how many of them explicitly describe disabled populations. It also looks at key guidelines offered to healthcare workers who support transgender people. Materials analysed include information brochures, posters, videos, safer sex packs, standards of care, legislature, and research reports. These materials are compared with similar content offered to transgender populations outside of South Africa. The presence of prominent transgender people who are disabled is described as a key factor, and is compared to transgender healthcare professionals who are disabled. The experiences of people who endure transphobia in healthcare settings are compared to higher education institutions’ cover of transgender populations in their training and assessment. This paper gives an overview of historical support of disabled people by healthcare professionals and examines the specific needs of transgender populations in this context. The paper closes with an analysis of the current needs of disabled transgender South Africans and highlights examples of best practice.

Trans-cending binaries: Experiences from a gender identity group for mental health professionals

Bosworth, J, Jaynes, C & Blake, C

Three mental health practitioners reflect on their experiences of starting and partaking in a continued professional development (CPD) group for professionals working with transgender, non-binary, gender queer and intersex individuals. How the practitioner’s own personal and professional identities have been questioned and reformulated, is explored. A community psychology framework is used to unpack the role of the mental healthcare practitioner in relation to the gender variant client. The positioning of the mental health professional can easily be seen in binaries (either/or). Either helping gender variant individuals to “adjust” to society, or helping them to question and deconstruct hegemonic power dynamics inherent in society. Either assisting gender variant people in making informed choices about their lives and bodies, or assessing and policing (gate keeping) gender variance by determining access to medical resources. Either being the “psy” expert or a learner and facilitator. The problematic natures of these binaries are explored and a move towards transcending binaries is suggested. In a similar stream, it is reflected on how gender identity cannot be worked with in isolation and how an intersectional approach is of great importance. Through re-evaluating their own predominantly cisgender identities and the cisgender bias inherent in many publications, the practitioners also emphasise how unchecked cisgender privilege can further pathologise gender variance. Such reflections hold significance for mental health professionals working with gender identity as well as deconstructing how “PSY” professionals work with minority groups.

Developing practice guidelines for psychology professionals working with sexually and gender diverse people: Learnings on process and structure

Victor, C & Nel, J

The PsySSA sexual and gender diversity position statement published in 2013, provides an affirmative view for psychology professionals regarding sexual and gender diversity, including, but not limited to, lesbian, gay, bisexual, transgender and intersex (LGBTI), queer and asexual concerns. This position statement provides a framework for understanding the challenges that individuals and their significant others face in societies that are patriarchal, heteronormative, and that discriminate on the basis of sexuality and gender. Following this, the next challenge for the PsySSA African LGBTI Human Rights Project has been to use the position statement as a basis for developing practice guidelines for psychology professionals when working with sexually and gender diverse people. The aim of this presentation is to update the audience on this process and provide suggestions for a possible PsySSA framework for the development of guidelines in other practice areas. The presentation highlights some of the learnings from the process over the past two years, and provides a discussion of the difference between standards and guidelines, attributes of guidelines, criteria for evaluating guidelines in development, structure and format considerations, as well as some of the key debates around sexual and gender diversity that has been considered.

VENUE 7

From Soweto 1976 to #FeesMustFall, 2016

Elkonin, D, Matika, S, Dyoda, Z & Flatela, S

South Africa has a long history of reactive social protests aimed at facilitating social and political change. As education is aimed at developing critical thinkers and future leaders, it is not surprising that institutions of learning have become the arena for debates about political ideologies and reaction to socio-economic realities. With the application of Bakhtin's theory of dialogism, we attempt to demonstrate how student protests during the apartheid era functioned as a form of socio-political and psychological liberation. Additionally, the role that psychological advocacy played during these protests will be discussed. This theoretical framing is considered important as it allows the analysis of students as change agents who provide action to reactive discourse.

#FeesMustFall: Can psychology offer some insight?

Ally, Y, Ngcobo, Q, Makhubalo, M & Mwanda, Y

Across South Africa, thousands of students protested against university systems described as being oppressive. These protests, which were non-violently and violently expressed at various institutions, brought to the fore the serious dissatisfaction of many students. Invariably, these protests called attention to the discourses of oppressive practices that were highlighted by students, as carried over from the past. South Africa's "born frees" demonstrated how temporary their freedom was, and that the university system was linked to the colonial, apartheid system. This presentation applies Vygotsky's general law of cultural development to frame the understanding of #FeesMustFall and the dissatisfaction of students towards educational institutions. The frustration-aggression hypothesis will be discussed to describe the reasons why we believe the student protests turned violent.

Student revolt and anomie: Exploring rebellion in social strain theory

Nel, H & Steenkamp, C

This paper attempts to explore the phenomenon of student protests as an anomic adaption to strain experienced by certain social groups within South African society. In accordance with Merton's theory of anomie, this strain is caused by the relative gap between completing a degree, and access to the available resources necessary to achieve this. In order to compensate for this gap, the adaption typology of rebellion is utilised in order to reform the access to education along with the end goal of the education – making the curriculum more applicable to the South African context. In reviewing the pressure being exerted on our youth to conform to prescribed cultural conduct in order to identify with imposed cultural goals and whether the social structure acts as a barrier or conduit to acceptable behaviour, this paper will examine whether the infringement of social codes constitute a normal response to a malintegrated society.

#FeesMustFall: Where to from here?

Cronje, J, Ally, Y, Elkonin, D, Makedama, O, Muller, L, Burton, S & Marwanqa, V

Universities are underpinned by epistemological traditions, as a place devoted to scholarship and scientific enquiry. With the #FeesMustFall movement, these epistemological traditions have been challenged as universities in South Africa have become central in socio political debates and transformation. One aftermath of student protests is the basis of the knowledge that universities are viewed as keepers of; particularly the reaction against colonialism and demand for recognition of knowledge from our shores. This paper looks at the aftermath of the #FeesMustFall movement, with a specific focus on the role psychology plays in advocacy. The paper examines the role of psychology in responding to the changes and spearheading change within our field of knowledge.

Psychology student survey 2016: A murmuring for change

Nortje, S

The central focus of this paper is to explore psychology student issues such as the current psychology curriculums; information or misinformation surrounding the discipline that is faced by South African psychology students. Students also report back on their general experiences and attitudes being a student in the psychology discipline. This has relevance not only for the PsySSA Student Division's intervention strategies for student support, but also for the future of psychology within South Africa and all future generations to be educated in psychology. An electronic survey method was employed, and electronically disseminated through various psychology societies. Preliminary findings suggest 29.4% of the sample had no knowledge that: they would become qualified psychologists only after attaining their master's degree; purely Westernised curriculum; lack of practical skills; and overworked and understaffed university psychology departments. The above has practical implication not only for the advance of psychology as a discipline in South Africa, but also for the identification of possible gaps within the education of psychology for students in South Africa and, in turn better healthcare professionals.

The expressed opinions of the born-free generation as a method of analysing racial division in modern-day South Africa

Olivier, C

Interracial relationships have, in the past, been regarded as taboo. Today, interracial relationships are no longer taboo, and thus found all over the world. However, attitudes towards the existence of interracial relationships still persist. These attitudes can be found in South Africa, a country where the memory of apartheid is still a painful one to many. The aim of this paper is to explore the attitudes of people towards interracial relationships as well as find the reasons for said attitudes. This is a qualitative study conducted with interviews of multiple different racial groups, using cluster sampling and a thematic analysis to gather data. The races interviewed will be grouped as follows: African; white; coloured; Indian; Asian and mixed race. This has relevance as South Africa is a country that has experienced extreme racial hostility and discrimination in the past. Segregationist policies have been found all over the world, and have affected society for centuries. In the 21st century, these policies no longer exist. This study can lead us to a deeper understanding of racial groups' interactions in today's society in terms of opinions and perspectives towards one another, through the understanding of people's views towards interracial relationships.

VENUE 8

SYMPOSIUM: Trauma and violence in South Africa: Professional psychology's response/ability

Van Rooyen, K

This symposium will speak to the related phenomena of violence and trauma in the South African context. The individual presentations address specific aspects of trauma and/or violence, but all contain recommendations and conclusions in terms of what professional psychology's voice and response to these phenomena ought to be.

PTSD prevention: Contextualisation of an international review to the South African reality

Van Rooyen, K

Exposure to potentially traumatising events is very prevalent in South African society. Professional psychology has the knowledge capacity and the responsibility to intervene on multiple levels to prevent the mental health fallout of such exposure. One relevant activity involves the prevention of chronic mental health problems such as posttraumatic stress disorder (PTSD). The first objective of the presentation is a review of current international literature on the prevention of PTSD. The field has remained relatively consistent over the past 10 years in terms of early intervention. However, there are some trends emerging from carefully controlled studies that suggest the inclusion of active therapeutic elements early in the prevention process that were previously contentious. Most of the summarised early intervention procedures from the international literature are applicable to psychologists, but many studies are from high-income contexts and do not take into account the existence of a category such as the registered counsellor. This means that the results from the review cannot be directly transferred to the total South African practice landscape. The second objective of the presentation is the South African contextualisation of the international prevention literature. A model is presented that fits various South African professionals into relevant prevention roles in terms of the evidence for PTSD prevention.

Roles are juxtaposed against relevant training requirements and practice realities, both what may be experienced in real life and those intended by policy. The presentation ends with two ideal, hypothesised examples of implementation – one a crisis site and one a general health site.

Restorative justice: Meeting the needs of both the perpetrator and the victim

Roux, L & Greyvenstein, L

Restorative justice is concerned with bringing meaningful restoration to victims, while at the same time facilitating change in the perpetrator and taking into account society's need for a safer and more secure environment. South Africa is still applying a retributive justice system where the accused is at the centre of interrogation and there is no or little concern for the victim of the crime. Historically, the sanctioning of perpetrators has proven to have limited long-term success with regards to bringing about significant positive change in perpetrators and for society. There has been a growing recognition that perpetrators of crime need to be engaged with in a therapeutic and personally restorative manner to effect significant change. This needs to be explored and developed in South Africa. The victims, be they individuals, families, groups of people or communities, have a need for closure, healing and restoration in a manner that is significantly meaningful to them. The apprehension, court hearing, and sanctioning of the perpetrator may assist with this to some extent, but it is increasingly recognised that more than this is often necessary for a more complete healing for the victim and, at times, for the perpetrator. The approach in restorative justice provides a forum to address the victims' needs more holistically, facilitating healing, closure and empowerment for the victim and perpetrator.

Student voices addressing violence: The phenomenology of #feesmustfall

Le Roux, C, De Wet, E & Makedama, O

This presentation relates the personal experiences and perceptions of psychology students who participated in the #feesmustfall movement in October 2015. The perspectives and experiences of individuals who were both centrally and peripherally involved with the movement are included. Differences and similarities across campuses indicate that each context created its own phenomenological field in which experiences need to be contextualised. No attempt is made to censor or reconcile the divergent experiences as the purpose of the presentation is to portray these experiences as phenomenologically accurate as possible. The discussion includes the impact of the portrayal of violence by students through media coverage and how this was translated within the context of the university; the inconsistency between these portrayals and the experiences of student participating in the movement; and the specific experiences of psychological and physical trauma and violence caused by the response of university management, police, non-participating students, media and general society. Some conversations highlight the role of those who could be seen as the representatives of the discipline of psychology in accentuating the violence subjectively experienced by those participating in the movement. In addition to the perspectives surrounding violence perpetrated against the movement, certain experiences are more relevant to the enactment of violence by the movement. These phenomenological experiences provide the backdrop for discussions and tentative recommendations around the appropriate response from the discipline of professional psychology in terms of the enactments of violence surrounding societal movements like #feesmustfall.

A multi-pronged approach to healing torture and violence

Dix-Peek, D

South Africa is home to extremely high levels of violence which occurs at the interpersonal level, collective level, in the form of protests and xenophobia, and state level, in the form of police brutality

and torture. Additionally, SA is home to numerous refugees and asylum seekers who have experienced violence, war and torture in their own countries. The effects of violence and torture on the people living in SA are damaging at the individual, familial and social levels. Violence affects the individual, but also causes extreme distrust and fragmentation within families and communities. The Centre for the Study of Violence and Reconciliation (CSV) aims to understand and prevent violence, heal its effects, and build sustainable peace at community, national and regional levels. The CSV recognises how complex interventions are, and how healing is required at multiple levels. As such, CSV uses a multi-pronged approach: we provide psychosocial healing at an individual and familial level through psychosocial interventions at the CSV trauma clinics, and community healing through community interventions. Our community interventions utilise community psychosocial supporters who provide emotional support and outreach to individuals affected by violence and torture. Intervention work is paralleled with research, monitoring and evaluation so that our research is based on what is learnt from the intervention work, and the intervention work is strengthened by our research. This paper discusses the challenges and achievements of working at multiple levels of healing interventions, as well as the complexities of learning and strengthening our intervention work through research, monitoring and evaluation.

VENUE 9

An insightful exploration of the English comprehension test using Rasch Analysis

Arendse, D & Maree, D

Psychologists often endeavour to investigate psychological phenomena such as intelligence and verbal reasoning in the form of assessment. This investigation is what furthers our understanding and the research of psychological phenomenon in psychology. The empirically designed English Comprehension Test was initially developed as a means of assessing individuals' English comprehension skills. The test development led to two versions of the English Comprehension Test (ECT) being piloted during 2010 and 2011. The purpose of this paper was to statistically explore the items emerging from the two test versions of the ECT. The sample size for the ECT version 1.2 (2010) was 597, and the ECT version 1.3 (2011) consisted of 882 individuals. These are the initial results towards establishing construct validity, which forms part of the validation of the ECT, which is currently a PhD study. This quantitative study involved a statistical inspection of the items of the ECT, through the use of Rasch Analysis. This technique revealed several important findings in terms of the item and person's functioning, the unexpected responses and patterns emerging from the items and persons, as well as the dimensionality of the ECT. The similarities between the results for both versions, confirmed the existence of an inherent structure for the ECT, despite the differences between the two versions. This study has a vital contribution to make towards psychological literature, as this research is part and parcel of exploring the psychological construct of verbal reasoning.

Investigating the scalar equivalence of the English version of the South African substance use contextual risk instrument across English and isiXhosa mother-tongue speakers

Masiza, M & Florence, M

There is an overwhelming concern about substance use among adolescents across the world, especially in low socio-economic status communities. The South African Substance Use Contextual Risk Instrument (SASUCRI) was developed to capture the contextual risk factors for adolescents in low socio economic status South African communities. In piloting the instrument, English and isiXhosa

mother-tongue speakers were tested using the English version. The purpose of this study was to assess the scalar equivalence of the English version across the English and isiXhosa mother-tongue speakers. The study employed the Hotelling's T-square test (to assess significant difference of means between the groups), the equality of reliabilities (to assess significance of differences between the scale reliabilities) and the Tucker's Phi coefficient of congruence (to assess the congruence of the construct across the two groups). In assessing the mean differences, the results revealed that there were significant mean differences, with the isiXhosa-speaking group performing significantly lower than the English-speaking group. Internal consistency was also generally lower for the isiXhosa group. The structural congruence revealed that there was incongruence between the two language groups for some of the scales. It can thus be concluded that the measure cannot be accepted as structurally equivalent across the two groups. It is clear that bias exists in some of the scales of the SASUCRI and that this version is thus not applicable for an isiXhosa-speaking sample. The study recommends that the instrument be adapted for the isiXhosa-speaking group.

A comparison of responses on the Beck Depression Inventory-II (BDI-II) amongst the Pedi, Tsonga and Venda cultures of Limpopo province

Nel, K, Masola, N, Rankoana, S, Govender, S & Mothibi, K

The Beck Depression Inventory-II (BDI-II) is one of the most widely used psychometric tools for hospitals and clinics in South Africa. The questions are phrased in English and it uses words and concepts such as pessimism and self-dislike, which rural black populations may find difficult to understand. The aim of this research was to compare multicultural responses to the BDI-II amongst three of Limpopo's major ethnic groups: Tsonga, Venda and Pedi. A mixed-methods approach, using a survey and an interview, was utilised. The study was conducted at a rural university in Limpopo and a purposive sample of 60 undergraduate students, male and female aged between 19 and 33, was used. Participants were all second-language English speakers. The results revealed that the BDI-II presented difficulties to the Tsonga, Pedi and Venda respondents on all but two of the items. Difficulties were related to understanding English words or concepts, and what was perceived to be culturally inappropriate questions about sexual performance and crying, or displaying emotion.

The cultural suitability and fairness of norms of psychological tests in the South African context.

Van Niekerk, K

As helping professionals in South Africa, a psychological assessment practitioner's core ethical responsibility, is to ensure that nothing should be done during testing and assessment to harm the client. As the relationship between the assessment practitioner and test-taker represents a power relationship, special considerations should take place. It is important for the psychometrist to ensure that the tests they are using are fair to the client, either with adequate research backing, or with appropriate norms developed on the client's cultural, language, and gender group. In South Africa, this concern is apparent when dealing with populations that lack proficiency in the language medium of the assessment. The question arises; can one be assessed fairly with items that tap into cultural factors in a culture that is not one's own? The Senior South African Individual Scales – Revised (SSAIS-R) is an intelligence test that uses culturally and non-culturally influenced items in order to assess verbal and non-verbal intelligence. This poses a concern; the cultural element of the testing cannot be removed. Therefore, it may be biased towards certain populations within South Africa. One way to address this concern is to create standardised norms for each cultural population in South Africa, so that a test-takers performance is compared to a normative peer group. The proposed study aims to assess whether or not the norms available for psychological tests in South Africa are truly culturally

suitable and fair. This will be accomplished by undertaking an instrumental case study on the SSAIS-R as well as conducting expert interviews.

Cross-cultural measurement of eudaemonic well-being: Implications of general findings

Schutte, L, Wissing, MP, & Ellis, SM

The aim of this study was to further the understanding and measurement of eudaemonic well-being or “functioning well” across different demographic and cultural groups by implementing modern psychometric techniques. This was done by exploring the cross-cultural psychometric properties of measurement instruments that operationalise three prominent theories associated with eudaemonic well-being. First, Rasch modelling was applied to explore the psychometric properties of the Meaning in Life Questionnaire among adults from South Africa, Australia, and New Zealand ($N=601$). Second, the suitability of applying a bifactor model to English, Afrikaans, and Setswana versions of the Mental Health Continuum – Short Form among South African university students ($N=1\ 060$) was examined. Third, the factorial validity of English, Afrikaans, and Setswana versions of the Basic Psychological Needs Scale among South African university students ($N=1\ 056$) was investigated. The results showed, inter alia, that caution should be applied when transferring theories and their operationalisations from one context, or culture, to another, and that measurement within diverse multicultural communities poses certain complexities and challenges, and that the nuances of positive traits and experiences at high levels may not be well understood. General pointers that will enhance the construction of measurement instruments of eudaemonic well-being in diverse contexts will be highlighted. For example, the crucial importance of proper attention to the substantive phase of scale development where the construct is clearly conceptualised along the full spectrum of the latent trait continuum, as well as the importance of using reverse-phrased items in an appropriate manner.

Practitioners’ observations of children’s development using the Griffiths III

Currin, L, Stroud, L, Cronje, J & Foxcroft, C

The Griffiths Mental Development Scales (Griffiths Scales) is an individually administered measure used to assess young children across all areas of development. During the current re-standardisation of the Griffiths Scales, practitioners raised a broad concern that the second-order factors of learning, such as memory, attention and reasoning/problem solving, and socio-emotional and behavioural aspects of development, are not sufficiently assessed. These areas have been found to be important in the assessment of developing children. The aim of this study was to broaden the knowledge of child development, based on the theoretical frameworks of child development, play and observational assessment, in order to draw attention to the behavioural information of the child in the assessment session, and to broaden the scope of the Griffiths Scales. The theoretical frameworks incorporated theories of child development (including cognitive, social and emotional development) from birth to 5 years 11 months, the framework of play underpinned by the principles of observational assessment. The study took an exploratory-orientated qualitative approach and fell within a constructivist-interpretivist paradigm. A purposive sampling technique was utilised to select the participants. The outcome of the study was to capture the practitioners’ observations of child development while using the Griffiths III assessment. The findings of the study add to the body of knowledge on child development and observational assessment, while adding to the fullness and completeness of the Griffiths III as an assessment measure.

16:45 – 18:45

VENUE1

SYMPOSIUM: Psychology in public service

Barnwell, G

This symposium will showcase what psychologists in the various public departments are confronted with in their daily work. The main aim of this symposium is to position psychology in public service as an attractive career option, capable of contributing to the profession of psychology in South Africa. The chair will begin by presenting a brief overview that contextualises psychology in public service. The chair will then introduce the speakers, whose presentations will start off with general descriptions about their roles and responsibilities in their specific departments. They will then each present a vignette that is illustrative of their role as psychologists in their respective departments. To close the symposium, the chair will link the presentations together and provide direction for psychologists who are interested in public service.

Introduction to the psychology in public service symposium

Kometsi, K

Dr Kometsi, the chairperson of PsySSA's Division of Psychology in Public Service, will introduce the symposium. An overview will be presented on the landscape of the several public sector departments under which psychologists work, such as the Department of Health, Department of Correctional Services and the South African Police Service. The chairperson will provide an outline of the speakers, the department they represent, and the themes they will discuss. To conclude, the chairperson will highlight the themes that have been discussed in the symposium and will provide direction for psychologists who are interested in psychology in the public service on being engaged in developing the profession.

Psychologists in primary public mental health care services: An illustrative case study

Makwe, E

This presentation describes the context and main activities of clinical psychologists in primary public mental healthcare services. Clinical psychologists play an increasingly important role in primary mental healthcare services and are key in supporting the Department of Health in achieving its strategic objectives. These objectives include the provision of a comprehensive service to all through administering appropriate assessment for diagnostic and treatment purposes, and implementing interventions to improve well-being. Clinical psychologists are involved in training and capacity-building programmes. A case study will be used to demonstrate the context, roles and responsibilities, and how clinical psychologists working for the Department of Health can best be used to support the department in achieving its objectives.

A Psychologist's experiences of the management of trauma in the South African Police Service

Buthelezi, B

Post-traumatic stress disorder (PTSD) as a diagnostic category was mainstreamed in the discipline of psychology after World War II. Today PTSD is better understood to extend beyond war-like situations

and potentially affect anyone exposed to a traumatic event. The experience of trauma is deeply ingrained in South African society and the South African Police Service (SAPS) is most often at the coalface of this experience. The presentation of this disorder in its different forms transposes the everyday life of police officers as that which engenders trauma. Subsequently, the effects of trauma that is associated with working in the SAPS affects the families of these officers as well. In its worst forms, the effects of trauma may lead to suicide, homicide, and/or femicide. The case presentation looks at this phenomenon, reflecting on its incidence, aetiology, and interventions in its wake.

Social grants in South Africa: Dependency or protection?

Nathane-Taulela, T

The concept of dependency has, over time, attracted negative evaluations in psychology and psychiatry. This medical and diagnostic view of dependency has been dominant in public discourse on government social security grants, particularly child support grants. Resulting in a situation where recipients of social grants have been pathologised and labelled negatively. One of the prevailing views in the general South African population, is that child support grants are an incentive for teenage pregnancy, and that social grants lead to a dependency syndrome which is disempowering. Contrary to these views, extensive research has consistently shown that social grants (particularly child grants) are targeted at poor households and that grants have been the cornerstone of poverty alleviation in South Africa. The Social Assistance Act of 2004 and the South African Constitution both recognise the socio-economic rights of citizens. There are about 16.9 million recipients of social grants in South Africa, with 11.9 million of these being child support grants. According to a 2014 World Bank report, 3.5 million South Africans are lifted out of hunger and poverty through social grant programmes. This presentation brings to bear the realities of those who receive social grants, allowing the picture of their need to speak for itself.

VENUE 2

Therapists' perception of narcissism in traditional cultural contexts

Puckreesamy, S & Sandison, A

Narcissism, often linked to a sense of entitlement and inflated sense of self, is a complex condition. It has been studied in a large variety of populations for approximately a century, but is typically associated with individualistic cultures, which place emphasis on the self. Although much is known about narcissism, there is far less knowledge on narcissism in collectivist cultures. The Xhosa culture is commonly interpreted as a collectivist culture, and no research to date has been conducted on this construct with Xhosa-speaking South Africans. The aim of this study was to explore and describe therapist perceptions of narcissism in traditional cultural contexts, with the objectives of investigating how narcissism presents in the Xhosa culture, and an exploration into the narcissistic elements that may manifest more prominently. A qualitative exploratory descriptive research design was employed, using snowball sampling to identify psychologists from the Nelson Mandela Bay metro for inclusion in the study. Data was gathered through semi-structured interviews and analysed using thematic analysis. Findings highlighted the elements of status, entitlement, a lack of empathy, and arrogance as elements which manifest prominently.

Personality across cultures

Thalmayer, AG & Saucier, G

Personality differences are observed in all human populations and cultures – all languages appear to have words to describe psychological variation. But current models of the most important personality attributes, including the Big Five, have been formulated by experts or empirical studies in a small number of cultures. These models capture a biased (Western, industrialised) picture. Two recent studies attempt to rectify this, by drawing on evidence from more representative global samples. The first study explores results from indigenous lexical studies of personality in two non-industrialised communities in Africa with diverse characteristics (Maasai herders in rural Kenya and Supyire/Senoufo agriculturalists in Mali). Such studies use the local language to define the person-descriptive concepts most salient to a population and to identify their structure – how attributes group together. In both African samples, three-factor emic models provided the best fit to the data. The best replicated etic factors were one- and two-factor structures found consistently in other languages. In the second study, this data is integrated with results from indigenous lexical studies of personality in seven other languages of diverse provenance to characterise a parsimonious model with optimal cross-cultural replicability. Two-factor models show evidence of substantial convergence and ubiquity across cultures. These “Big Two” – social self-regulation and dynamism – provide a common denominator of the most crucial axes of personality variation across cultures. Analyses involving key markers of these dimensions in English indicate that the Big Two might also serve as an umbrella model to link diverse theoretical models and associated research literatures.

Psychosocial factors influencing adolescent parasuicidal behaviour in Limpopo province, South Africa

Matamela, N & Idemudia, ES

Due to a significant increase of parasuicide among adolescents and the lack of a specific tailored therapy in South Africa, using a 2-in-1 study was designed to empirically determine the psychosocial predictors of adolescent parasuicide, and to develop an intervention programme. Using a cross-sectional design (Phase I), 266 participants were purposively sampled to assess hope, self-esteem, resilience, and parenting styles. Phase II used a pretest-posttest design without a control group to assess five participants on a psycho-educational training intervention programme, Parasuicide Assertiveness Training (PAT). Results in Phase I showed that parasuicide adolescents were more hopeless, $t(264)=13.45$, $p<0.000$ including agency thinking $t(264)=17.37$, $p<0.000$ and pathway thinking $t(264)=18.90$, $p<0.000$, had lower self-esteem $t(264)=16.92$, $p<0.000$, had higher parasuicidal behaviour $t(264)=-13.78$, $p<0.000$, have less parental warmth $t(264)=-7.39$, $p<.0000$, have less parental control $t(264)=7.48$, $p<0.000$, less resilient $t(264)=13.11$, $p<0.000$, have less personal competence $t(264)=12.73$, $p<0.000$ and unable to accept self and life $t(264)=12.73$, $p<0.000$ compared to non-attempters. The results in Phase II, using the calculation of the Cohen's d effect size for efficacy of interventions, showed the effectiveness of the PAT as there were some improvements on the psychosocial variables and a decline in parasuicide of adolescents who participated in the intervention in pretest-posttest conditions. In conclusion, PAT improved psychosocial variables, and the need for repeat parasuicide subsided. Further interventions with inclusion of more variables are recommended.

Exploring young adults' views on suicide attempts in the Ehlanzeni district of Mpumalanga

Koko, B & Mazibuko, N

Youth suicide continues to be an alarming issue in South Africa, and it is not openly discussed in families, schools or churches. The aim of the study was to explore young adults' views on suicide attempts. The study had a qualitative research approach which used an exploratory research design. Participants were young adults between the ages of 18 and 25, from Ehlanzeni District Municipality in

Mpumalanga. They were selected using a convenience sampling method. The data for the study was collected using semi-structured, face-to-face interviews using a guide. The data collected was analysed using the thematic analysis. It was evident that respondents viewed suicide attempts as caused by factors such as low self-esteem, peer pressure, negative self-concept, and substance abuse. It was also found that family members were not always available to provide support or were often perceived to be too judgemental. Coping mechanisms such as availability of councillors, awareness campaigns and a strong support system (from families, friends or the community at large) are seen to be crucial when it comes to the prevention of suicide attempts.

Medical student beliefs and attitudes towards mental illness across three countries

Tsai, J, Stefanovics, E, He, H, Ighodaro, A & Rosenheck, R

The study explores attitudes towards people with mental illness and beliefs about the causes of mental illness among medical students from the United States, Nigeria, and China. A total of 905 individuals were surveyed (n= 289 from the US, n= 253 from Nigeria, and n= 363 from China) using a 36-item questionnaire that consisted of items from three previously developed attitudes measures. An exploratory factor analysis was conducted to identify the factor structure of the questionnaire, which found four factors: personal social acceptance; beliefs in non-supernatural aetiology; beliefs in bio psychosocial causes of mental illness; and public policy acceptance of people with mental illness. Medical students from the US scored highest on all four factors, compared to students from Nigeria and China, reflecting more accepting or progressive attitudes. Medical students from Nigeria showed the lowest scores on beliefs in non-supernatural aetiology, and Chinese students showed the lowest scores on personal social acceptance and policy social acceptance. These results were based on convenience samples, but they may reflect underlying socio-cultural differences between countries in how mental illness is viewed. There may be more stigmatising attitudes towards mental illness in developing countries.

Mindfulness in South African psychology: Encouraging response flexibility

Pillay, K

This paper will critically examine the potential relevance of mindfulness-based interventions (MBI's) within the South African context by examining definitions and descriptions of the concept of mindfulness, exploring its history in psychology, proposing possible mechanisms of change within mindfulness interventions (MIs) and critically reviewing their evidence base. A substantial international body of research demonstrates the effectiveness of MIs in improving psychological and physical health. South African psychologists have a responsibility to transform and upgrade current interventions, technologies, therapies and theories in line with international best practice, and to simultaneously take account of contextual imperatives. Mindfulness, a form of insight meditation practice, was extracted from Buddhism, secularised for Western consumption, and incorporated into psychology in the 1970s. The neurobiological and psychological transformative impact of MI is proposed to alleviate the immediate symptoms of psychological distress, and to facilitate the development of long-term resilience. MI may thus be effective as a treatment and preventative approach to psychological disorders. It will be argued that MI offers a somewhat unique comprehensive, affordable, holistic, single form of psychological intervention that can be employed to address multiple psychological problems. In this respect, MI may be a particularly fruitful approach to address a range of mental health related difficulties observed amongst South African citizens, and appears to lend itself to application in resource-constrained environments.

SYMPOSIUM: Forum of African Psychology: Part III

Makgahlela, M

This symposium continues the presentation of conceptual and empirical studies that illustrate the African ways of thinking and practicing psychology in the (South) African context and the diaspora. The papers presented highlight and address some of the weaknesses and limitations inherent to mainstream psychology and put forth recommendations which, if adopted, could enhance the responsiveness of the psychology profession in (South) Africa. Each paper argues for the inclusion of an African epistemological paradigm in psychology curricula and provides possible new directions for a truly pluriversal psychology.

Grief and its management: The use of traditional medicine by the Northern Sotho community of Limpopo province

Makgahlela, M & Sodi, T

The experience of grief is a universal phenomenon associated with several health outcomes, especially if it becomes complicated. Although empirical research suggests that grief should be managed once it becomes complicated, its management is relative to the cultural context in which it takes place. The present study sought to explore the experience of grief and the perceived role of traditional medicine for its management among the bereaved Northern Sotho community members. A total of 14 participants (male=7; female=7; aged between 35 and 85) were selected and interviewed using in-depth semi-structured interviews. Data was analysed using Heycner's phenomenological data analysis method. The findings reveal that grief is a painful experience that is expressed emotionally, cognitively, physically, behavioural, and existentially. Furthermore, it was found that the condition is treated holistically, by among others, psychosocial interventions and the use of traditional herbs. One such traditional herb, known as *bolebatša*, is believed to ease the pain of grief by causing the affected individual to forget the painful memories associated with the deceased. The study findings suggest that grief is a contextually relative experience that can be effectively managed if the cultural realities of those affected are taken into account. The study is concluded by suggesting that there is a need for mental health practitioners to take into account the cultural context of the clients when providing grief therapy.

Mourning rituals and practices in contemporary South African townships: A phenomenological study

Setsiba, H

This study is an exploratory investigation of the experiences and meaning of the "after tears" party using the qualitative, phenomenological approach. The available literature outlines that recent African funerals are seemingly approached in a different way in most South African black townships. Traditional death rituals that were previously practiced by African people have been adapted, which seems to be creating conflict between staunch traditionalists who still adhere to strict cultural performance of death rituals, and those who embrace modernised practices. The aim of the study was to explore the experiences and perceptions of South African township communities of the after tears parties. Individual respondents and focus groups were interviewed on their perceptions of the after tears celebration, and data was analysed using thematic content analysis. Insights generated from these findings highlighted significant perceptions, meanings and feelings about the practice of the after tears parties. The findings highlighted that the after tears party serves as a source of comfort and

support to the bereaved. Others condemned the practice as disrespectful, hurting and delaying the chances of recovery from grief. The after tears parties could be an effective coping strategy if it was conducted in a more culture-sensitive and respectful manner. These experiences could serve as guidelines to explore psychological needs of the bereaved black communities.

Coping responses by mothers who care for children living with chronic diseases in a rural community

Kgopa, B & Sodi, T

The growing incidence of chronic diseases among children is a serious social problem. Studies have shown that mothers usually have little knowledge about their children's chronic diseases. Subsequently, psychological problems arise when they try to cope with the situation and to manage their children's conditions. The aim of the present study was to explore the coping responses by mothers caring for children living with chronic diseases in a rural community in Limpopo province. A qualitative research approach was adopted and the phenomenological method was used to understand and describe the coping responses of mothers of children living with chronic diseases. The snowball sampling method was used to collect data from 10 mothers who were drawn from the Capricorn district in Limpopo province. The participants were interviewed using semi-structured interviews and data was thematically analysed. The results found that mothers tended to use all the three common coping responses, namely appraisal-focused coping, problem-focused coping and emotion-focused coping. Problem-focused coping involves strategies that are aimed at minimising distress by reducing or eliminating the stressor. Appraisal-focused coping includes both behavioural and psychological efforts to disengage from a stressful situation. Emotion-focused coping involves strategies used to regulate emotional arousal and distress. The results are discussed in the context of Hill's ABCX model and other theories to explain coping responses to chronic diseases.

Exploration of the experiences of children who are living with an epileptic sibling: the case of Ga-Ddikgale community in Limpopo province

Moloantoa, T & Sodi, T

Epilepsy has been found to be one of the most common and serious neurological disorders in the world. Studies have further indicated that families are adversely affected when one member of the system suffers from this condition. The aim of the study was to explore the experiences of children living with epileptic siblings in a rural community in Limpopo province. A sample of 10 participants (males=3; females=7) was selected through snowball sampling. Data was collected using in-depth interviews, and analysed using thematic content analysis. Meanings attached to having an epileptic sibling varied based on each participant's experience of living with a brother or sister who is epileptic, but feelings of sadness, disappointment and sorrow were prominent. The results of the study suggest that a chronic condition such as epilepsy has the potential to cause considerable psychological distress among family members of the affected individuals. The study is concluded by recommending that more studies on the impact of epilepsy on family structure should be done.

Can ubuntu be used as a psychotherapeutic epistemology?

Viljoen, B

Bunge explains that "we create stocks of knowledge, placed into systems, allowing us to interpret interpersonal interactions and phenomena within our worlds". This is important as knowledge is affected by the context in which it is created. Hook highlights that the vast majority of psychological

theory and practice has been generated in the Western world, questioning its applicability in the African context. Nobles argues a return to modalities rooted within African tradition and culture, thus the research question posed. The study was conducted using narrative research, which fell within the post-modern paradigm. Data was collected through dialogic processes with psychotherapists from traditionally African backgrounds. Data was analysed using an interactional-performative model, taking thematic content and narrative structure into account. Close attention was paid to the context in which the research was conducted, as well as interactional, historical, and discursive contexts.

Religion and meaning-making in a Setswana-speaking community of South Africa

Ndima, L, Wissing, M & Wilson, A

African communities are known for their religiosity and their tendency to have a religious worldview which is a core source of meaning. Some scholars have claimed that in the African context, one cannot separate religion and meaning-making – a prerequisite for flourishing mental health – as these are interlinked. Although these claims have been substantiated in some studies, there is limited research exploring why religion is an important source of meaning in African, and more specifically South African, communities. This study aims to explore religion as a source from which the Setswana-speaking community of Ganyesa in North West province derive meaning, and the reasons for this. The participants comprised 30 males and females, aged 50 and older, selected from a rural Setswana speaking community. Data was collected in a semi-structured interview in which participants were asked to list three things they considered to be most meaningful, and reasons for each of one. Using thematic analysis, the results suggested that religion was seen as an important source of meaning. Most participants saw it as a means to assert themselves as a respected member of society, and to gain support from religious peers. It is useful to understand the sources of meaning – and the role of religion – for people in a rural African context. This may contribute to theory and inform practical strategies for increasing psychological well-being in this community.

VENUE 4

The effect of a positive psychology intervention on the psychosocial well-being of a group of early adolescents

Davies, J, Guse, T & Du Plessis, G

Adolescent well-being and mental health issues are of increasing concern globally. Within South Africa, diverse social, cultural, political and economic factors play a role in the development of mental health issues. Authorities in the field of positive psychology have suggested that there is growing scientific basis for teaching well-being practices in schools as an antidote for anxiety and depression. Most studies have implemented interventions among mid-adolescents with less being known about the effect thereof on early-adolescents. However, studies have shown that early intervention may have life-long benefits, including preventing early onset of disorders associated with adolescence. Furthermore, adolescent well-being may be a predictor of adult well-being. As such, this study targeted a group of early adolescents to explore the effectiveness of a positive psychology intervention on their psychosocial well-being. A pre-post follow-up quasi-experimental design implementing a four-week intervention was employed among (N=95) Grade 7 learners. Specific activities focused on enhancing positive emotions in the past, present, and future. Contrary to expectation, there were no statistically significant changes in well-being after the intervention. However, significant improvements in anxiety and depression levels were revealed. These findings suggest that, while positive interventions may not increase well-being in the short-term, it could serve as a protective mechanism through the decrease of anxiety and depression.

Creating and deploying a counselling support programme following a bus disaster Sieberhagen, S

In August 2011, 14 learners and their driver were killed in a bus accident in Rheenendal, an impoverished community outside Knysna in the Western Cape. Psychologists from the town were approached to provide a counselling network to support the survivors, families of the deceased and the community. This report discusses the creation of a counselling programme as well as the deployment thereof, bringing sharply into focus the role of South African psychologists in social consciousness and community outreach.

The effect of positive psychology interventions on hope and well-being among adolescents living in a child and youth care centre in South Africa

Teodorczuk, K

Several studies implementing positive psychology interventions (PPIs) have proven effective in building strength of character, increasing positive affect, reducing negative affect, and enhancing well-being in adults, adolescents, and children. Most of these studies focused on non-clinical populations. More recently, however, interventions with clinical and susceptible populations have also shown success in enhancing positive characteristics and reducing psychological distress. Despite burgeoning research in this field, little is known about the impact of PPIs on adolescents residing in child and youth care centres (CYCCs). In the South African context, children who have been orphaned, neglected, abused, or for other reasons are no longer cared for in family settings, may be placed in CYCCs. It is generally accepted that adolescence can be experienced as stressful and unsettling; such difficulties may be exacerbated for youths placed in care. Identity formation is a primary developmental task required during adolescence. Identifying and building strength of character, developing future aspirations, and enhancing well-being through the implementation of PPIs can contribute to successful mastery of this psychosocial developmental stage. This may be especially important in cared-for children. A pre-post follow-up quasi-experimental design implementing a six-week intervention, was employed with a sample (N=29) of adolescents from a CYCC. No statistically significant changes in levels of hope or well-being were found. In this light, it is noteworthy that although mounting evidence suggests the efficacy of PPIs, recent research highlights the importance of moderating factors in the outcomes of such interventions. These factors, as well as a qualitative reflection will be offered to better understand the findings.

Domestic violence and abuse: Unconscious dilemmas

Howes, D

Domestic violence, family killings and abuse contravene the nurturing, loving and supportive traits that a family as a unit should portray. The pressures and strain placed on the family due to outer demands of survival and living up to the illusions of modern-day existence, have led to destructive familial patterns and behaviours that undermine the core family unit. This is exacerbated by substance abuse. An outline of the relevant unconscious dynamics, both generationally and within the family system, are identified and illustrated. The child adopts a combination of both parents' underlying coping skills and emotional patterns. Relevant case studies highlight possibilities for change and healing.

Facilitating the transition of learner athletes from disadvantaged communities to a high-performance sporting environment in South Africa

Human, M & Human, L

The dominant discourse in society and academia holds a narrow understanding of sport psychology in that it is equated only to performance enhancement. However, a broader perspective of sport psychology will see this discipline consist of two equally important role players, performance enhancement and personal development. When learner athletes from disadvantaged communities are selected to start their school year in a high-performance sporting environment, a “responsible response” through personal development is expected from psychologists working in the high-performance sporting environment. This responsible response entails facilitating the psychological transition of these learner athletes, moving from a disadvantaged community to a high-performance sporting environment. Facilitating the psychological transition for learner athletes was conducted by means of storytelling (narrative paradigm) in combination with collages (art paradigm). This allowed participants to reflect on the transition – where they came from (past), how they experience the new high performance sporting environment (present) and how they saw their learner-athlete stories unfolding (future) – through storytelling and art. This study found that storytelling and art created opportunities for the participants to reflect on their past, present and future, and that these reflections assisted in the transition process. This study emphasised the importance of not only a responsible response by psychologists in facilitating these transitions, but also being compelled towards an ethical responsible response in allowing learner athletes to share their transitional experiences.

VENUE 5

The state of educational psychology in the new South Africa

Tabane, R

Educational psychology as a discipline in psychology finds its position, and perhaps its importance, under attack from various quarters. The challenge of the scope of practice in the discipline of psychology as a whole, has created fertile soil for attack, with medical aids in the main refusing to pay for services provided by the educational psychologist. This leads to following questions: Do medical aids see this discipline as a specialist category within the discipline of psychology? And whether the services provided can be delegated and easily performed by other categories in the discipline of psychology?

In line with the recent stand offs with medical aids: Where does this leave educational psychology? How do we articulate our role and identity? What does the concept of “learning and development” mean – from which theories do we draw? How can we substantiate our view that we are able to diagnose, assess and intervene on various levels, including working within the medical model and to claim from medical aid schemes

Investigating gender and racial differences on the isiXhosa translation of the South African Career Interest Inventory among secondary school students

Rabie, S & Naidoo, A

The South African Career Interest Inventory (SACII) was developed to address the call for the incorporation of individual as well as cultural factors in post-modern career assessment. Despite the initial advancements made by this instrument, the SACII is only available in English and Afrikaans, which in terms of language, excludes a large proportion of the South African population. Accordingly, this study will translate the SACII into isiXhosa using two complimentary techniques, namely a forward-

translation, and back-translation design. Two bilingual, isiXhosa-speaking postgraduate students will translate the SACII collaboratively to create composite translations that best reflect the semantic and conceptual meaning of the original items. Hereafter, an independent, bilingual translator, blinded to the original version, will conduct a back-translation and compare it to the original version to establish the equivalence of the translation. The resultant SACII-X will be administered to a sample of black male and female Grade 9 isiXhosa-speaking students to measure their career interests. In addition, the Afrikaans version of the SACII will be administered to a sample of coloured and white male and female Grade 9 students, respectively. The establishment of measurement invariance will enable the observation of differences in the interest structures across the different gender and racial groups. Results of the current study will indicate whether the underlying constructs of the SACII are similar for the race groups and whether there is merit in employing such translation techniques and construct validation methods to develop career assessment measures in other languages indigenous to South Africa.

WISC-IV test performance of Grade 3 isiXhosa-speaking children: An extension of a prior South African normative database

Bickell, A, Pienaar, I, Shuttleworth-Edwards, AB, & Radloff, S

The aim of this study was to provide preliminary normative data on the Wechsler Intelligence Scale for Children – Fourth Edition (WISC-IV) English administration, for educationally disadvantaged South African isiXhosa-speaking children in the Eastern Cape, to facilitate valid clinical application of the test within the South African multicultural arena. The sample consisted of 32 isiXhosa-speaking children aged 8 and 9 years, currently attending Grade 3 in a poorly resourced former department of education and training / township school in East London, Eastern Cape. All participants were considered proficient in English and the sample was equally distributed for sex. Independent t-test analyses were used to compare the WISC-IV Grade 3 normative indications with those derived from a previous study where Grade 7 children from an equivalent educationally disadvantaged population, were tested on the WISC-IV. The findings on the Grade 3 and Grade 7 groups were highly equivalent, indicating a lowering of index and IQ test scores of about 20 to 25 points, compared to the US standardisation. Grade 3 and Grade 7 isiXhosa-speaking learners obtained similar scores on all the subtests, index and IQ test scores, with the exception of the Digit Span subtest, which was significantly higher for the Grade 3 group. This study confirms prior research on the impact of the quality of education on IQ test performance, and the clinical relevance of employing demographically relevant normative indicators.

The use of cognitively targeted assessment instruments in the psycho educational assessment of low achievers in mathematics

Ragpot, L & Uitzinger, C

This paper focuses on the assessment and support of children who present with low functioning in mathematics. Developments in the expanding field of mathematical and numerical cognition have led to greater understanding of how arithmetic is implemented in the brain, identifying specific aspects of functioning related to low performance. This in turn has led to the development of assessment instruments that aim to measure systems of numerical cognition, especially those systems who could indicate probable dyscalculia, thus providing an alternative to the current more widely utilised procedurally-based maths instruments in assessment batteries, which give little or no evidence and assistance in diagnosis and support. The objective of this quasi-experimental field study was to investigate the use of more cognitively targeted measurements in psycho educational assessment batteries, which focus on a better understanding of children's conceptual mathematical knowledge, to inform diagnosis and support. A group of Grade 8 learners with below average marks in mathematics

were assessed with three cognition-based instruments assessing mathematical cognition and working memory and one achievement. An analysis of the data grouped participants into one of four profiles, based on similar emerging patterns. Results indicate that these assessment instruments could enable educational psychologists to get a better grasp of the underlying cognitive markers of learners who present with maths difficulties, which in turn renders diagnosis, intervention and support to be more focused and evidence-based.

VENUE 6

Translating clinical wisdom into empirically-supported LGBT-affirmative treatments

Pachankis, J

Several national professional organisations recommend that mental health interventions be adapted to affirm LGBT clients' identities. Empirical tests of minority stress theory have now identified several stress pathways responsible for sexual minority individuals' elevated mental health problems, thereby providing the mental health field with ideal candidates for intervention adaptation targets. Adapting efficacious interventions to address these pathways would cohere with professional guidelines for LGBT-affirmative practice. This presentation will describe our team's attempts to create the first evidence-based LGBT-affirmative mental health treatment. Our iterative intervention development process relied on clinical experts, who suggested LGBT-affirmative principles and techniques for addressing minority stress pathways in mental health practice, which we then packaged into an existing empirically supported cognitive behavioural treatment platform. Treatment adaptations specifically focused on reducing minority stress processes that underlie sexual orientation-related mental health disparities. We then assigned 63 young gay and bisexual men to receive this treatment in an initial waitlist controlled trial. Compared to waitlist, treatment significantly reduced depressive symptoms, alcohol use problems, sexual compulsivity, and condom less sex with casual partners. Effects were generally maintained at follow-up. Minority stress processes showed small improvements in the expected direction. We are currently testing the intervention in a larger trial with 250 young gay and bisexual men against community treatment-as-usual. If found to be efficacious in this trial, the treatment will possess substantial potential for helping clinicians translate LGBT-affirmative treatment guidelines into evidence-based practice. Future efforts will adapt this LGBT-affirmative minority stress intervention for application to sexual minority women and transgender individuals.

SYMPOSIUM: Researching the sexually and gender diverse: Politics, risks, relevant ethics, and transformative possibilities

Nel, J

Respect for human rights is protected by the South African Constitution and the HPCSA's ethical rules for psychologists. Accordingly, South African psychology has begun a process of transformation from its historical complicity in oppressive systems to current efforts to contribute to social justice for and well-being of all, inclusive of the sexually and gender diverse. This is, among others, evident in the growing interest in research and applied explorations in related areas that challenge the often implicit heteronormative assumptions of psychology. The PsySSA Sexual and Gender Diversity Position Statement (2013) recognises the challenges faced by sexually and gender diverse people in negotiating heteronormative, homonormative, cisgendered and other potentially harmful contexts. The Position Statement calls for sensitisation to the impact of multiple and intersecting forms of discrimination against sexually and gender diverse people and adherence to an affirmative stance that extends to research and publications. Hosted by the PsySSA Sexuality and Gender Division, this symposium will, firstly, reflect on the politics of researching sexual and gender minorities and the

importance of sensitivity to these politics in the interest of better research. Secondly, it considers the ethical dangers that exist in categorising our work and positioning ourselves as “transformative”, and reflects on on-going negotiations inherent to critical feminist research in ethically-nuanced contexts. Finally, the symposium will rethink what it means to do psychology on the fringes and consider how an African ethic may engender a liberating praxis.

The politics of researching sexual and gender minorities

Brouard, P

This paper will locate the “politics” in research with sexual and gender minorities (SGM), and will argue for sensitivity to this politics as critical to producing better research. This politics is anchored by a history of research around SGM which has been exploitative, heterosexist and informed by a medical, deficit-orientated paradigm. It is further complicated by a politics of terminology which makes such research complex and contested – naming matters, and SGM research needs to find a way to embrace this complexity. Gender and sex binaries (both within and between these concepts) can present theoretical and methodological challenges which researchers ignore at their peril, and SGM participants often come with a history of harm, hurt and pain: factoring this into protections needs to go beyond standard consent form processes and ethics application checks and balances. Adopting an intersectional frame may assist in acknowledging the multiplicity of identities and oppressions. More creative ways of finding research participants need to be found as “hard to reach” population research often defaults to the “research-literate” participant, and SGM research must go beyond deficit approaches to explore meaning-making, connection, pleasure and desire. Finally, considerations around insider/outsider research positionality are crucial, as there are advantages and disadvantages to both.

Doing feminist transformative research: What’s ethics got to do with it?

Kiguwa, P

What would it mean to do transformative feminist research with sexual and gender minorities? Such a question requires that we revisit fundamental principles of feminism and research rooted in social justice ideals of social change and emancipation. The critical and emancipatory ideal of transformative research is without doubt a key agenda for much critical psychology work and practice. And yet, the possible dangers of categorising our work and our self-positioning as “transformative” are not often acknowledged. What ethical dangers exist in such an endeavour? What are the dilemmas for doing transformative work that does not inadvertently undermine, hurt, and reinforce asymmetries of power between researcher and participants, and between participants and broader socio-political relational networks? How do we re-engage the murky insider/outsider status of research practice? In this paper, I reflect on some of my own work with sexual and gender minorities and my on-going negotiations of undertaking critical feminist research in such ethically-nuanced contexts.

The role of guidance and counselling in promoting discipline among students of higher education institutions in Lagos State, south-west Nigeria

Asikhia, O

The main purpose of the study is to examine the role of guidance and counselling in promoting discipline among higher education institution students in Lagos State, south-west Nigeria. This is borne out of the observed disciplinary problems of undergraduates, such as examination malpractice, alcoholism, substance abuse, indecent dressing, cultism, vandalism, bullying, among others, and this has often led to breakdown of law and order, disruption of academic activities, poor academic performance, closure of institutions and the likes. A sample of six heads of institutions, six heads of guidance and counselling departments and 916 students from six higher education institutions (universities, polytechnics and colleges) will be selected for the study through a stratified random sampling technique. Two structured questionnaires will be used to collect data for the study. Data collected will be analysed using frequency counts, percentages, correlation analysis, t-test and analysis of variance. Appropriate recommendations will be made to the government, heads of institutions, academic and non-academic staff, and other stakeholders in education.

psySMU-students pursuing psychology

Monyelekgau, L & Mlambo, T

psySMU was thought up early in 2016 after a group of students identified the insufficient knowledge about psychology amongst the students at Sefako Makgatho Health Sciences University with regards to what is needed to become a psychologist; the non-marketability of the degree under which psychology falls (BSc) and the general lack of interest in psychology amongst all students not limited to those doing psychology. The aim of the society is to bring awareness of the opportunities available to them and to make the psychology department aware of the grievances of the students. In establishing this society, we were met with the following challenges: time constraints, SRC accreditation; and lack of student involvement. Our presentation tries to address this with the hope of achieving the society's aim and objectives.

Bridging the gap within the education system of psychology:

Hasan, M

The central aim of this study is to identify any gaps within the psychology education system. The primary aim would be to look at educational gaps between undergraduate and honours degrees. A secondary aim would be to identify gaps between honours and master's degrees. Data will be collected from three universities: University of Pretoria; Wits and Nelson Mandela Metropolitan University. Once the gaps are identified, one will look for patterns that may be present in the causes for the education gap. Depending on the results, the problem can be operationalised in order to investigate appropriate intervention strategies. The gaps one would try to identify would be the problems that students face, such as insufficient knowledge of the basic theory, or the inability to apply knowledge into the working field. The relevance of this study will be to: resolve issues of inadequate theoretical knowledge of students; ensuring necessary skills training for students; and the curriculum set up by the university is up to standard. A qualitative research design approach is used to survey students electronically. Telephonic or face-to-face interviews will be conducted with the educators. More than one university will be used to validate whether the results can be generalised; the

universities are randomly selected. Data from each university will be assessed individually and comparatively to determine if an identified education gap is a general or isolated occurrence.

The social construction of student leadership in a South African university: I am anxious about diversity

Pule, NT & May, M

The proposal of this presentation, is that the role of psychology in response to social issues, is its ability to contribute research methodology that helps to deepen the understanding of the psyche. Hopefully, this insight helps us to take our responsibility more confidently as a result of a proposed enhanced ability to respond. Social dream drawing is suggested as one of these methodologies. Findings from a social dream-drawing study have shown that the conversation to co-construct student leadership in a South African university is about anxiety regarding working with diversity dynamics. The recent student protests are reflected upon by using these findings, with the hope to contribute some insight into the unconscious dynamics at play. Through the use of discourse analysis in this research, emerges the conflict students experience in terms of metaphors and symbols of leadership in society. As a result, the consistent tug of war displayed in the trade-off between the discourse of peace vs violence is observed.

VENUE 8

A phenomenological exploration of post-traumatic growth with the specific focus on social support in adults after suffering bereavement.

Cleary, T & Du Plessis, L

This study explores how adults with a collectivistic worldview experienced post-traumatic growth (PTG) after suffering bereavement through the death of a loved one. South Africa is a country with a variety of cultures and diverse ways of coping with death and bereavement. The impact of death on the individual and their support group and the way in which a person deals with death and bereavement, taking into account either an individualistic or collective worldview, is the kind of information which may be useful to a mental health professional in understanding growth in a patient who suffered bereavement. The primary studies regarding PTG and bereavement focus mostly on members of individualistic societies, while studies exploring members of collectivistic societies' experiences are limited. The study also focuses on the under-explored role of social support in PTG. Not only is social support linked to PTG, it is also a salient feature of collectivistic societies. The research design was qualitative with a phenomenological epistemology. Narratives written by the participants, describing their bereavement experience, were analysed using thematic analysis. Findings suggested that social support and ubuntu contributed to the growth of most participants. Men, however, reported very little or no social support. This study expanded on the theme of the relationship between bereavement and PTG, especially where social support is concerned by demonstrating amongst others the tenuous nature of social support in PTG.

Group interventions for children and adolescents exposed to violence and trauma in Mamelodi

Visser, M, Van der Westhuizen, A, Boyce, S, De Nysschen, T, Mokwena, M, Piet, A & Solomon, W

Exposure to violence contributes to adverse mental health consequences for children and adolescents. Because of a lack of specialised trauma services in resource-limited communities like Mamelodi, Pretoria, psychology master's students implemented group interventions for children and adolescents exposed to community and domestic violence, physical and sexual abuse. Psycho educational group interventions of six sessions each were developed for children in different age groups. Children referred to Itsoseng, a community clinic in Mamelodi, after exposure to violence and trauma were interviewed and assigned to age-appropriate groups. Groups consisted of five to seven participants, and group sessions focused on skills to cope with the psychological and social effects of trauma. Specifically, emotional awareness, sharing of experiences, building of cohesion, understanding the connection between thoughts, feelings and behaviours, and positive coping skills were addressed. Students presented the intervention in pairs under the supervision of a psychologist. The value of the interventions was explored using a mixed methods design. Feedback of the facilitators about the group processes and observed change of participants were recorded. Additionally, a pre- and post-intervention evaluation of trauma symptoms, psychological functioning and resilience was used to assess programme outcomes. The group members developed supportive relationships, emotional awareness and learned coping skills. They gained self-confidence, re-established relationships and showed fewer trauma symptoms. Group interventions showed value as treatment for children exposed to violence in a low resourced setting. Such interventions can increase the availability of appropriate mental health services for children experiencing trauma due to exposure to violence.

A phenomenological exploration of nurses' experience of agreeableness in their post-traumatic growth trajectory

Bezuidenhout, M & Du Plessis, L

This is a phenomenological exploration of nurses' understanding of the experiential role that their own agreeableness played in their post-traumatic growth (PTG) trajectory after exposure to a traumatic event. It was found that personality characteristics represent important variables in predicting PTG. A clear link between agreeableness and PTG exist in the literature, but the nature of this interaction is poorly understood. Agreeableness can be defined as the degree to which someone is kind, dependable and cooperative. In order to explore the nature of this interaction, five nurses were interviewed and an interpretive phenomenological analysis was used to identify relevant experiential themes. Nurses form a subgroup of people who are typically described as kind, dependable and cooperative, and the five nurses in the sample were purposely selected based on their high scores on agreeableness, using the Big Five Inventory (BFI), as well as a clear identification of exposure to a traumatic event and consequent PTG, using the Post-traumatic Growth Inventory (PTGI). Preliminary findings indicated an interesting and sophisticated interplay between agreeableness and the positive psychological outcome after trauma. Kindness was found to facilitate a more positive interaction with others which, in turn, increased their own social support; Dependability enabled a comprehensive revision of the sense of self; and cooperativity surprisingly seems to have assisted in assimilating a new worldview and appreciation of life. Further research is indicated to determine the strength as well as predictability of each of these interactions.

Post-traumatic stress disorder and the influence of culture, discrimination and disadvantage on diagnosis, symptoms and experience

Wohlfarth, J

This presentation provides an overview of Western methods used to diagnose post-traumatic stress disorder (PTSD), as well as methods of counselling and treatment of such disorders, in various culturally diverse areas. Many theories have called into question the validity of PTSD as a diagnosis when dealing with patients of unique cultural backgrounds. In Western medicine, PTSD is typically treated using psychotherapy and medication, but such treatments have proven inefficient and even harmful in non-Western communities where the symptoms of PTSD have been witnessed. It has been proposed that the cultural difference between patients can have an effect on sensitivity to traumatic events as well as the interpretation of such events. Recent studies have indicated that conceptions of PTSD and its symptoms may have limited application when considered in non-Western populations. While cultural diversity may have an impact on PTSD as a diagnosis, one must look into the effect of disadvantage and discrimination as a factor that negatively impacts diversity. Those facing discrimination based on race, class and gender, are likely to have a different experience of PTSD than the average, upper middle-class patient. It is then called into question whether Western treatments could ever be effective in treating a patient whose cultural experience has created a different outcome following a traumatic event. It may be more beneficial to consider an anthropological approach to treating PTSD and a counselling approach that can be widely tailored by practitioners in order to better benefit the patient in question.

An exploration of the relationship between resilience, post-traumatic growth and the personality trait of conscientiousness in South African nurses

Knott, E, & Austin, T

In the course of their everyday duties, nurses frequently experience traumatic events, referred to as occupational trauma. This contributes to burnout, a concern in the medical profession. To negate the effects of occupational trauma, many nurses develop resilience and others go on to experience post-traumatic growth. Despite the emphasis of developing coping skills in nurses, there is limited research concerning which personality traits may make one more likely to show resilience or post-traumatic growth in the face of occupational trauma. A better understanding of these relationships may lead to focussed, personality-based interventions to help medical professionals deal with occupational trauma. A sample of 150 nurses from three Johannesburg hospitals completed the Post-Traumatic Growth Inventory, the Resilience Scale, and the Basic Trait Inventory. Using descriptive statistics, correlations and multiple regressions to analyse the data, this research showed a significant correlation between resilience and conscientiousness, indicating that behaviours such as goal directedness, proactivity and health-preserving behaviours, render one more likely to show resilience in the face of occupational trauma. A weaker correlation was seen between conscientiousness and post-traumatic growth. The research contributes to the existing body of knowledge on the interplay between personality, resilience and post-traumatic growth, which until now has not included South African nurses. Further research is needed in understanding how conscientious behaviours can be developed in order to support the resilience and post-traumatic growth in South African nurses.

Exploring the interplay of openness as a personality trait in the development of post-traumatic growth in individuals with an acquired physical disability

Upton, M & Du Plessis, L

The aim of this study is to explore the interplay of openness as a personality trait in the development of post-traumatic growth in individuals with an acquired physical disability. Acquired disabilities result from a traumatic event such as an unforeseen accident or developing a disease after birth. The words trauma describes a set(s) of circumstances that challenges the adaptive resources of an individual, and that represent significant challenges to the individuals' ways of understanding the world and their place in it. There has been little attention paid to the possibility of positive impact of negative events. Positive impacts of trauma have been termed post-traumatic growth (PTG) by Tedeschi and Calhoun. It has been hypothesised that certain personality traits are related to post-traumatic growth. This study will focus on Openness as a determinant in the development of PTG in individuals with an acquired disability. Participants ranging from ages 20-60 years with an acquired disability were selected and interviewed. Data was captured and analysed using an interpretive phenomenological approach. Results of the study found that having Openness as a stable personality trait provides the ability to efficiently manage the unpredictability of life, to acknowledge the constant nature of change, and the ability to adapt to the changes rather than work against them. These results suggest that Openness plays a role in the development of PTG.

VENUE 9

Adaptation of an intelligence test to increase its cultural suitability

Coppard, S & Ragpot, L

An introduction to a pre-pilot research project focusing on the adaptation of the Culture Fair Intelligence Test – Version 1 (CFT1-R) for use as an alternative, non-verbal assessment tool in South Africa. The CFT1-R, a non-verbal intelligence test designed to assess fluid intelligence, is based on Cattell's theory of intelligence. When the unmodified CFT1-R was originally administered with a sample of South African children in Grade 1, it was found the test scores were significantly lower in comparison to the German norms, thus compromising the validity of the test in the South African context. For the purposes of the research project, the CFT1-R was adapted with respect to three aspects: additional examples; extension of time; and layout. The modified version was administered to a sample of culturally and linguistically diverse children in Gauteng, South Africa. It was found that their performance improved significantly. Both the data collected from the initial administration of the CFT1-R, as well as data collected from the adapted version used in the pre-pilot research project, will be analysed during this presentation. It is hoped that this pilot study will form the foundation for further adaptation and research on the CFT1-R, culminating in a version that displays strong validity and reliability when administered to South African children. The objectives of the presentation are two-fold, firstly it is to highlight the issues faced by intelligence testing in a multicultural society in general; and secondly, to focus on the importance and need for alternative non-verbal assessment tools that are deemed fair for use across cultures.

Examining the aptness of the Dispositional Resilience Scale 15 (DRS-15) for use in the South African National Defence Force: An initial investigation

Du Toit, R & Schoeman, D

The study explored the use of the Dispositional Resilience Scale within the South African military environment in terms of validity. The study aimed to provide an initial investigation and explore the

possible use of a valid and reliable measure of hardiness within the South African National Defence Force (SANDF) as a tool to enhance selection, management, and development programmes. The specialised military environment offers a milieu of high-level stressors which necessitate – with the required psychological attributes and utilising valid and reliable instruments – the selection, management and development of soldiers with the required psychological attributes. Exploratory factor analyses, reliability analyses and regression analyses were conducted using a sample of 220 individuals from the various arms of service within the SANDF. The study found initial evidence for the three-factor structure underlying the DRS-15, but found low internal consistency for the subscales and overall scale. In terms of predictive validity, it was found that soldiers scoring below the 50th percentile on student norms didn't pass the paratrooper selection. Although some evidence was found regarding the factor structure and predictive value of the instrument, the low internal consistency of the subscales and overall scale warrant caution regarding the use of the instrument within the South African military environment. The study provides the first investigation into the use of a measure of hardiness as well as the construct of hardiness within the South African Military environment, and provides a foundation for the development of a SANDF-specific instrument.

Psychometric testing in the South African National Defence Force: A contested terrain Kgosana, C

Psychometric tests are useful tools that are utilised for various purposes in the South African National Defence Force. The user is often conscious of the need to recommend the best candidate while not discriminating unfairly against other candidates. In the SANDF, the application of psychometric tests, begins with selection for employment, streaming for various musterings, and availing of further training and educational opportunities. They also serve to inform decisions regarding access to prestigious positions. As such, performance on tests affects access to opportunities and resources which extends to quality of life for the soldiers. Although psychologists make recommendations only, decision-makers often (and correctly) tend to rely on performance on psychometric tests when making their decisions. There is, however, concern regarding the consistent poor performance of black test-takers, including Indian and coloureds, on psychometric tests. This occurs within the organisational context where transformation is at the top of the agenda, thereby leaving an impression that the tools are used to deprive blacks of opportunities for career, social and economic progression in the organisation. This paper will highlight some typical test results in the SANDF that are experienced by the psychologists, the response to such results by leaders who are often not accepting of them and some measures invoked to ameliorate the challenges posed. Lastly, recommendations to enable the continued utilisation of the tools to the benefit of the organisations and the candidates will be made.

Behaviourally-based assessments in South African Special Forces officer selection Van Wyk, S & Du Toit, R

The South African Special Forces is a grouping of highly trained, motivated and dedicated soldiers who have specialised tasks which normal infantry soldiers are not trained or required to conduct. The milieu in which the special forces operator functions, is notoriously challenging as individuals may deploy for a few days, months or longer, in varied environments. It is therefore essential that the correct candidates are selected. The aim of the officer's potential assessment, is to select candidates with the cognitive, emotional and social fitness to be trained as a South African Special Forces operator. This [article](#) therefore explores the developments in the behavioural assessments during the South African Special Forces officer selection process, as behavioural observation scales posed various challenges with the selection. Consequently, behaviourally anchored scales were introduced as a more successful measure of exhibited behaviour.

Friday, 23 September 2016

08:00 – 10:00

VENUE 1

CASE PRESENTATION: Hypnotherapy in practice

Costello, D

The South African Society of Clinical Hypnosis (SASCH) will be presenting a symposium of three case studies to demonstrate hypnotherapy in practice.

Cognitive hypnotherapy: A new model for treating major depressive disorder

Costello, D

According to the World Health Organisation, major depressive disorder (MDD) is set to become the leading cause of disease burden by 2030. Although MDD can be treated successfully with anti-depressant medication and psychotherapy, a significant number of clients with depression do not respond to either medication or existing psychotherapy approaches. It is thus important for clinicians to continue to develop more effective treatments for depression. This case study will highlight the practice, including the evidence-based practical treatment protocols, and case formulation of cognitive hypnotherapy in treating MDD. Cognitive hypnotherapy is an evidence-based multimodal treatment that can be applied to a wide range of clients with diverse psychological problems and disorders. The presentation will describe how hypnotherapy can be integrated with cognitive-behavioural therapy, using a case of MDD, to further improve client outcomes.

Monthly madness or wisdom? Understanding feminine cycles

Steyn, K

"The body is the subconscious mind." – Pert, 1997. The first menstrual cycle (menarche) marks the transition from female child to maiden. It is considered the central event of female puberty and a sign of future fertility. Instead of celebrating this milestone, many young women are left feeling disconnected, horrified, ashamed and traumatised by their bodies. This talk explores how women can develop a deeper self-knowledge, acceptance and self-love through understanding and flowing with the natural cycles of their bodies. The menstrual cycle offers the innate opportunity for women to connect with the subconscious communication of the body, to self-diagnose their physical well-being, to connect to their fertile and creative selves, and to practice emotional self-regulation.

Cognitive hypnotherapy with children

Liebenberg, A

Cognitive hypnotherapy is an integrated psychological therapy employing hypnotherapy and cognitive behavioural therapy. Hypnotherapy among children is especially rewarding as it is the result of the interplay of normal psychological variables such as an active imagination, expectation, appropriate attitude and motivation. Cognitive hypnotherapy is located in modern psychology and neuroscience and provides children with a toolkit to make positive change. Cognitive hypnotherapy works to adjust the child's particular frame of reference to better functionality and children are taught to control their body's responses and reactions and anchor them in calm. These aspects of cognitive hypnotherapy with children will be explored and the science behind it explained. The of an eight-year-old child who

was exposed to the online picture of a mythical character called “Jeff the Killer” and could not sleep as a result will be discussed in order to study the techniques and their effectiveness.

The dance of sun and shadow of life in psychological well-being: A conceptual paper

Wilson, A & Wissing, M

The current response of psychologists to mental health issues in professional and community settings is one that has focused on reducing risk factors. A recent focus on the “positives” has spurred interest in positive psychology research and resilience models. However, in both the former (pathology) and latter (focus on the positives) cases, there has been a neglect of research aimed at understanding how the positives and negatives of life interact. It is in response to this gap that the current conceptual paper seeks to argue for research that considers how the dance between the “sun and shadow” of life is manifested in the dynamics of well-being on individual and interpersonal levels. This conceptual paper is informed by empirical and theoretical work on issues of: poverty; violence; and loss (shadow), as well as psychological strengths: personal resources; enabling environments (sun); and how these factors might produce a “dance” that enhances well-being. We posit that individuals do not only draw on internal and external resources in order to lessen the negative impact of the negatives in life, as most resilience models propose. We suggest that emotional complexity needs to be taken into consideration, as well as the specific meanings made and discovered in relationality (processes among people and people with their specific cultural contexts). Understanding the dynamics of sun and shadow resulting in well-being rather than pathology, can contribute to theory development and will have implications for interventions and promoting psychological well-being in specific contexts.

New directions for a truly community psychology: Ulwaluko as a form of communal and individual therapy with men

Siswana, A & Bohmke, W

This paper is drawn from my empirical work around advocacy and the promotion of the significance of the practice of *ulwaluko* kwa Xhosa or traditional amaXhosa male initiation (TMI). The work explored the lived experiences of young amaXhosa men in relation to *ulwaluko* and the psychological understanding of masculinity. I argue that for centuries Africans have had their ways of conceptualising psychosocial processes, such as initiation practices, which are consistent with their epistemological paradigms and indigenous ways of knowing and doing, which are undermined and underrepresented in psychology. I contend that indigenous practices such as *ulwaluko* can serve as forms of communal and individual therapy, specifically with men, and point to ways in which we can integrate work with marginalised men and masculinities in the psychology curriculum and practice. I identify myself as an emerging critical African-centred clinical psychologist in South Africa. As a young scholar, I am in search of an academic voice which is aware of the historical silencing of African voices by the legacy of imperial psychology. I also regard my work as a first approximation of a comfortable space for my psychological practice and research engagement.

VENUE 2

Distress, depression and anxiety among persons seeking HIV-testing

Kagee, A, Saal, W & Bantjes, J

We investigated the levels of psychological distress and symptoms of depression and anxiety among 485 South Africans seeking HIV-testing. On average, the sample reported psychological distress that fell in the elevated range on the Hopkins Symptom Checklist, in the mild range on the Beck Depression

Inventory, and in the low range on the Beck Anxiety Inventory. For more than a third of participants, symptoms of depression and clinically significant distress were non-trivial, indicating that they may have benefitted from psychological help. The study has implications for the integration of psychological support in the context of routine HIV-testing.

Treatment of obesity through dialectical behaviour therapy (DBT)

Coetzee, X

The central focus of this study will be on the reasons for obesity, and how it can be treated through the use of dialectical behaviour therapy (DBT). Obesity is of major concern to the individual suffering from it, as well as the overall public health system. Using DBT as a possible treatment for obesity would benefit many individuals, and those finding it difficult to maintain a healthy lifestyle due to mental health disorders that cause obesity. I will make use of qualitative research, conducting interviews and providing questionnaires that are focused on 18-year-olds, exploring the possible prevention and treatment that DBT could provide for a student populous. Research findings suggest that food is often used as a coping mechanism by those experiencing difficulties with their weight, particularly when there are disturbances in their mood. The practical implications will be that teenagers 18 and younger will be able to lose weight as well as achieve and maintain a sustainable and healthier lifestyle through treatment of obesity by making use of DBT. A decrease in the number of people suffering from obesity is important as people tend to suffer emotionally when they are obese, resulting in a vicious cycle. Finding a treatment that works well and prevents obesity, could change the lives of those seeking to improve themselves and escape from or better yet, prevent obesity.

Psychosocial predictors of quality of life in women diagnosed with endometriosis in the Western Cape

Roomaney, R & Kagee, A

Endometriosis is a chronic, gynaecological disease that affects 175 million women worldwide. The disease occurs when endometrial tissue grows outside the uterus. The primary symptoms of endometriosis include chronic pelvic pain, heavy menstrual bleeding and pain during sexual intercourse. As endometriosis is a chronic illness with no cure, medical interventions are aimed at improving patients' quality of life (QOL). We assessed psychosocial predictors of QOL in a sample of 114 women diagnosed with endometriosis. Variables included: symptoms of depression; age; relationship status; and whether patients received treatment at private or public medical facilities. QOL was measured using the World Health Organisation Quality of Life scale (brief version), and symptoms of depression were assessed using the Beck Depression Inventory. Results indicate that symptoms of depression and type of healthcare facility were significant predictors of QOL, whereas age and relationship status were not. We will discuss the significance of these findings and the implications for patients and healthcare professionals.

Diabetes-related distress in a cohort of South African adults with type 2 diabetes

Ramkisson, S & Pillay, B

The prevalence rate of diabetes in South Africa is 9.27%, with an estimated 2.6 million people living with the disease. There is accumulating evidence that diabetes-related distress – which encompasses the patient's concerns about the self-management of diabetes, perception of support, emotional burden and access to quality healthcare – severely impacts on the outcomes of the disease. There is little or no research in South Africa on diabetes-related distress. The aim of this paper was: to identify the level of diabetes-related distress in a cohort of type 2 diabetes patients in kwaZulu-Natal; and to

identify the factors that contribute to diabetes-related distress. The study was conducted at two public health facilities and five private medical practices on the North Coast of kwaZulu-Natal, South Africa. The Diabetes Distress Scale was administered, together with a demographic questionnaire to N=401 participants. A total of 44% of the sample reported having moderate to high levels of distress. The mean scores of the emotional burden dimension (M=2.6;SD=1.42) and the regimen distress dimension (M=2.33;SD=1.29) suggested moderate levels of distress. Factors which significantly contributed to high levels of distress were: younger age, high glycated haemoglobin levels, being female, being a patient in the public health sector, unemployment, and being a person of colour. A recommendation is that healthcare providers need to pay particular attention to the psychological needs of the patient which impact the medical outcomes of the disease.

Exploring shame in the context of attempted suicide: An interpretive phenomenological analysis of five cases at Dr George Mukhari Academic Hospital

Katsidzira, A & Baloyi, L

Over the past 20 years, psychological literature reflecting the debilitating nature of shame has increased. However, the relationship between shame and suicide has been understated. Research on attempted suicide indicates that most people who attempt suicide do so as an ineffective problem-solving skill. During suicide ideation and after attempted suicide, shame is often experienced. In South Africa, literature on shame may be lacking due to under-reporting of shame-inducing incidents. The current study explores the lived experience of shame in the context of attempted suicide among five patients admitted to Dr George Mukhari Academic Hospital (DGMAH). The shame narratives that emerge from the patients are explored through interpretive phenomenological analysis (IPA), an approach with a commitment to in-depth case analysis. The findings of the research will be used to contribute to a greater body of research within the clinical psychology unit at DGMAH that focuses on the reasons of attempting suicide, as well as the methods applied and demographics of parasuicide patients who are admitted to the hospital. In addition, this research provides opportunity for further research on shame in the South African context. Exploring shame from the perspective of parasuicide patients may contribute to clinical practice by giving a framework that may assist the therapist or healthcare worker to assess and intervene appropriately during suicide cases. This research forms part of a larger study that explores the state, expression and lived experience of shame in different contexts, and its impact on identity.

VENUE 3

Addictions: An unconscious investigation

Howes, D

An investigation into the addictive cycle relative to the underlying unconscious dynamics is explored. A hypnotherapeutic model which incorporates a projective storytelling and drawing technique is outlined to describe these dynamics as well as the six-phase process to desensitise and reprocess the underlying relevant emotional patterns and belief systems. The strange logic of the unconscious mind – which is similar to that of a child – is described, and this indicates the reasons why addictions recur with a high relapse rate, or repeat in different forms. Addiction is prevalent in many forms, including the less obvious forms of addiction, such as sugar, gluten, relationships, shopping, etc. By addressing these dynamics on a deeper level, the prognosis for future change is enhanced.

Motherhood with alcohol?

Simango, J & Harvey, C

The increased rate of foetal alcohol syndrome in South Africa indicates the relatively high prevalence of alcohol use among women of reproductive age. This talk will present findings from a research study that explored how mothers using and recovering from alcohol abuse experienced and perceived motherhood. From interviews with seven mothers who were abusing alcohol and were recovering, it was found that identifying as an alcoholic had a profound impact on these women in terms of their self-perception as mothers. Further, this identification had an impact on how these women perceived their alcohol use affecting their motherly duties. Women using alcohol did not acknowledge the negative impact that alcohol use had on their role as mothers. Instead, their two identities – mother and alcoholic – were embraced simultaneously. Motherhood was regarded as central to the participants' identities as they perceived that they were able to continue to do what was expected of them as mothers, despite their use of alcohol. Identifying closely with their motherhood role, was described by the participants as essential for their recovery from alcohol use. The talk will further discuss the research study's contribution to existing knowledge on alcoholism amongst South African women and mothers. It will be argued that educational and awareness programmes need to be established to educate women about alcohol dependence. Tailored alcohol treatment programmes need to be developed to address the particular needs of women, including mothering practices.

Heavy episodic alcohol consumption correlates among students at a rural university in South Africa

Nkoana, SE, Sodi, T & Darikwa, T

Excessive alcohol consumption by university students is a public health problem in South Africa. The purpose of this investigation was to determine the characteristics of university students involved in heavy episodic alcohol consumption in a rural setting in South Africa. The study used logistic regression to determine the correlates of heavy episodic alcohol consumption from a sample of 830 undergraduate students at a rural university in Limpopo province. The results indicate a prevalence of 17.7% for heavy episodic alcohol consumption among participants. Socio-economic, social and socio demographic correlates associated with heavy episodic alcohol consumption were identified. The results point to the need to develop protective and preventive measures against heavy episodic alcohol use in order to promote university student health.

Reducing the risk of alcohol-exposed pregnancies

Ingersoll, K

While foetal alcohol syndrome (FAS) was first identified in 1967, the first 30 years of research on FAS nearly exclusively focused on diagnosis, epidemiology, surveillance, and treatment of affected children. Prevention was an afterthought, and consisted of providing pregnant women with alcoholism treatment. In 1997, the paradigm shifted to true prevention with a new focus on drinking women in the preconception period. The research question was: how can we prevent alcohol-exposed pregnancies (AEP) that could lead to FAS? In a ground-breaking CDC-sponsored study, Project CHOICES, my colleagues and I developed and tested a novel strategy that aimed to motivate women drinkers who were not pregnant, but who were at risk for AEP, to consider changes in drinking and contraception habits. Our plan was to target both behaviours simultaneously using a motivational interviewing and feedback intervention. The result of a multisite randomised controlled trial of 830 women was that those assigned to the CHOICES intervention more than doubled the odds of reduced AEP risk than women assigned to a control condition. That study led to a series of subsequent trials investigating ways of

reducing AEP risk. This presentation will offer a review of this programme of research, considering adaptations for college women, Native American women, and women in public health settings. Components of the interventions that have proven more and less successful will be discussed, including briefer and group versions, and those with additional target behaviours. An overview of regional, national and international efforts to disseminate CHOICES to women at risk for AEP will be provided. The presentation will conclude with a discussion of new directions in AEP prevention, including promising technologies to help women reduce risk and identify opportunities to integrate AEP risk reduction interventions more broadly into healthcare.

VENUE 4

Undertaking to care and to protect

Van Zyl, HL

Although animal welfare workers overwhelmingly describe themselves as animal lovers, the exigencies of day-to-day animal welfare work often require that they perform euthanasia of healthy animals as part of welfare shelter management and animal population control. This has been termed, “the caring-killing paradox”, a term that refers to the particular burdens placed upon animal welfare workers who are required to rescue, care for, nurture and even rehabilitate the animals in their care; while simultaneously being required to euthanise these same – often physically and behaviourally healthy – animals after a specific period, or in response to various logistical, procedural and practical intricacies, ranging from lack of space and resources, to an unavailability of suitable homes. Regardless of theoretical or methodological orientation, and focus, the above research presents common findings: animal-loving individuals engaged in the care and subsequent euthanasia of healthy animals, report experiencing profound personal, interpersonal and professional (dis)stress related to guilt, sorrow and moral unease. This paper aims to explore position and to critique the above international concerns within particularly South African settings and to place these again within an international context. The aim is to generate debate with regard to sustainable and ethically motivated pet management, and ways to resolve the crisis of companion animal overpopulation, and to move towards sustained well-being.

Engaging the body through the lens of somatic experiencing within a herd of horses

Fourie, A & Greene, M

When training in Somatic Experiencing – Dr Peter Levine’s method of working with trauma – became available to Psychologists in South Africa, it presented an opportunity to incorporate body-based modalities into the healing of trauma. This offered an entry point into the rapidly growing understanding that healing trauma requires an awareness of the impact of trauma on the client’s physiology. It is well recognised that the healing of trauma is pivotal and far reaching, as trauma affects not just the individual, but family, society and generations to come. In a technology-driven world there is an increased need for our nervous system to stay self-regulated and to find ways to stay present and grounded – not only on an individual level but in society as a whole. Somatic Experiencing works to bring the nervous system back to a state of intrinsic balance and self-regulation by restoring the natural rhythms of the body. The use of Somatic Experiencing within the context of the horse herd is being investigated as an experiential way to reconnect with the body and the self. In a series of exploratory workshops, it became apparent that the unique characteristics of the herd of horses support the individual in accessing body awareness – this seemed to be achieved in a more immediate way than

we have experienced in our consulting rooms. The work is still in an exploratory phase, but shows promise of a more expedient way of engaging the body, which is central to trauma work.

Relationship between nutritional status and quality of home environment of perinatally HIV-infected children living in a rural South African community

Lentoor, A & Petersen, I

Under nutrition is a major health and social problem as it is a risk factor for poor cognitive development and may lead to loss of work capacity in adulthood. Despite efforts to curb the spread of HIV through the availability of treatment and nutritional programmes, under nutrition remains prevalent. This study is aimed at describing the prevalence of nutritional status and its relationship to the quality of home environment in the sample of rural HIV-positive children. The study presents cross-sectional data from 152 perinatally HIV-positive children who lived with their primary caregivers in the Eastern Cape. Anthropometric measurements were taken; weight-for-age, height-for-age, and weight-for-height. They were expressed as Z-scores using WHO 2006 standards as indicators of nutritional status. A Z-score of less than $<-2SD$ was used as the cut-off point to determine the prevalence of stunting, underweight, and wasting. The caregivers ($n=152$) completed the Home Screening Questionnaire as an indication of the quality of home environment. The results suggest that more than half of the sample of children had inadequate nutritional status. Prevalence of stunting was particularly high (36.2%). Coexisting poor quality home-environments ($p < 0.01$) that lack appropriate physical, emotional and psychosocial stimuli needed for their optimal development, add to this burden. Besides caregiver variables, younger age children were found to be presenting more with stunting than older age children ($X^2 [N=152] = 14.79, p = 0.005$). It is important in a context such as South Africa – with the double burden of HIV and poverty – that all efforts are directed at alleviating under nutrition.

Abortion stigma in rural communities in kwaZulu-Natal, Mpumalanga and the Eastern Cape

Munatswa, E, Nduna, M, Ndlovu, L & Ewing, D

Since the choice of termination of pregnancy became law, and as expressed by many people, conservative communities have continued to harass individuals who terminate pregnancies. Cultural and religious dogma is used to police people's morality, including the choice to abort. Focus group discussions (FGDs) with older women, older men, younger women and younger men were conducted in selected communities. Each FGD consisted of eight to 10 people, facilitated in a vernacular language. Participants were recruited voluntarily from surrounding communities in Flagstaff, Estcourt, Eshowe, Greytown, Underberg, Ermelo, Secunda and Bethal. Key informant, one-to-one in-depth interviews were conducted with: officials in the Departments of Health, Education and Justice; local elected and traditional leaders; and youth leaders. Data was analysed using critical thematic analysis. There was a gap between pro vs anti-choice perspectives. Participants that were pro-choice, were predominantly from the Pietermaritzburg site. For anti-choice, conditions needed to be satisfied for abortion to be acceptable, for example: rape; health of the baby or the mother in danger; and where there would be conflict in the family as a result of the pregnancy. Anti-choice voices selectively applied culture and religion to justify stigma around termination of pregnancy: the wrath of the ancestors and secondary infertility were used as misfortunes that could befall people who have had an abortion. Older participants and men were more vocal against abortion. For many, abortion was shunned as an ungodly, immoral, not cultural and un-African practice. The paper seeks to discuss, in context, the attitudes exhibited by participants towards termination of pregnancy.

The self of the counsellor as therapist

Snyders, F

Registered counsellors may serve adequately as brief therapists and impactful change agents, and to this end, certain educational, training and supervisory issues will be discussed. The creation of contexts for change depends on the differentiation and maturity of the counsellor or therapist, and not so much on the theory or model espoused by the professional. According to meta-analyses only 15% of the outcomes of counselling and therapy can be explained in terms of techniques used, and counsellor and client variables, and the relationship accounts for 70% of the variance in outcome studies. Attention will be paid to counsellor variables such as pro-activity, assertiveness, intrusive capacity, curiosity, imagery, and creativity.

Venue 5

The relationship between risk tolerance, risk taking, counterproductive work behaviours, and entrepreneurial potential

Wigdorowitz, M & Taylor, N

Organisations need to have a competitive edge, be innovative, and track business growth in order to thrive. Identifying employees who demonstrate entrepreneurial potential can assist organisations to develop these aforementioned requirements. Risk taking is often associated with entrepreneurship and entrepreneurial activities. However, risk taking must be done with integrity, within reason, and with purpose. Few studies have investigated the relationship between risk-taking behaviours and entrepreneurial potential in the South African context. Investigating this relationship may shed light on risk-taking characteristics of entrepreneurs and assist organisations to nurture these natural tendencies. In this presentation, we report on a study that investigated the relationship between risk tolerance, counterproductive work behaviours, and entrepreneurial potential as measured by the Risk Type Compass (RTC), Work-related Risk and Integrity Scale (WRISc), and measure of entrepreneurial tendencies and abilities (META). Participants were 66 working adults from a small organisation in the professional services industry. The results indicated that there was a positive relationship between risk tolerance and entrepreneurial potential. Several facets of the WRISc were found to be positively correlated with entrepreneurial potential: optimism, emotional stability, and risk taking. The sub-scales of the META also demonstrated significant correlation coefficients with the WRISc. Creativity was positively correlated with internal locus of control, optimism, rule-defiance, and risk-taking, and negatively correlated with effortful control and impulse control. The opportunism scale was positively correlated with emotional stability and risk taking. Proactivity was positively correlated with emotional stability, and vision was positively correlated with effortful control. Implications for theory and practice are discussed.

Designing assessment centres for emerging markets

Muller, N & Maphala, P

Our client, in the professional services industry, needed to realign their leadership development programmes to reflect their emphasis and drive to expand their African client base and footprint. As such, it was necessary to re-align their leadership development centre to measure the new leadership behaviours reflected in their new global competency framework. This presentation provides an overview of the lessons and learning experiences along the way. Key questions will include: What were

the desired outcomes of the re-alignment project? What were the design principles, methods and practices used? How were the simulations selected, and validated? What are the critical success factors when designing development centres in emerging markets?

An exploration of social workers' perceptions of family well-being and the balance between work and family domains

Bisschoff, M, Koen, V & Ryke, E

Finding and maintaining work-family balance has become an increasingly difficult challenge for South African families due to various economic, political, social and cultural changes that lead to challenging, high demand, and stressful work and social (family) environments. Taking this into consideration, the aim of this study was to explore and describe social workers' perceptions of work-family balance and family well-being in a group of South African social workers. A qualitative, narrative inquiry research design was implemented. The sample group, which was purposely sampled, included 13 female social workers (n=13) between the ages of 23 and 46 who work in various social work contexts across South Africa. Data was collected by means of written narratives and were analysed with the use of thematic analysis. The results describe social workers' perceptions of work-family balance, social workers' perceptions of how work-family balance can potentially contribute to family well-being, and strategies that social workers regard as effective to introduce to work-family balance that can potentially contribute to family well-being.

An introduction to Nancy Kline's Thinking Environment (TM) in practice – How treating each other differently can impact organisational cultures

Muller, N & Smeda, C

Founded by Nancy Kline, the Thinking Environment® is underpinned by positive philosophical choice, the Ten Components® (or behaviours) and Incisive Questions. The Thinking Environment® is based on the premise that when individuals and groups learn to bring together 10 specific behaviours, they create an environment in which people can think beyond historic, limiting assumptions towards greater creativity, power and effectiveness. This way of treating ourselves, and each other, becomes the basis for developing accountability, innovation and learning cultures. Key questions that will be answered include: How the Thinking Environment® was born? What are the Ten Components® for a Thinking Environment®? What simple applications can we try out to start creating Thinking Environments ® wherever we are?

An investigative study into the understanding of mental toughness in the military external deployment area

Schoeman, D

The study investigates soldiers' understanding of mental toughness in Op Cordite – a military operation in Sudan – and the implications thereof in the mission. The purpose was to investigate the perception of mental toughness and if possible, to provide a unique SANDF working definition for mental toughness. Soldiers often experience that their mental and physical boundaries are being tested in operational areas where they are exposed to situations and climates that aren't comfortable, and where they need to perform duties and execute orders to precision. The concept of mental toughness is therefore highly applicable to optimising performance in these conditions. A mixed-method approach was utilised. Qualitative and quantitative data was collected using survey questionnaires and interviews to elicit themes by means of thematic analysis. Anonymous questionnaires (138) were

administered and analysed. Some of the most prominent themes were: adaptability to circumstances and the ability to handle/cope with challenges faced; a positive outlook; and maintaining focus on the task or mission. A total of 19 themes were identified. Ranking of important mental toughness aspects, showed that discipline and commitment were the most important perceived aspects. Insight obtained regarding the understanding of mental toughness of the soldiers on deployment can be used to compile a training programme to prepare future soldiers for deployment and to enhance performance. Mental toughness has an impact on performance and coaching of it can potentially impact the soldiers' performance and can contribute to the overall well-being while on deployment. This study therefore not only provides an academic contribution, but also a practical contribution.

The impact of military deployments on family stability: A South African study

Kgosana, C

The 21st century's security discourse centres on the importance of cooperation between different countries. This approach emanated from the broad definition of security and the realisation of permeability of national borders by disasters and destabilisers across countries. To deal with this situation, cooperation between different countries in the form of contributing forces to needy areas has become necessary. On an operational level, this necessitates the deployment of soldiers to countries far away from their homes to restore order. Unlike during the era of conscription where the majority of soldiers were young and single, the advent of South Africa's all-volunteer force brought with it diversity in military personnel. The military workforce currently comprises of many members who are married or in stable relationships, with the implication that the unprecedented operation tempo and unpredictable deployment schedule has the potential to fracture many families. Consequently, some soldiers started refusing to take international assignments for the sake of their families. To highlight the effects of deployments on military families, Minuchin's systems model will be applied to the South African military context. The challenges experienced by South African soldiers and their impact on family stability will be highlighted. Lastly, recommendations will be made, focusing on the role of psychology in preventing and managing the negative impact of deployments.

VENUE 6

Deconstructing sex, gender, and all that "stuff" – a transgender sensitisation workshop for clinicians

Tomson, A

I have developed an interactive workshop session used to sensitise and educate clinicians around issues of sexual orientation and gender identity. The focus of the session is on understanding transgender identity, but it extends to incorporate fundamental concepts about sexual and gender minorities. The purpose is to facilitate understanding, to dispel harmful myths and untruths, and to empower attendees to interact with patients in a manner that is sensitive, compassionate and affirming. The workshop is dynamic, interactive and audience-driven, but starts with basic concepts, such as differentiating sex from gender, and establishing a starting point for understanding the concept of "identity". It also gives some insight into the practical experiences of transgender people, and highlights some of the pitfalls that can be encountered during interactions with transgender clients or

patients. The content has been developed from my own experience as a clinician, as well as my lived experience as a transgender woman interacting with other healthcare professionals. I have presented similar sessions at a Southern African Sexual Health Association CPD meeting, at Regional Healthcare Worker Sensitisation Training organised by COC Netherlands, and at the African Society for Sexual Medicine Congress 2015. The session length is dynamic, although 90 minutes to two hours is ideal to ensure adequate time to address all the salient points, as well as to allow for discussion and questions.

In conversation with: Banetsi Mphunga (The Kasie Counsellor in Khayelitsha) The Mobile Psychology Clinic

Anthony, P, Swain, K & Nortje S

Andreas Banetsi Mphunga is the founder of the Township Parents and Children's Counselling Centre, offering psychological services from the back of a VW Kombi. The services are provided free of charge, using a range of counselling approaches, as well as a mental health promotion programme. In addition, volunteers are being trained as Psychosocial Supporters to enable a greater reach into the community. A brief presentation and a follow-up interview will provide details of this mental health service innovation.

VENUE 7

To test or not to test? The registered counsellor, HPCSA Form 258 and psychometric testing

George, B

Mental illness contributes significantly to the burden of disease in South Africa, yet mental health services are underfunded and lacking in capacity. Registered counsellors (RCs) offer much needed psychological services in the context of the increasing mental health needs of South Africans. It is important that RCs receive appropriate training to be able to work in these contexts. The round table discussion will focus on a constructive examination of the training of RCs focussing more specifically on their exposure to psychometrics and assessment in RC training and practicums. As part of this discussion the role psychometric testing plays in the scope of practice of the RC (Form 258) and the applicability of the psychometric tests as listed in Form 258 will be considered. Panel members representing the Professional Board for Psychology, the training institutions and practicum sites as well as registered RCs will, provide input on the abovementioned issues. Following this, the audience will be encouraged to comment on the scope of practice for RCs and make suggestions regarding the testing and assessment practices which RCs should be trained to perform.

Test Classification Guidelines HPCSA

Abstract to follow

Trauma and recovery: Challenges with fostering a therapeutic environment within a specialised mental health hospital setting

Den Hollander, D, Fouche, JB & Pillay, S

Research shows that there is a highly significant relationship between traumatic childhood experiences and the development of chronic medical illnesses, psychological conditions, and social dysfunctions, which persists into adulthood. This relationship indicates the impact that trauma can have on the individual, both on an intrapersonal and on an interpersonal level. Even decades after the trauma has occurred the individual can experience disempowerment and disconnection within themselves as well as with others. Therefore, recovery is the re-empowerment and the re-connection of the individual through the fostering of a therapeutic relationship. To foster a therapeutic relationship can be a challenge within the context of specialised mental health hospital wards. In this context, psychology plays an important advocating role of steering the multi-disciplinary team (and staff in general) towards fostering a therapeutic environment to facilitate effective and relevant recovery for patients. This roundtable discussion focuses on exploring means of fostering such a therapeutic environment in the midst of challenges encountered in a specialised mental health hospital setting. This exploration will be facilitated by means of clinical experience and case studies.

Religiosity and spirituality in the aftermath of interpersonal trauma exposure among African Americans: What is psychology's responsibility?

Gobin, R

"...events are traumatic not because they are rare, but because they overwhelm the internal resources that usually give us a sense of control, connection, and meaning." – Bryant-Davis (2005). Interpersonal trauma exposure (e.g. physical and sexual assault, intimate partner violence, community violence, and torture) is a global public health concern. African Americans have disparate rates of trauma exposure and subsequent mental health effects. Individuals of African ancestry often identify spirituality and religion as key sources of coping and meaning making following trauma exposure. While most people in the United States endorse a belief in God or a higher power, significant disparities exist between the beliefs of psychologists and the general public they serve. Although research has consistently demonstrated the profound impact of interpersonal trauma exposure on spiritual and religious well-being – most notably among populations of African descent – mental health providers are often limited in their ability to skilfully address spiritual issues when working with trauma survivors. This has significant implications for clients' recovery. The proposed oral presentation will use a black, African-centred psychology framework to examine links between spirituality, religion, and interpersonal trauma exposure; identify gaps in existing research and practice regarding the relationship between spirituality and trauma in African Americans; describe healthy and unhealthy aspects of spirituality in traumatised clients; and will describe ways of addressing spiritual issues in therapy with trauma survivors.

Symbolic violence and cognitive harassment: Black thoughts on white psychology

Sebidi, K

While psychology owes its being to Europe and America, its contemporary manifestations ought to reflect existing diverse global demographics – both pedagogically and professionally. However, in post-apartheid South Africa, psychology remains a subject of intense critique due to its lack of transformation. This paper therefore provides a critical, theoretical and experiential account of how the field of psychology continues to perpetuate Euro-American hegemony in the lecture hall and in its profession – from a black psychology student’s perspective. The paper utilises Pierre Bourdieu’s symbolic violence and Paulo Freire’s ideations on pedagogy to analyse and dismantle how psychology continues to cognitively and pedagogically harass students who come from disadvantaged backgrounds. Psychology is a field that is composed of universalistic knowledge’s that have been resistant to contextualisation because of those who are in power, hence the paper also uses Bourdieu’s social reproduction to explain the continued maintenance of this white, Eurocentric field. Using critical psychology and community psychology as points of conclusion, the paper challenges psychology towards true diversity and emancipation. The paper argues for cognitive and pedagogical justice in an attempt to achieve true transformation in the field. Psychology remains one of the most important yet extremely scarce professions in South Africa. For the profession to be more accessible to all racial and cultural groups, there needs to occur radical transformation, from the lecture hall to the field of practice.

VENUE 9

SYMPOSIUM: Emerging psychologists and researchers: A symposium of South African student research

Kramer, S

This symposium boasts a number of quantitative and qualitative research studies led by students from across the country. These studies cover a range of psychological disciplines and research methodologies. More specifically, it includes presentations on employee productivity; the mental health of nurses; adolescent delinquency; students’ suicidal ideations; and health locus control in cancer patients.

Impact of workplace spatial organisation on employee productivity

Van der Merwe, D

This paper intends to ascertain the extent to which the working environment and its components contribute towards the creation of a productive work environment. Previous literature has shown that a multitude of factors are significant in determining performance, for example, poor lighting and spatial distribution of office equipment, can result in eye strain, fatigue and aching, which in turn is likely to lead to deterioration in performance. Therefore, identifying an optimal spatial design that would improve employee productivity would be beneficial to any sector of business. This will be achieved through face-to-face interviews with working individuals in the different sectors of industry. A thematic analysis will then be used to analyse the interview data. The findings have relevance and practical implications for the business sector as it enables management to formulate the ideal working environment and thus to maximise employee productivity so that a sustainable workspace and culture of productivity can be created.

Health locus of control and psychological outcomes in cancer patients

Rose, K

Over the past decade, innovations in cancer treatment have necessitated a paradigm shift in terms of how the goal of treatment is conceptualised. The World Health Organisation has declared quality of life as an integral goal of the treatment and survivorship process which has led to a proliferation of research exploring psychological and cognitive processes that are associated with quality of life in cancer patients. Health locus of control (HLOC) is a cognitive processing mechanism that has been found to be associated with psychological outcomes in cancer patients. However, in spite of there being gender differences in locus of control attributions in the literature, very little research has particularly explored the moderating effects of gender on the relationship between health locus of control orientation and psychological outcomes. Hence the present study investigated whether there was a relationship between HLOC and psychological outcomes (specifically depression, anxiety, and stress) in this sample of cancer patients. A secondary aim was to explore whether this relationship was moderated by gender. A total of 56 South African cancer patients aged between 25 and 75 participated in this study. Participants completed the Depression Anxiety and Stress Scale and the multidimensional health locus of control scale in addition to a demographic schedule. The SAS General Linear Model procedure was used to test the hypotheses. Results are discussed and implications of the findings for practice and further research are discussed.

International adoption and children's well-being: Perceptions of children's home professionals

Demby, I

The purpose of this research project has been to investigate perceptions of professionals – social workers, managers and caregivers working in a children's home – towards international adoption, (and by implication, trans-racial adoption). This study has looked specifically at implications for the child's psychosocial well-being, and has also explored cultural and racial issues within the context of international adoption. Generally, international adoption has been presented in the literature almost exclusively from a Western perspective, with little attention paid towards the perceptions of countries that children are adopted from. As international adoption in South Africa is a relatively new practice (about 16 years), there is scope for research to examine this phenomenon in the South African context. This research investigates whether some of these well-intentioned policy guidelines – such as the importance of prospective adoptive parents' capacity to handle the trans-racial, trans-cultural and trans-national aspects of adoption, as well as them being adequately prepared or counselled about the need for adoptees to be connected to their roots – are actually reflected in practice. Data was collected at a children's home by holding semi-structured interviews with six professionals and then transcribed and analysed using thematic content analysis. The current study will offer some insights into perceptions regarding adoptees psychosocial well-being and based on the findings will give recommendations accordingly. It is hoped that this research will stimulate further research in this area.

The effects of social support on suicidal ideation as a result of university pressures

Murray, R

This paper intends to explore the relationship between university pressures and suicidal ideation and how social support can act as a buffer. Suicide ideation is defined as the domain of thoughts and ideas about death, suicide and serious injurious behaviour and includes thoughts related to the planning, conduct, and outcome of suicidal behaviour. Individuals with access to a supportive network are buffered from the aversive impact of chronic stressors, as the supportive network changes how

these individuals judge chronic stressors and other stressful life events. This relationship was explored using an electronic survey administered through different student networks to acquire a broad sample. Within this survey, students were asked how they were coping with the workload required at university level, if they have contemplated suicide, and if they have access to social support. Social support included support received from family and friends, as well as the support provided from the university, and if students were aware of this support. The data was analysed using descriptive content analysis in an attempt to decipher whether social support could act as a buffer to suicidal ideation. Within the survey, students were asked if they were aware of support services offered by the university; and if not many were, steps could be put in place to rectify this, making it mandatory that at the commencement of each semester each core subject within each degree announces to the students the available services, should they feel they could not cope.

Basic education approaches to adolescent delinquency in South Africa

Mokoena, M

The basic education system in South Africa is fairly advanced, compared to other developing countries. However, in a country where delinquents are an immense threat to society, one has to be conscious of how adolescents develop in order to curb the rise and exponential generational increase of delinquents. If an educational system can holistically cater for all learners, then each can have a uniquely suited future to strive for. The theoretical underpinning of this research, is that of curriculum theory. In this paper the role of different approaches to education in delinquency amongst South African youth will be analysed, with the theoretical assumption that high schools with a holistic approach to education, encounter less delinquency amongst their learners. Two high schools were selected, one with an academic-centred approach, and one with a holistic approach. The sample was obtained using probability sampling by random selection to achieve a sample of Grade 11 learners in each school. This study was then executed with a questionnaire, followed by focus group interviews. Delinquency was measured by reports of misbehaviour and this data was then systematically analysed using a deductive approach. Findings demonstrate that effective education decreases criminality and delinquency amongst adolescents.

Mental health of hospital nurses and the effect on their performances

Van Hattum, M

This paper investigates the mental health of the nurses at Tshwane District Hospital and Steve Biko Academic Hospital by focusing on key issues, such as: workload; a lack of resources; relationships with other clinical staff; emotional demands; witnessing traumatic events; management issues; shift working; lack of control over medical situations; lack of cooperation amongst patients, families and staff members; and a lack of reward. This study is relevant as the mental health of the nurses is important, not only for their own well-being, but also for the well-being of the patients who these nurses work with. Interviews were conducted to gather data in this qualitative study. The data was analysed by integrating the common themes, and by investigating which of these themes had the most effect on these nurses, and what exactly the mental health effects were. The findings in this study have practical implications and it has been suggested that a programme called Nurture for Nurses be implemented in the hospital to provide a more convenient service that is aimed specifically at the mental health of hospital nurses.

10:30 – 12:30

VENUE 1

SYMPOSIUM: “I thought there would be more time... if only...” courageous conversations around ageing and end-of-life challenges

Edeling, H & Exley, A

This interactive symposium is presented by Aderyn Exley and Dr Hanneljie van Zyl-Edeling, both counselling psychologists in private practice. Our panellists will explore the complexities of individual and mutual contextual understandings of rights, options, competence, choice and factual realities implicit in achieving the successful negotiation of a full life journey. From our personal experience and appreciative inquiry, positive psychology and social constructionism as theoretical framework, we plan to introduce some of the difficult conversations that we inevitably have to face in our professional and personal capacities. Some of the practical, legal and ethical dilemmas inherent in these circumstances, as well as tools, ideas and resources for dealing with, them will be explored. By facing possible difficulties timeously, and having access to our personal power from a place of preparedness, congruence and compassion, potentially difficult conversations can be turned into constructive and positive experiences that bring more intimacy, closure, and resolution to those who are willing to engage in them. Exploring diverse contexts together may enrich our collective understanding of humanity in this broad terrain. We invite you to share in this meeting of brave hearts and courageous minds.

Be mindful of your legacy

Coertse, N

In this presentation, the emphasis is on clarity, advance preparation and the legal, financial and emotional ramifications of end-of-life decisions, or the absence thereof. In particular, power of attorney, signing powers, consent to disclose medical information, do not resuscitate (DNR) and advanced healthcare directives will be dealt with. Participants will also be sensitised to practical matters pertaining to testaments, such as inventories of assets and liabilities, joint property ownerships and estate duty (death tax). By being courageous in thought, conversation, and deeds, well in advance of a crisis situation, one can ensure the best legacy for your loved ones.

The D-word – Courageous discussions for peace of mind

Smith-Janse Van Rensburg, S

Make sure you are remembered for the right reasons and not because of the chaos you left behind for your loved ones to sort out, because your affairs were not in order. Sonja will talk about the benefits of making one's wishes and needs clear with regards to death, dying and the funeral, whilst participants are emotionally stable and able to think and plan clearly. This will avoid uncomfortable situations where loved ones find themselves scrambling for information and directives, when they actually should be available to the dying person and each other for the important tasks of support, closure and grieving. She has developed several tools to clarify and facilitate conversations and planning, amongst others, My Funeral Wishes and Life File and will discuss the contents of, and the need for, these inventories.

Face your financial demons – Planning for freedom

Janse van Rensburg, R

Fail to plan – plan to fail. The purpose of this talk is to enhance awareness of how financial pitfalls can be avoided through careful, early and courageous discussion, planning and preparation of issues pertaining to wills and testaments, estates, retirement, incapacity, healthcare and mortality. Rian will offer some suggestions for vexing questions such as: In the case of incapacitation, what happens if the caregiver dies before the patient? A dementia sufferer could inherit everything, but will not be able to manage or take care of the inheritance. What happens when you can no longer work – do you have income protection? What will happen to your dependents? And how does one ensure sufficient funds for a possible 35 years if you retire at age 65?

Social constructionism, ageing and end-of-life issues

Snyders, F

Constructivists maintain that humans create their realities in terms of their personal epistemologies, beliefs, and maps of the world. Social constructionists add an interpersonal view of reality construction by means of language and linguistic behaviour. In this presentation some dimensions of ageing will be discussed in constructionist terms, with special reference to meaning-production, meaning-sharing, and social understanding and interactional negotiation of nodal issues of ageing.

VENUE 2

CASE PRESENTATION: SASCP case presentation session

Swain, K

A case presentation session hosted by the South African Society of Clinical Psychologists

Pretending to be normal – psychogenic seizures, borderline tendencies and sexual identity issues

Clark, K

Jason is a 16-year-old male who lives in Durban. He was referred for psychotherapy by a psychiatrist following his admission to hospital for seizures and when collateral suggested he was suicidal. Jason is the eldest son of a well-known and well-off family. His parents are married and he has a younger brother. His mother has been diagnosed as obsessive-compulsive and his brother has been diagnosed with ADHD and Asperger Syndrome. Jason is a boarder at a private school in the area. Upon investigation, it was determined that Jason was experiencing psychogenic seizures and he was transferred to the adolescent wing of a private psychiatric hospital for further observation. Jason reported suicidal ideation and behaviour. He was self-harming and displaying borderline tendencies. He was reportedly sexually abused from when he was 5 years old. He expressed concern that he was a homosexual and he reported having sexually experimented with another boy at boarding school. This case is being presented because of the difficulties experienced during therapy and the poor prognosis that resulted.

When love and hate collude: The case of Mandy as formulated from the social constructionist model of therapeutic factors

Van Zyl, N

Mandy is a 36-year-old white female who lives in the northern suburbs of Johannesburg. She separated from her physically and verbally abusive boyfriend after a relationship of seven years. She is the mother of 9-year-old daughter. Mandy first consulted her psychotherapist in mid-2014, after she had a fall-out with a colleague (also a friend of hers) at work. Her boss suggested that she seek professional help to deal with the tremendous anger she expressed during this fall-out. According to Mandy, she agrees that she tends to become overly emotional, even aggressive and tends to overreact when provoked by others. She attributes these difficulties to having had a generally “bad life”: She was rejected by her biological father, molested by her step-father, accused by her mother as being a liar, and raped when she was 13-years-old. She resorted to a life of sexual promiscuity and a series of bad choices in men. Mandy’s case is conceptualised according to the Social Constructionist Model of Therapeutic Factors. A description of the therapeutic process in accordance with the chosen model is provided.

When a fictional character becomes your saving grace

Mkize, L

Carrie is a 42-year-old white female referred with a working diagnosis of post-traumatic stress disorder and anxiety with Cluster B traits for continued management after relocating from Johannesburg to kwaZulu-Natal. There had been numerous admissions to various psychiatric institutions since her very first admission at the age of 21. There had also been two previous suicide attempts, with one resulting in admission to ICU for a period of seven days. Carrie’s biological mother was diagnosed with Bipolar Mood Disorder (on treatment) with a history of numerous suicide attempts. Carrie has two older brothers; one with an addiction to marijuana, and the other an alcoholic who has been clean for several years. Carrie’s history is also characterised by accounts of early sexual abuse as a child, by two close family members; followed by a series of unstable, violent and physically abusive relationships; with a gambling and poly substance addiction since the age of 14. Current presentation according to Carrie and her fiancé, was uncontrollable recurrent bouts of anger and rage, at times resulting in Carrie breaking things around the house. This case is being presented to highlight some of the difficulties experienced during therapy, and the “superhero” that saved the day.

To prescribe or not to prescribe: Clinical psychologists’ opinions on task-shifting for PHC practitioners

De Kock, JH

The aim of this study was to explore clinical psychologists’ opinions about limited prescription authority (LPA) for psycho pharmacologically trained clinical psychologists working in South Africa’s public rural primary healthcare (PRPHC) settings. In PRPHC settings, a severe shortage of mental healthcare (MHC) professionals is experienced with a psychiatrist-to-population ration of about 0.03 to 100 000 people. Clinical psychologists are employed in this setting at 11 times the rate of psychiatrists. Clinical psychologists and psychiatrists share a treatment aim of alleviating their patients’ suffering caused by psychopathology, and the question is posed whether LPA for additionally psycho-pharmacologically-trained clinical psychologists might enhance MHC at a PRPHC level. The study design was a cross-sectional survey where telephonic interviews and electronic questionnaires were used to obtain data. The participants included two samples: a random sample of 30 clinical psychologists employed at

PRPHC facilities, and a convenience sample of 49 clinical psychologists practicing in settings other than PRPHC facilities. The participants completed the questionnaires consisting of 11 Likert-type statements relating to opinions about the competence of current non-specialist prescribers, the legitimacy and possible usefulness of non-medical prescribers, the availability of MH human resources in PRPHC settings and the possible endorsement of further psychopharmacological training for clinical psychologists leading to LPA in PRPHC settings. The results indicate a consensus of support for the idea of clinical psychologists receiving extra training, to be employed as non-medical MHC prescribers in order to alleviate the medical workforce shortages and improve access to care in PRPHC areas.

The ontology of response/ability

Van Deventer, V

The conference theme #PsychologysResponse/ability offers a link to and creates a category for a responsive psychology. However, the present paper argues that this category of responsiveness disconnects psychology's ability to respond from its responsibility and that this disconnection serves to establish a responsibility that is rooted outside psychology. All that is required of psychology is to ensure that it is able to respond, i.e. that it is relevant and applicable to different problems in different contexts, in ways that serve the well-being of individuals and society. In other words, psychology is hash tagged and co-opted by society and individuals for their own well-being. The problem is that this kind of psychology, in principle, can never be transformative. A psychology that is serious about transformation cannot allow any disconnect between "response-ability" and responsibility. The second half of the paper focusses on the fusion of "response-ability" and responsibility. This discussion is grounded in the work of Karin Barad, in particular her notion of the "agential cut", to show the inseparability of responsibility and the ability to respond. A psychology grounded in this inseparability cannot be hash tagged. It does not put itself up for co-option, but sets its own agenda for individuals and society. The paper concludes with examples that illustrate the difference between a psychology that claims its own responsibility, and one that surrenders its responsibility to the well-being of individuals and society.

VENUE 3

Parenting from behind bars: The experience of former female offenders

James, J

South Africa has a high rate of incarceration, and one of the effects of incarceration is the breakdown of the family structure. At times children are left without a father or mother and single parent homes suffer more. Studies have shown that having a parent serving a sentence affects children tremendously. A child experiences various changes in the family structure which is accompanied by emotional turmoil. This presentation considers the experiences of former female offenders with regards to the effects of incarceration on parenting and children. Interviews were conducted with six former female offenders from Johannesburg. Interpretive Phenomenological Analysis was used to analyse the results. One of the core themes that emerged was how mothers experienced parenting from behind bars. Participants who were parents all experienced anxiety caused by the separation. This theme

mirrored the existing literature on incarceration. Suggestions are made on how to support parents and their children within this context.

A narrative analysis of rehabilitation experience by maximum security female offenders in Gauteng correctional centres

Qhogwana, S & Segalo, P

Correctional centres are generally perceived as negative spaces, the receptacle of society's worst behaved members. With this being the case, however, there continues to be an expectation (if not implicit aim) for incarcerated people to return to civil life in a better state than they were before. While correctional centres are often associated with men, there is an increasing number of incarcerated women. Historically, correctional centres have presented a form of social control for women. This meant that the corrections as well as the rehabilitative programmes stereotyped women offenders into socially constructed gender roles. Instead of being seen as people who violated the rules of law, they were seen as having violated society's moral standards of what is expected of a woman. Using a feminist criminology framework, the study aimed to explore the subjective, inner experience and meaning given by female maximum security inmates to the holistic rehabilitation processes in correctional centres. Data was collected from 19 incarcerated women classified as maximum offenders, and narrative analysis was used to analyse the data. The women's narratives reflect unique and common experiences with rehabilitation in the correctional centres. The results reveal that women seem to understand rehabilitation in the context of changing their behaviour and the criminogenic factors, thus deterring them from committing crime in future. The identity of being a maximum security offender seems to pose a challenge of further perceived discrimination, alienation and isolation among women who describe limited involvement in rehabilitation as a result of this identity.

Ethics and gaining entry when conducting a study in a correctional centre

Mosimanekgosi, O & Masisi, I

Scientific research should play a critical role in raising awareness and providing insight on issues surrounding corrections. Over the years, research has been conducted in the field of psychology to understand various psychosocial issues in correctional settings. These studies prompted the development of theories and the formation of policies. Professionals insightfully changed their approaches towards offenders, existing programmes were amended and new programmes were developed. While research in the field of psychology has been shown to enable positive change and provide insight, attaining ethical clearance and conducting research in correctional settings are still reported to be a challenge for many scholars, particularly students. This paper seeks to describe and explore one researcher's experiences in attaining ethical clearance for master's research from the Department of Correctional Services' ethical committee. This will be done to facilitate discussions on the processes and systems encountered by researchers when conducting research in the field of psychology and the implications thereof.

Xhosa translation of the internalised stigma of mental illness scale for use in South African Xhosa people with schizophrenia and rheumatic heart disease

Matshabane, O

Standardised measuring instruments are commonly used in stigma research, however, cultural and linguistic factors may be barriers to conducting such research with isiXhosa-speaking South Africans. It is therefore important to apply a thorough translation design in preparing stigma measures for use with isiXhosa speakers. The aim of this article is to describe the process of translating the Internalised

Stigma of Mental Illness Scale (ISMIS) into isiXhosa for use in a South African stigma study that compares stigma experiences of isiXhosa-speaking people with schizophrenia and those with rheumatic heart disease. The ISMIS was translated into isiXhosa using a five-stage translation design. First the measure was forward-translated into isiXhosa by four isiXhosa-speaking healthcare professionals. Next, the group met as a committee to discuss and debate the resultant translations. The resultant isiXhosa translation of ISMIS was then quantitatively piloted in a sample of 50 Xhosa people with schizophrenia and 50 Xhosa people with rheumatic heart disease living in the Western Cape, South Africa, and qualitatively piloted in a smaller sub-sample of five Xhosa people with schizophrenia and five Xhosa people with rheumatic heart disease using cognitive interviewing. Furthermore, the tool was back-translated into English by an independent isiXhosa-speaking translator. The translation team met to review the piloting data to resolve any discrepancies. Results of the piloting process suggest that this translation design worked well, however, some challenges included the difficulty of finding conceptually equivalent Xhosa vocabulary for English concepts relating to stigma and discrimination experiences.

VENUE 4

Critical knowledge, liberation and community: The dialogue continues

Suffla S & Seedat M

The 6th International Conference on Community Psychology (ICCP2016), which was held in Durban, South Africa in May 2016, and co-hosted by the University of South Africa and South African Medical Research Council in collaboration with the Psychological Society of South Africa, focused on the theme *Global Dialogues on Critical Knowledges, Liberation and Community*. Engagement at the meeting called for the conscious decolonisation of knowledge creation, methodologies and processes that are largely fixed in colonial discourses, and the recognition of the plurality of people's experiences and the many geographical, psychological and sociological locations that they occupy. Accordingly, the conference signified an important space for opening up new, critical knowledges and discussions which challenged dominant, hegemonic, and colonial systems of meanings and epistemologies, and for creating transnational connections. The aim of the Roundtable Discussion is to continue the robust debates and conversations that emerged at ICCP2016 about the identity and representational forms of community psychology, the critical roles of community psychologists, and the epistemological and ontological diversity present in global enactments of community psychology. Central to this dialogue is the question of how the Psychological Society of South Africa extends, even reconfigures, its orientation as a socially responsive professional body of psychology in South Africa and on the African continent. This and related questions will be addressed by key social actors representing the Society, thus contributing to existing reflexive analyses on the status of (community) psychology in South Africa and elsewhere, as well as the role and positioning of professional psychology associations in contexts of persistent social oppressions and injustices.

Developing your career as a psychologist: A public or private affair?

Pillay, A, Lockhat, R & Seedat F

Newly qualified psychologists in all of the registration categories often experience difficulties in establishing their careers or find themselves in quandaries about the type of work contexts in which they want to engage. Apart from the dilemma between public versus private sector employment, there are a number of issues emanating from each of these broad contexts that the new graduate has to negotiate, most of which they have never previously encountered or even thought about. This round table discussion aims to assist young colleagues in their decision making and idea development regarding their career path. It will also attempt to troubleshoot areas of difficulty facing new graduates.

The session is intended as an interactive forum where delegates can raise their own concerns and dilemmas.

VENUE 5

SYMPOSIUM: Executive coaching

Teka, M

The development of coaching in business and its application to the world of tomorrow. The objective of the symposium will be to address the following aspects in coaching: executive and business coaching; global trends in business and executive coaching; different methods of coaching; coaching culture in organisations; and future of business coaching.

The development of coaching in business and its application to the world of tomorrow

Teka, M & Maphala P

Coaching in organisations has changed over the years from a remedial approach for addressing poor performance; today the majority of coaching is aimed at high performers, top talent and organisation leaders. Internationally coaching is widely used by business as an effective means of facilitating individual and collective potential, however, the means of delivering coaching in organisations is shifting considerably. Today's harsh economic climate requires organisations to do more, with fewer resources and in less time, whilst adapting to continuous change. It is recognised that organisational culture strongly influences achievement of the strategy, and the old hierarchical, militaristic way of leading people has to change to achieve the desired results. The trend towards developing a coaching culture in the organisation, is gaining momentum worldwide (although South Africa lags in this respect). This entails a multifaceted approach which includes external and internal coaching capacity, team coaching, and the requirement that leaders adopt a coaching approach to ongoing development of their people. The sustainability value that coaching brings cannot be underestimated. However, the role played by professionals delivering coaching services to organisations and the skills they need will have to evolve if they are to remain relevant in the current context. The objective of the symposium will be to address the following aspects of coaching: What is Executive and Business Coaching? Global trends in Business and Executive Coaching. Different Methods of coaching. How do we embed a Coaching culture in organisations? What will business coaching look like in the future?

Coaching relationship in executive coaching

Maphala, P

The single factor most vital to successful outcomes in executive coaching is the quality of the relationship between coach and client. What then, can the executive coach offer? What can a client reasonably expect of his coach, and what skills or knowledge should the coach have in order to secure the best possible outcome for his client? Many of these factors have been identified in literature. However, even the coach with the best "kitbag" of skills, knowledge and business experience will not procure the best outcome for his client, unless he is able to establish and build a good relationship. The purpose of this paper is to investigate the association between coaching relationship – which constitutes of rapport, trust and commitment – and coaching effectiveness, using the appropriate research methodology. It's important to note that this is a replication study applied in the South African business environment. Based on the extensive review of current literature rapport, trust, commitment, coach and coachee match, with coaching effectiveness are investigated through a questionnaire. An objective-driven model which focuses on the extent to which coaching have been met is used to

measure the effectiveness of executive coaching. The practical implication of this article could be useful for managers who want to enhance leaders' capabilities through executive coaching engagement that support organisations' performance. This article will build upon the existing knowledge by investigating the factors contributing to a quality coaching relationship, from the coachee perspective in the South African business environment.

The future of business coaching

Teka, M & Walsh B

The speed of change has never been as fast as it is today, and this will only increase. At the same time, organisations have to do more and provide more with fewer resources and in less time. Time and money will only be spent where the return is considerable. This will increasingly become more of a challenge to coaches working in business. They will need to adapt to the changing needs of their organisational clients, and deliver value which reaches far beyond that which is usually provided. This presentation explores the emerging trends in how organisations internationally are changing, how they use coaching and engage coaching services. We recommend ways that coaches can ensure they continue to deliver a service that is deemed valuable, and remain relevant to the needs of their business clients.

What is business and executive coaching

Muller, N

In order to coach with integrity and apply ethical standards to our coaching practices, it is important to differentiate between various disciplines of coaching and their respective scopes of practice. In this discussion, we highlight the scope and purpose of business and executive coaching as per the guidelines of global and local professional coaching bodies. We also clarify the difference between coaching and mentoring models that inform our coaching practices in the world of work. Coaching from multiple perspectives. Whilst many coaches apply the same fundamental competencies to coach, the key differentiation between coaches is their purpose for coaching, and the models and frameworks that underpin their coaching practice. This discussion aims to provide a brief overview of Nancy Kline's six-stage coaching framework referred to as the Thinking Partnership®, and the possible outcomes of adopting this approach as a key underpinning to your coaching practice.

Embedding a coaching culture in organisations

Masombuka, N

For as long as leadership development – and by extension, coaching – remains in the periphery of critical and mainstream business conversations, we will continue to battle to create a coaching culture in organisations. Organisations should embrace conversations around leadership development as an integral part of organisational strategic imperatives and not limit them to human resources professionals. Coaching as a leadership skill can be pulled to the heart any organisation's DNA, and there is empirical statistical data supporting this assertion. What we aim to address in this discussion, however, is the "how" question. The following few steps can serve as a starting point to the process of building a coaching culture. Setting clear expectations: There must be clarity on why the organisation has adopted coaching development and what is expected from it. Coaching skill development: Learning about coaching, should be coupled with sufficient time for practise and feedback. While this requires a huge time investment, the benefits far outweigh the risk of not doing it right. Monitor and measure: You can't manage what you don't measure. Indicators of success need to be identified and tracked on a regular basis. Such evidence can be drawn using organisational surveys like climate

surveys and other management effectiveness surveys. The Zenger Folkman Extraordinary Coaching programme uses tangible organisational outcomes to track success.

VENUE 6

SYMPOSIUM: Exploring trans therapies

Kotze, E

While the constitution protects South Africans from discrimination based on gender identity and enshrines the right of all individuals to appropriate healthcare on all levels, the reality for non-binary, trans and genderqueer individuals often falls far short from the ideal. Lack of mental healthcare is usually ascribed to the high financial cost of counselling and psychotherapy. Where non-binary, trans and genderqueer individuals do present for therapy, a lack of knowledge on the practitioner's part further complicates the process. This symposium will explore the intersections and experiences of non-binary gender identity (including trans and genderqueer), sexuality and psychotherapy, in the context of South Africa. The symposium will take the form of four/five presentations on different aspects of trans therapy, considering clinical, theoretical and practical implications of the topic.

Psychologists' role in the gender-affirming process of patients accessing public services for gender dysphoria

Noorbhai, N & Barnwell, G

This oral presentation provides an overview of clinical psychologists' role in the gender-affirming process of people accessing Chris Hani Baragwanath Academic Hospital's Transgender Unit. The presentation will contextualise the current state of gender-affirming services, provide a description of the typical patients who access these services, provide an overview of the services that are offered for gender dysphoria by the multidisciplinary team, and reflect on the specific roles that psychology plays. The presenters will reflect on the transitioning process and how individual therapy and, specifically, group therapy supports such a process. Limitations, considerations and recommendations will be provided.

Conscious sexuality coaching and touch therapy for transgender and NGC clients

Strydom, GC

Conscious sexuality services have come to the foreground and have become much more available in South Africa as part of personal well-being in the past few years, but are still primarily offered in a strongly binary setting. Conscious sexuality coaching and touch therapy can be of tremendous value to transgender and non-gender conforming clients, particularly as part of their transitional journey. Sessions are aimed at creating a safe and relaxed space in which the client can explore various aspects of their sexuality in an experiential way by: Encouraging the client to stay in touch with their body by converting masturbation into a nurturing and explorative practice; relaxing during sexual contact within the session and becoming mindful of what feelings and emotions arise, and deciding how to work through them; dealing with stress-related physical issues which can or have led to symptoms such as painful penetration, difficulty reaching orgasm, premature ejaculation, erectile dysfunction, and loss of sexual sensation; encouraging post-surgical healing with modalities such as massage and myofascial release; exploring general relaxation and breathing techniques; creating a safe space for couples to explore the changes in their intimate life as one or both partner's transition. It is hereby proposed that conscious sexuality coaching and touch therapy may be a valuable

complementary health service in conjunction with the clients existing therapy with a psychology professional, and can be applied in a manner which is non-binary and affirming of each client's individual experience and needs.

Transitional space: A psychotherapist's experiences of creating a gender identity-affirmative therapeutic space

Bosworth, J

Despite South Africa's progressive constitution and recent increased societal awareness of transgender, non-binary and gender queer people, many gender-variant individuals have an experience of having to break new ground. A Johannesburg-based psychologist reflects on how breaking new ground also forms part of a psychotherapist's experience. This presentation outlines some of the factors that make it challenging for mental healthcare professionals to maintain a psychotherapeutic and gender identity-affirmative counselling and therapy space that works best to address the mental health needs of gender-variant clients. Mental healthcare professionals are frequently the primary point of contact for gender-variant individuals and have often historically been sanctioned as gatekeepers (the practitioners "responsible" for diagnosing and "regulating" what medical intervention "gender non-conforming" people may access). This may create large confusion in the role of a psychotherapist working with gender-variant individuals: being a case manager, an assessor, an educator, an activist and (often problematically) an "expert". In addition to this role confusion, the presenter reflects on further experiences of dissonance related to trying to integrate gender identity-affirmative practice with psychodynamic theory and practice. These practical, historical and the oretical tensions all have the potential to detract from a therapeutic space that allows for thinking, feeling, holding, exploring, understanding and developing. The author considers ways to navigate these tensions – practically and theoretically – to help create and maintain a gender identity-affirmative space that works towards meeting the mental health needs of gender-variant persons. The importance of the fundamental elements of psychotherapy is particularly emphasised.

The genderqueer client: Am I trans* enough to receive treatment?

McLachlan, C & Nel, J

Trans* is an umbrella term for people expressing their gender in non-traditional ways. Transgender persons, however, are often viewed as people whose natal sex (female/male) do not correlate with their gender identity (feminine/masculine) and thus transitions from the one side of the gender binary to the other. In South Africa most medical aids do not cover gender affirming treatment and only a few state hospitals offer treatment. Furthermore, in order to access trans* healthcare, most clients need to be diagnosed with gender dysphoria. A genderqueer person is a person whose gender identity falls outside the gender binary and/or does not conform to gender norms within society and/or experiences a fluidity in their gender expression and identity. Although not all genderqueer people wish to make use of gender affirming surgery and/or the use of hormones, some do, as it is a necessity for them in order to live authentically. For the genderqueer person that does not uphold the gender binary and/or is gender non-conforming, accessing trans* healthcare can be a challenge. This presentation explores the psychology professional's role, not only as a therapist, but also as an advocate facilitating understanding of genderqueer people's trans* healthcare needs.

Resources [un]available to South African trans* people

Theron, L

Barriers to accessing quality HIV and other healthcare services exist at multiple levels, including: competence and attitudes of front line staff; provider knowledge of transgender-specific health/HIV needs; and administrative and structural challenges. Little is known about the prevalence of HIV, or the ability of transgender people to successfully navigate the HIV care cascade in the South African context. Furthermore, there is an almost complete deficit of knowledge on the trans* masculine population in terms of health and HIV care. This marginalises the transgender population further, placing them at a greater risk for HIV infection. A community-engaged research approach is applied for the research design, which includes qualitative interviews, quantitative survey and a community consultation in 2017, which will result in recommendations for intervention from a working group made up of transgender people, public healthcare workers and other key stakeholders. These recommendations will become a model to help inform best practices in HIV care for transgender people in South Africa. This presentation will focus on the data collected with a set of 30 qualitative interviews to identify facilitators and barriers experienced by HIV positive trans* people in South Africa. Interviews explored barriers and enablers in accessing health care treatment. The well-being and health access of trans* persons is intersectional and needs to be approached with the understanding that primary healthcare, transition-related healthcare and HIV healthcare does not function in isolation.

VENUE 7

SYMPOSIUM: Psychology student associations: Student empowerment and breaking through the barriers

Nel, H

PsySSA Student Division has established working relationships with universities, facilitating collaboration between their psychology student associations. This symposium explores narratives of these associations in terms of the obstacles faced in the founding, management and effective functioning of psychology student associations. In addition, effective strategies are reviewed for utilising the available resources and platforms in order to add value to the discipline and student journey.

PsyNISA: UNISA Psychology Student Association

Lebesi, N & Nel, H

PsyNISA is a psychology student association in its infancy. Its main focus is being representative of the actual student concerns within the tertiary academic structure of UNISA. This presentation aims to reveal potential issues with the formation of student associations, and comparing this experience to that of established and flourishing associations at UNISA. In order for PsyNISA to become relevant within UNISA and effective beyond the goal of CV-supplementation, attempts are under way to negotiate the tertiary institution outside of political, radical and economical viewpoints portrayed by the SRC in order to create an impartial goal-oriented student association that adds value to the student experience and that can form a viable medium of discourse between students, lecturers and institutional management. By utilising a comparative study of law students affiliated with Black Law Student Charter (BLASC UNISA), this presentation aims to identify key points that has contributed to the success of BLASC UNISA and to apply the same strategies to grow the success of PsyNISA.

PsyWITS: Founding of a solid establishment

Rose, K & Nel, H

The purpose of this paper is to explore the roles that PsyWITS plays in its function to support psychology students at the University of Witwatersrand. While PsyWITS receives abundant departmental support, the society faced numerous difficulties in establishing itself, including negotiations between the SRC and the society, PsyWITS and PsySSA membership issues and the generation of exposure for the society on campus. This presentation makes use of the case study method to reflect on and make sense of these difficulties. The case study will also explore future aspirations and discuss possible recommendations for other societies facing similar obstacles. PsyWITS aspires to become a solid organisation that provides practical experience to psychology students specifically in terms of collaboration with PsySSA Student Division; addressing student concerns; and availing resources to students through various professional and educational channels.

SMU: Liberating the discipline from ambiguity

Monyelekgau, L & Nel, H

The central aim of this paper is to present difficulties faced in establishing a psychology student association at the Sefako Makgatho Health Sciences University, using the case study method. The paper focuses particularly on the executive committee's experiences in establishing the psychology society. This has relevance for the establishment of future psychology and raises awareness of the divide between those who study psychology and those who are professionals in the field. Some of the difficulties included negative experiences of skills development initiatives; a lack of interest in the field of psychology because of its perceived ambiguity; and a lack of funding for the society.

UP: Psyche, enhancing student knowledge and experience

Mcintyre, K

This paper focuses on the gap between the theoretical knowledge presented through the BA Psychology curriculum, and the practical skill set required by the profession of psychology. The challenges faced and progress made in bridging this gap will be discussed in the context of the development of student societies. Members of Psyche (Psychology Society of the University of Pretoria) were approached to provide their perceptions of Psyche's competence in this regard, as well as suggestions for enhancing students' knowledge and experience of psychology as a profession. Preliminary findings suggest that the greatest problem faced by students is the lack of contact with the professional realities of the profession of psychology.

VENUE 8

Round table discussion of transformation in the curriculum

Maree, D, Pule, NT, Ndala-Magoro, N, Blokland, L, Fynn, A, Barnes, B & Mkhize, N

The transformation project in South African universities has had been rooted and initiated by structural and legislated efforts. The Ministerial Oversight Committee on the Transformation in (the) South African Public Universities (TOC) was established in 2013, and transformation was the focus of the second National Higher Education Summit in 2015. While these stand as evidence of the intense drive for transformation in South African universities, some literature has indicated students at South African universities to be dissatisfied with transformation. One interpretation of this disjuncture proposes that

transformation in South African universities has been implemented mostly from a structural and legislative point of view, leaving a gap in the integration of these efforts in terms of lived experiences. This round table explores the implementation of transformation in universities from a curricular perspective, specifically in the teaching of psychology. The profile of the psychology professional that is produced by the current curriculum is reflected upon, and questions about the relevance of the curriculum to the majority of South Africans are explored. The round table further aims to explore the efficacy of the current curriculum in equipping psychology professionals to manage the redress demands of South Africa, and the ability of psychology graduates to service South Africans in a contextually appropriate manner.

Decolonising psychology: A special thematic section of the Journal of Social and Political Psychology

Adams, G

Decolonial critiques, typically informed by work in majority world settings, including South Africa, illuminate how the knowledge base and prescriptions of hegemonic psychology reflect and promote the neoliberal individualism associated with the Eurocentric global modernity. From this perspective, a responsible psychology requires decolonisation of its hegemonic forms of knowing and being. As a step toward this objective, the *Journal of Social and Political Psychology* published the first instalment of contributions to a special thematic section on the topic of “Decolonising psychological science”. In this presentation, a co-editor of the special thematic section describes three approaches to decolonisation evident in contributions to the ongoing project. In the *accompaniment* approach to decolonisation, “global expert” researchers from centres of hegemonic knowledge production travel to marginalised communities to lend expertise and work alongside local inhabitants in struggles for social justice. In the *indigenisation* approach to decolonisation, locally grounded researchers draw upon local knowledge to modify “standard” practice and produce psychologies that are more responsive to local realities. In the *deconstruction* approach to decolonisation, researchers draw upon local knowledge and experience of marginalised communities as an epistemic resource to reveal and dismantle the coloniality of knowledge and being in hegemonic psychology. As this last approach suggests, the task of decolonisation requires more than the production of local psychologies attuned to the conditions of particular communities. In addition, it requires decolonial versions of global psychology, for broader application, that are conducive to the wellness of all humanity beyond a dominant Eurocentric subset.

VENUE 9

SYMPOSIUM: Emerging psychologists and researchers: A symposium of student research in the area of critical psychology

Kramer, S

This symposium boasts a number of critical research studies led by students from the University of the Witwatersrand. These studies cover a range of psychological disciplines and research methodologies. More specifically, it includes presentations on beauty and black women, female offenders, media representations of violence, and child offenders.

Conceptions of beauty among black students at a South African university

Nconco, P

Social constructions of beauty have evolved over the years and have resulted in women working painfully hard to obtain particular ideals. The European standard of beauty has placed serious pressure on a large number of black women who seek to conform to this, due to the belief that this is the standard for women across the globe and that this would attract romantic partners. This study sought to investigate the conceptions of beauty among young black students. It aimed to explore the subjective opinions on what beauty is, how young women experience their bodies, and what young black men and women actually think is attractive. This research assumed that even though the media may be an agent of hegemonising European standards of beauty, there are minorities and subjective conceptions of beauty different from the one presented by the media. The assumptions are that, although there is an ideal of beauty, many men have their own subjective preference of the type of woman they find attractive. The findings have implications for both theory and practice, especially with regards to the way media portrays black women and how “beauty” is produced therein.

[A discourse analysis of female offenders’ constructions of their crimes](#)

Natha, A

A growing number of studies conducted on female criminality show that female offenders’ actions are attributed to mental illness, substance abuse, or low intelligence, as compared to the innate attributions made about male offenders. The primary aim of the study is to identify the cultural conditions that make female perpetration discursively possible. The aim is explored through discourses of sexuality and gender that are embedded in institutional practices and societal realities. Interviews were conducted with incarcerated female offenders who were charged with various crimes, using a semi-structured format. Each participant’s case file – consisting of legal, correctional and psychological records – were used in conjunction with their interviews to provide insight into discourses that were drawn upon in such institutions, in producing (or alternatively rejecting) the “female perpetrator”. The data was analysed with a critical discourse analysis which aims to understand the relationship between language, through transcriptions at a micro-level, and social discursive practices at a macro-level, by relating core themes and patterns that emerge from the interview to social realities. The findings from the study indicate the discourses that these offenders use to construct themselves as perpetrators, or alternatively to reject this notion. With an increase in empirical studies and theory that initiates controversy surrounding the female perpetrator, this research adds to changing political and ideological positions and challenging ideas of what constitutes a female perpetrator through the production of counter-knowledge.

[Media representations of perpetrator motivations in enactments of polymorphic violence](#)

Terry, B

South Africa’s history of racial prejudice and apartheid, as well as the many social injustices that characterise contemporary South African society, has provided fertile ground for the emergence of a somewhat unique and ubiquitous culture of violence. While developing an understanding of violence and the many factors involved in direct enactments of violent crime is important, so too is exploring the ways that information which helps form perceptions of crime and violence, is conveyed to the general public. The print media forms one important source of such information. Drawing on this source as data, this study investigated how the media represents the motivations of perpetrators involved in polymorphic enactments of violent crime. Purposive sampling was used in the collection of articles included in a Western Cape, kwaZulu-Natal and a Gauteng newspaper, which report on enactments of polymorphic violence. Through an explanatory thematic analysis, this study investigated how newspapers depicted the motivations behind these extraordinarily complex crimes. The study

contributes to theoretical understandings of how information on complex forms of violence are shaped in particular ways for consumption by specific audiences. These understandings are central to advancing current knowledge on the role of the media in constructing perpetrators' motivations for engaging in acts of complex violence in South Africa.

Impossible crimes: Victims' constructions of child-perpetrated crime

Mostert, A

Hegemonic discourses concerning children, perpetrators and victims restrict the possibility for individuals involved in instances of non-normative crime or violence to occupy the subject position of a victim. As the identity of a victim is contingent on the identity of a perpetrator, the conflict between the hegemonic construct of the child and the perpetrator, thus render the victim of child-perpetrated crime or violence discursively impossible. This study thus targets the "victims" of child-perpetrated crime or violence for data collection, in order to examine the discursive processes by which these individuals navigate the hegemonic discourse, the conflicts within them, and construct their experiences and identities as victims. By using Fairclough's model of critical discourse analysis of interview data, this research intends to investigate the discursive conditions under, and through which the subjective position of a victim of child-perpetration can be performed. Through critical engagement with established truths and the individuals who violate them, this research intends to challenge hegemonic constructs in circulation regarding crime and violence within South Africa.

15:00 – 17:00

VENUE 1

Call Me Crazy – A Five Film

Hermann, C

Through the five short films named after each title character – Lucy, Eddie, Allison, Grace and Maggie – powerful relationships built on hope and triumph raise a new understanding of what happens when a loved one struggles with mental illness. "Call Me Crazy: A Five Film" is an extension of the Five franchise started in 2011 by the television channel Lifetime Original Movies. The "Five" series uses humour and drama to focus on the effect of illness on relationships and the individual. "Lucy" follows the film's title character – a law student who finds herself diagnosed with Schizophrenia – land in an institution. Through the support of a new friend, medication and her psychotherapist, she begins her path to not only healing, but a promising future. "Grace" explores bipolar mood disorder through the experience of a teenage daughter whose mother grapples with the condition. "Allison" weaves together comedy and family drama in a story about healing, when eldest daughter Lucy returns home from inpatient treatment and spoils her sister Allison's unveiling of her new boyfriend to their parents. In "Maggie", a female veteran returns home from war to her son and father, only to have her life shattered by the onset of post-traumatic Stress Disorder. "Eddie" delves into the world of depression as seen through the eyes of a comedian's wife, as she grapples with understanding how her husband, Eddie, whom is so loved, can be so withdrawn and overcome with sadness.

VENUE 2

Psychiatric concerns among individuals living with HIV/Aids entering residential substance use treatment

Seitz-Brown, C, Magidson, J, Hoffman, E, DeGeorge, D, Bernat, E, Daughters, S & Lejuez, C

People living with HIV (PLWH) engage in substance use at higher rates than the general population and are more likely to suffer from concurrent psychiatric disorders and substance use disorders (SUDs). Further, psychiatric problems are associated with significantly poorer HIV/health and SUD treatment outcomes. Despite this, not much is known about the unique clinical concerns of PLWH entering substance use treatment. Treatment programmes for SUDs provide a unique opportunity to intervene to improve the health and substance use outcomes for PLWH. Participants (n=1 712) were clients entering residential substance use treatment who completed a structured clinical intake interview and reported their HIV status (8.65% HIV-positive). The majority of the sample was African American (89.3%), male (65.9%), and court-mandated to treatment (69.3%). The Structured Clinical Interview for the DSM-IV-TR was used to assess current and past psychopathology unique to PLWH in this sample. Results showed higher levels of concurrent substance use and psychiatric disorders among PLWH vs HIV-negative individuals (56.1% vs 41.4%, $p=0.002$). PLWH were significantly more likely to have bipolar disorder (10.5% vs. 5.2%, $p=0.010$) and borderline personality disorder (19.3% vs 12.7%, $p=0.045$) compared to HIV-negative individuals. Past diagnoses of depression, post-traumatic stress disorder, and social phobia were also significantly more common among PLWH. This study suggests a need to integrate mental health treatment for the unique clinical concerns of PLWH into substance use treatment. Our findings can inform future approaches to incorporate mental health and HIV health care into SUD treatment settings.

The quality of life of adolescents living with early childhood HIV-infection on highly active antiretroviral therapy (HAART) in Port Elizabeth

Vazi, T & Elkonin, D

The advent of HAART has resulted in HIV being managed as a chronic illness, instead of the fatal disease that it once was. Children born with HIV can now live longer, progressing to adolescence and beyond. Chronic illness is known to impact one's quality of life, so does adolescent development. A convenient sample of 31 adolescents was used in this study, with an exploratory-descriptive research design. The data was gathered using a cross cultural structured questionnaire developed by the World Health Organisation, as well as through individual interviews. The data was then analysed by means of descriptive statistics and thematic content analysis. The results identified and presented the quality of life issues that are specific to this population. The results indicate that HIV as a chronic illness does impact the quality of life of adolescents. The adolescents living with early childhood HIV infection on HAART in this study were very satisfied with their perceptions of their overall quality of life and general health perceptions. They were least satisfied in the spirituality/religion/personal beliefs and social relationships domains; and were most satisfied in the level of independence and the psychological domains. There is a need for the development of (medical and psychosocial) services that can focus on adolescents as a special population with specific developmental needs in order to improve their treatment outcomes and quality of life.

Mother-to-child HIV transmission and HIV status disclosure

Vilanculos, E, Nduna, M & Ewing, D

HIV mother-to-child-transmission is a rising public health concern and is the leading cause of HIV infection in babies. This study explores the dilemmas faced by mothers with HIV, whose children were prenatally infected. A qualitative, exploratory multiple case study was conducted using five audio-

recorded focus group discussions (FGDs) with six to 10 middle-aged women per FGD, at seven sites across three South African provinces: Mpumalanga, kwaZulu-Natal and Eastern Cape, in their respective home languages. Data was collected in December 2014, transcribed and translated to English, and analysed using critical thematic analysis. Some women living with HIV had become pregnant due to shame, then had a lack of knowledge about the prevention of mother-to-child transmission of HIV, and their preference for a home birth inadvertently subjected their babies to the risk of HIV infection. Mothers later face the dilemma of disclosing the HIV status to the child. Disclosing the HIV status to the child is a precaution for lifestyle choices with regard to re-infection prevention and risk of transmission to sexual partners. The timing, content and how the status is disclosed, affects the child's reaction. Education about the prevention of mother-to-child-transmission of HIV, including how mothers can disclose the HIV status to their prenatally infected children is necessary

Video observations of treatment administration to children on antiretroviral therapy (ART) in rural kwaZulu-Natal

Coetzee, B, Kagee, A & Bland, R

For children younger than five, caregivers are required to carefully and accurately measure and administer volumes of liquid drug formulations to children on ART, twice a day. Failure to adhere to the regimen as prescribed, may lead to high viral loads (VLs), immune suppression, and ultimately drug resistance. The aim of this study was to document, by means of video recording, the barriers to and facilitators of adherence to ART among children younger than five years in rural kwaZulu-Natal. We purposively recruited 33 caregiver child dyads from the Hlabisa HIV Treatment and Care Programme database. Caregiver-child dyads were visited at their households twice to document, by means of video-recording, how treatment was administered to the child. Observational notes and video recordings were entered into ATLAS.ti v 7 and analysed thematically. The study received ethical approval from Stellenbosch University. Thematic video analysis indicated context- and medication-related factors influencing ART adherence. For example, caregivers in this study showed a preference for keeping medications hidden, and seldom provided children with food prior to treatment administration. The majority of children in this sample took their medicine successfully. However, caregivers demonstrated that they lacked the skills and knowledge required to make accurate measurements and administer doses correctly. In the context of emerging drug resistance, efforts are needed to carefully monitor caregiver knowledge of treatment administration by healthcare workers during monthly clinic visits.

“Hookahs are tasty and fun!?” A qualitative study of hookah smoking among South African university students

Desai, R, Barnes, B & Reddy, P

University students in South Africa continue to smoke hookahs despite knowledge of and exposure to hookah smoking prevention and cessation programmes. This study aims to gain an in depth understanding of the knowledge, opinions and experiences of participants, and the interpretation of messages from prevention and cessation programmes, using qualitative methods. Three focus group discussions were conducted among purposefully selected university students using an open-ended discussion guide. Transcribed interviews were analysed using thematic content analysis. Curiosity, the influence of friends and family, and the popularity of hookah smoking at university campuses, drove participants to initiate hookah smoking. The exclusion and inclusion of people among hookah smoking groups, was dependent on a combination of the social setting and the relations and interactions between individuals. Participants were exposed to hookah smoking prevention and

cessation programmes, but most participants continued to smoke the hookah. Participants attributed their smoking behaviour to it being a social event and a pleasurable experience, and was not addictive, compared to cigarette smoking. Findings of this study fill important gaps in our understanding of the link between health and behavioural factors in hookah smoking. Programme developers need to integrate these findings in future interventions.

The relationship between perceived stress and alcohol use among students at a previously disadvantaged university

Van Rooyen, C & De Jager, S

Hazardous alcohol consumption among tertiary student populations has been widely documented. One of the reasons put forward for the increased level of alcohol consumption among students is the elevated levels of stress that students experience in the university setting. The current study aimed to determine the relationship between perceived stress and alcohol use among students at a previously disadvantaged university. A cross-sectional survey design was used, with participants completing the Perceived Stress Scale (PSS) and the Alcohol Use Disorders Identification Test (AUDIT). A convenience sample of 54 students (37 males and 17 females) was drawn from the student population to participate in the study. Perceived stress scores reported by students were high and uniform across gender and degree programmes. Male participants reported significantly more hazardous drinking behaviours than females, while no significant differences were found for alcohol use between participants from different degree programmes. Interestingly, scores for perceived stress and alcohol use correlated weakly. This latter result indicates that perceived stress and alcohol use for the current population are not as closely related as previously reported, suggesting moderating effects of external variables. The possible moderating effect of high stress periods such as exams is subsequently discussed.

VENUE 3

SYMPOSIUM: Emerging psychologists and researchers: Perceptions of mental illness across cultures in South Africa

Laher, S

Mental illness is conceptualised differently across cultural and religious groups. Perceptions of mental illness that are held in communities play a role in the treatment sought and the response to treatment offered. Social or public stigma towards mental illness remains a huge problem in communities and impacts on the diagnosis and treatment of individuals with mental illness. The series of papers presented in this symposium discuss perceptions of mental illness from various cultural and religious groupings in South Africa. Majority of the presentations focus on minority groups (Jewish individuals, Hindu women, Afrikaans-speaking individuals, and Greek individuals) in South Africa, as not much is known about these mental illnesses in these communities. These communities would generally be considered collectivist and as such are expected to have different beliefs about mental illness based on studies conducted internationally. Thus the series of papers will discuss attitudes toward people with mental illness, beliefs about the causes of mental illness, knowledge of mental illness, familiarity with mental illness and attitudes towards the care and management of people with mental illness. Issues of stigma will also be addressed. Ultimately, recommendations for interventions within these

communities as well as implications for therapy for those with mental illnesses in these communities, are discussed.

Exploring the perceptions of mental illnesses and stigma associated with mental illness in a South African sample

Van Heerden, F

Despite promoting public awareness and advancing interventions for mental healthcare in South Africa, there is still a paucity of information available on the public's attitudes and perceptions of mental illness. Since interventions are rarely evaluated and the current attitudes of the public are largely unknown, it is very difficult to gauge the effectiveness of many of these interventions. Furthermore, it obstructs mental healthcare greatly as informed choices on certain matters cannot be readily made. Hence this study explored perceptions and beliefs with regards to mental illness in a community sample in Gauteng. Three vignettes were used: one focused on schizophrenia, one on depression, and one on substance use disorder. The specific components assessed in the vignettes were: familiarity with the mental illness, willingness to help the person in the vignette, emotional responses to the vignette, and personal responsibility beliefs. The results are discussed within the context of mental illness and public stigma in communities. Implications for community interventions with regards to the care and treatment of individuals with mental illness in communities in South Africa are discussed.

South African Jewish religious leaders' perceptions of mental illness

Sive, J

The stereotyped "anxious Jew" has existed in various media in recent and historical times. This seemingly arbitrary description raises numerous questions about the subjective nature of mental health that exists within the Jewish community. This paper aims to explore the perceptions of mental illness in orthodox Jewish communities as understood by religious leaders in this community. Semi-structured interviews were conducted with four rabbis exploring attitudes about mental illness, beliefs about the causes of mental illness, and preferred modes of treatment for mental illness that exist in Orthodox Judaism in Johannesburg-based communities. Through this study, I hope to improve access to effective treatment of mental illness in the Jewish community and to create dialogue between psychological and cultural understandings of mental illness.

Exploring perceptions of mental illness within the Jewish community

Samakosky, A

Perceptions of mental illness differ vastly across cultures. This study explored perceptions and beliefs with regards to mental illness in a Jewish community sample in South Africa. The Public Perceptions of Mental Illness Questionnaire and the Beliefs Towards Mental Illness Scale were used to assess perceptions of mental illness. The results presented a description of attitudes, beliefs, knowledge, familiarity and care, and management of people with mental illness. The results are discussed within the context of mental illness and stigma within the Jewish community. Implications for community interventions with regards to the care and treatment of individuals with mental illness in Jewish communities in South Africa are discussed.

Perceptions of mental illness in the Greek community in Johannesburg, South Africa

Bell, K

Despite increasing awareness of mental illness amongst South Africans, social stigma still persists. Collectivist cultures in particular, have specific beliefs regarding the aetiology, and care and management of mental illness. This study explored perceptions of mental illness in the Greek community in Johannesburg. A questionnaire consisting of a demographics section, the Public Perceptions of Mental Illness Questionnaire and the Beliefs Towards Mental Illness Scale was administered to a convenience sample of Greek individuals living in Johannesburg and surrounding areas. The results are discussed within the context of mental illness and public stigma in collectivist communities.

Exploring the perceptions of mental illness of Afrikaans-speaking individuals in Gauteng

Erdmann, L

In 2012, mental illnesses contributed 12% to the global burden of disease, and it is estimated that by 2020 this figure will increase to 15%. It is further estimated that by 2030, major depressive disorder will be the second most disabling health disease. These figures suggest that mental illness is a health concern. In South Africa, many individuals suffer from common mental disorders such as depression, anxiety or substance abuse. To this end, this study explored perceptions of mental illness amongst the Afrikaans-speaking individuals residing in Gauteng, with a specific focus on attitudes toward people with mental illness, beliefs about the causes of mental illness, knowledge of mental illness, familiarity with mental illness, and attitudes towards the care and management of people with mental illness. The Public Perceptions of Mental Illness Questionnaire was used to measure these variables. The results are discussed within the context of mental illness, public stigma, stereotypes, prejudice and discrimination in the Afrikaans community. Implications for community interventions with regards to the care and treatment of individuals with mental illness in communities in South Africa are discussed.

Primary care givers experience of taking care of a severely mentally impaired child in Mpumalanga province: Buschbuckridge region

Dibakoane, A

In South African communities, especially rural societies, people have little or no knowledge about intellectual disabilities, its causes, and how it affects specific individuals. Societies which are governed by cultural and religious norms have different perspectives with regards to intellectual disabilities, which result in different experiences due to fear or negative attitudes towards a particular phenomenon, often caused by lack of information. In most societies the main focus is on the child with intellectual disabilities, and little consideration is given to the caregiver. This study explored the lived experiences of caregivers of intellectually impaired children, taking into consideration the cultural perspectives related to intellectual impairment. It was a qualitative study utilising a phenomenological research design. Ten caregivers were purposively sampled from a special school in Bushbuckridge, Mpumalanga. Semi-structured interviews were conducted to collect data and interpretive phenomenological analysis was used to elicit themes from the interviews. Based on the experiences of the caregivers, recommendations are made for policy and community interventions with regards to the care of families of children with intellectual disabilities.

Perceptions of major depressive disorder in South African Hindu women

Daya, B, Patel, P & Laher, S

The lifetime prevalence of major depressive disorder (MDD) as reported for South Africa, is 9.7%. However, significant cultural differences occur in the clinical presentation of MDD, which is connected to notions of religion, social principles and norms of relationships. A mixed-method study was conducted to explore the attitudes and perceptions of Hindu women towards MDD, as past research has indicated that women experience MDD differently to men of the same culture. Hindu women completed a questionnaire assessing the extent to which Hindu community members' knowledge of MDD, their beliefs about the aetiology of MDD, their attitudes towards people with MDD impacted their perceptions on the care and management of MDD, as well as their help seeking behaviours. In addition to this, a convenience sample of Hindu women were interviewed about their perceptions of MDD. The interviews elicited themes with regards to isolation, using inner resources to cope, the role of the family and community, and indigenous healing. These results are discussed within the broader debates on depression and its manifestation across cultures.

VENUE 4

Tackling, concussion and the “ding” effect for players of a club-level rugby union

Zoccola, D, Edwards, A & Radloff, S

The objective of the study was to investigate the neurocognitive effects of repetitive concussive events in players of club-level rugby unions (hereafter rugby), during the course of one rugby season. Amateur adult club-level rugby players ($n=20$) were compared with a non-contact control group ($n=22$) of equivalent age, years of education and estimated IQ, at three test intervals: pre-, mid- and postseason. Video analyses documented the tackling manoeuvres for the players during all matches across the rugby season. Five rugby players observed to have a head-jarring event were isolated for neurocognitive follow-up. Measures included the ImPACT verbal and visual memory, visual motor speed and reaction time composites, and the Purdue Pegboard. Independent and dependent statistical analyses were employed to compare the rugby versus control group neurocognitive test profiles across the three test intervals. Descriptive comparisons of individual neurocognitive test scores, with normative data were employed for the case analyses. Taken together, the comparative results for the test measures on the group and individual analyses implicated vulnerability amongst rugby players on the motor and speeded tasks, with less robust indications on the memory tasks. Tackling analyses revealed a sobering seasonal average of more than a thousand tackles per player, excluding any contact practice sessions. The results add to a growing body of literature that implicates deleterious neurocognitive effects in participants of a sport such as rugby due to repetitive head-jarring incidents that are intrinsic to the game.

Effectiveness of a psychological skills training programme for underserved rugby players

Grobbelaar, H

The development of psychological skills is an important but often neglected aspect of sport. This study aimed to evaluate the effectiveness of a psychological skills training (PST) programme delivered to underserved club rugby players. Twenty-four rugby union players ($M_{age}=27.02$ years) gave insight into their perceptions about psychological skills and the development thereof in rugby. A quasi-experimental research design was used in which 11 participants took part in a six-week PST

programme, with 13 participants acting as non-attentional controls. All participants completed the Psychological Skills Inventory and the Peak Performance Profile twice. Repeated measures 2-way analysis of variance revealed significant main time effects, with paired t-tests showing statistically significant pretest to post test improvements for 10 of the 11 psychological skills among the experimental group, whereas the control group's scores remained unchanged. The programme's effectiveness was further validated by the experimental group's feedback. Of particular interest was feedback suggesting that the experimental group were able to generalise the learnt skills to their work domains and personal lives. Recommendations are made for future research as well as practical application within existing rugby development programmes.

A correlational analysis between perceived competence, goal orientation and mindset on the motivation to participate in sport

Nel, M & Steele, G

Motivation to participate in sport is seen as being linked to and enhanced by high perceived competence, task goal orientation and growth mindsets. The current research aims to conduct a correlational analysis between perceived competence, goal orientation and mindset on the motivation to participate in sport. The sample will consist of Rhodes University students above the age of 18. The participants will be required to complete four questionnaires: Sport Motivation Scale-6, to measure the various types of motivation along the self-determination continuum; the perceived competence subscale of the Intrinsic Motivation Inventory, to measure perceived competence; the Task and Ego Orientation questionnaire to indicate goal orientation; and the Self-theory Questionnaire to identify mindset. These questionnaires will be completed by 150-250 participants of any gender or race, so as to generalise results to the South African context. After completion of the four questionnaires, data analysis will be conducted using basic descriptive statistics such as the mean and standard deviations as well as Pearson's correlation co-efficient, T-tests and analysis of variance. This will be done in the hope of identifying inferential links between the four variables.

Cumulative mild head injury (CMHI) in contact sports: An evaluation, by psychologists involved in sport, of pre- and post-season cognitive profiles of rugby players compared with non-contact sport controls

Nel, K & Govender, S

The effect of cumulative mild head injury (CMHI) in contact sports, such as rugby, is seen increasingly at school level where more and more injuries are reported. In this regard the role of psychologists in sport is crucial. Research on CMHI in contact sport is needed, specifically amongst previously disadvantaged groups where little or no research has taken place. The research is thus intended to seek a better understanding of CMHI in the contact sport of rugby, specifically amongst amateur players. A quantitative research approach was utilised with a quasi-experimental research design. A sample of 18 student rugby players and 18 volleyball controls was used. In terms of mean performances, the tests did not reveal a consistent pattern of deficits which is typically associated with the effects of CMHI. There were significant results terms of variability, which suggests potential deficits in attention among the rugby group. The results are indicative of a poorer overall cognitive profile for the rugby-playing group.

The development and implementation of a psycho-educational programme: A case study on mental toughness in a novice triathlete

Coertzen, M & Steele, G

As an academic discipline, sport psychology is interested in identifying, understanding, measuring and developing the various mental constructs that interact with physical factors, aiming to produce optimum performance and enhance athletes' experience of sport participation. The programmes developed within sport psychology are not only applicable to sport, but have applicability within other areas, such as the performing arts, business and professions that are considered high risk, such as the military. Using a triangulation of qualitative and quantitative data collection and analysis techniques, the purpose of this case study was to document the process of developing and implementing a psycho-educational mental toughness programme for a novice triathlete and to describe his experience of the programme in terms of strengths, weaknesses, and suggestions for improvement. Data was attained through administering the Sport Mental Toughness Questionnaire (SMTQ) and a semi-structured interview, which informed the development and implementation of a psycho-educational programme relative to the idiosyncrasies of the participant. Results will be discussed in terms of the final programme and the participant's experience of the programme.

Effect of a multimodal anxiety management programme on the competitive state anxiety of amateur golfers

Grobbelaar, H, Duthie, K & Fanton, R

Multidimensional anxiety theory proposes that heightened competitive state anxiety levels (including cognitive and somatic dimensions) due to internal and/or external stressors, are usually detrimental to golf performance. The aim of the study was to determine the effect of a multimodal anxiety management programme on the intensity and direction of cognitive and somatic state anxiety and state self-confidence among competitive amateur golfers. Fourteen participants were randomly allocated to experimental (n=7) and non-attentional control (n=7) groups. The experimental group attended five 60-minute psycho-educational group sessions over a five-week period – that included breathing control, muscle relaxation, imagery, stopping and reappraising negative thoughts, positive self-talk and affirmations –integrated into pre-competition and pre-shot routines. Pretesting and post testing occurred 10 minutes prior to teeing off for two competitive rounds of golf, six weeks apart. Participants completed the directionally modified Competitive State Anxiety Inventory-2 at both time points. No change was observed in either group's cognitive or somatic anxiety intensity. The experimental group perceived the effect of their cognitive as well as somatic anxiety as being more facilitative towards their performance than before, compared to the control group who experienced theirs as more debilitating. The experimental group's self-confidence (both intensity and direction) also improved significantly, compared to the control group which experienced self-confidence as more debilitating than before. The programme seems to have been effective in enhancing key psychological performance variables which may potentially contribute to improved performance.

VENUE 5

Impact of age, gender, race and rank on perceptions of organisational support, supervisory support, job satisfaction and organisational commitment in a South African military university sample

Mthembu, O

The organisational work-outcome variables of job satisfaction, organisational commitment, perceived supervisory support and perceived organisational support, are pivotal to assess and comprehend in any organisation to continually monitor the feelings of the workforce. The purpose of this study was to determine the impact of age, gender, race and rank on job satisfaction, organisational commitment, perceived supervisory support and perceived organisational support in a South African military university sample. A quantitative cross-sectional survey was used to collect data from a convenience sample of 355 military health practitioners. SPSS was used to analyse the data. The correlation results indicated that all the variables of the study were all positively and significantly correlated. T-test analysis indicated that there were no significant differences between females and males in job satisfaction, organisational commitment, perceived organisational support and supervisory support. Also, analysis of variance (ANOVA) indicated that there were significant differences in supervisory support and organisational commitment on the basis of age. Also ANOVA results indicated significant differences on job satisfaction on the basis of race. Also, ANOVA analysis indicated that there were significant differences on perceived supervisory support and job satisfaction on the basis of age. The results indicate that the participating organisation may need to review the impact of age on perceived supervisory and organisational commitment and of rank on perceived supervisory support and job satisfaction.

Cultural diversity within organisations: Exploring the impact of ethnocentrism, cross-cultural dialogue and personal virtues

Mikler, V

There has been tremendous awareness directed at the importance of cultural diversity within organisations. Organisations have been charged with managing cultural diversity in the workplace. Although, there has been significant growth acknowledging gender differences and racial identity of most cultures, there is still struggle that hinders our progress in a work environment. A method that continues to allow our society to progress is diversity. Cultural diversity and diversity management practices have become more widespread in workplaces across the globe. Effective cultural diversity management is even more essential for multinational companies, which not only have to manage the diversity of their workforce across geographic regions, but also do so with consideration for the cultural history and traditions that are custom to each country within their corporate location. Therefore, the purpose of this paper is to highlight the impact cultural diversity has on organisations, while highlighting ethnocentrism through cross-cultural dialogue and personal virtues. Finally, the exploration of cultural diversity beyond race, gender, age, disability, sexual orientation, and national origin will provide a basis on the roles and responsibilities of creating cultural diversity within organisations.

The psychometric properties of two mental toughness questionnaires

Steele, G & Van Staden, F

The assessment of mental toughness in sport is attracting increased attention in sport psychology research, and developing mental toughness requires that there are sound measures that have been found to be reliable and valid in a South African context. Numerous mental toughness questionnaires have been developed outside South Africa and it is necessary for researchers to examine these to determine their suitability for use in South Africa. The present study investigated the psychometric properties of the Psychological Performance Inventory – Alternative (PPI-A) and the Sport Mental Toughness Questionnaire (SMTQ) in a large South African sample. Respondents participating in a range of sporting codes completed electronic versions of the two questionnaires by accessing a website that was specially developed for this purpose. The responses were electronically scored and

respondents received immediate feedback on their scores for the questionnaires. Descriptive statistics were used to summarise and present the data and inferential statistics were used to investigate the internal validity and convergent validity of the questionnaires.

The items and dimensionality analysis of the Thomas-Kilmann Conflict Mode Questionnaire in a military university sample

Luzipo, P, Mokhuane, O, Ndwandwe, M & Mthembu, O

The Thomas-Kilmann Conflict Mode Questionnaire was developed in a Western cultural context and is used considerably in individual conflict interventions. Conflicts in organisations can be dysfunctional and can adversely impact on job satisfaction, organisational commitment, organisational citizenship behaviour, morale, and performance. The purpose of this research was to determine the reliabilities and the structural validity in terms of dimensionality of the Thomas-Kilmann Conflict Mode Questionnaire in a military sample. A quantitative, cross-sectional survey using 30 items on the Thomas-Kilmann Conflict Mode Questionnaire was used to collect data. A convenience sample of 100 participants, made up of 69% military practitioners and 31% civilian employees from the South African military university, was used. All the scales of the Thomas-Kilmann Conflict Mode Questionnaire had an internal consistency co-efficiency that is less than 0.70, ranging from 0.492 to 0.687. Also, the dimensionality analysis showed that all the scales were analysable with the Kaiser-Mayer-Olkin indices that were higher than 0.60, but the unidimensionality assumption was not corroborated for 100% of the scales using the Eigen values greater than 1. The use of the Thomas-Kilmann Questionnaire in the military may have to be reviewed for its reliability and dimensionality. Alternatively, this may highlight the importance of developing an African-based conflict mode that can be reliable and validly used in organisation development conflict interventions.

VENUE 6

Pride in the context of transgender and asexual (in) visibility

White, T

This paper is an analysis of the growth of LGBTIAQ+ South African pride events which recognise and centre the experiences of asexual and transgender participants. The review of existing literature focuses on the acronyms used in pride initiatives, and analyses the degree to which these spaces are inclusive of the demographics they claim to celebrate and represent. Further, the analysis includes a review of the demographics of board members who implement pride events. The routes of each of the discussed pride events are analysed in detail, and a description of major marketing materials are examined, including T-shirts, posters, flyers, social media advertising, and press releases. Critical protest responses to pride events slated for not being inclusive are described, and the demands of advocacy groups that critique pride events are analysed. An overview of the divide of pride event attendees is provided, and comparisons are made to similar issues in international pride events in the face of pink washing criticisms. This paper closes with an analysis of the future of pride movements in terms of factors like financial sustainability and relevance to LGBTIAQ+ participants.

Exploring the possible relationship between conformity to stereotypical masculinity, and the acceptance of rape myths

Viljoen, B

Masculinity is defined both in terms of biological gender as well as socio culturally constructed patterns of behaviour to which an individual can ascribe to at various levels. The sample was one of convenience, using a matric, single gendered group from a government high school. It was assumed that, with controls in place for gender and age, the sample would share certain norms, values and ideologies. Mosher's Hyper Masculinity Scale, and Muehlenhard and Felts' Sexual Beliefs Scale were administered. The participants' responses were then statistically analysed. The data was interpreted through the use of a critical lens.

Mental health service provision in South Africa for adult female perpetrators of child sexual abuse: A review of the literature

Papakyriakou, B

Adult female perpetrators of child sexual abuse are an under-researched population globally and in South Africa in particular. Incidences of this type of abuse are denied and disbelieved, and they tend to go unreported. Specific support, education services and treatment programmes for these perpetrators are negligible. Child sexual abuse involves power, authority, control; violation of trust and personal boundaries; sexual identity, self-esteem, belief system, identity formation. Adult female perpetrators of child sexual abuse are a heterogeneous population, with varied family backgrounds. The majority experienced some form of childhood abuse. Some are poorly educated, and have low employment status. They deny wrongdoing and generally do not seek treatment. They are victims in some form, for example, some are in abusive relationships, or they turn to substance abuse. Offence styles vary as do victims. Mental health service provision globally focuses predominantly on victims and on male perpetrators. There is a lack of consensus regarding what constitutes child sexual abuse globally; there is a need for more proactive prevention and education; considerable work is required to facilitate gender-specific therapeutic outcomes for these adult female perpetrators, and only one theoretical framework exists compared with several for their male counterparts. Owing to the invisibility of female perpetrators, sourcing mental health service providers engaged in treatment for these perpetrators could be challenging. An ethical consideration could be the conflict experienced by service providers who are required to report actual/suspected child sexual abuse to the authorities while maintaining client confidentiality and fostering an environment of trust.

Eating burnt toast: The lived experiences of female breadwinners in South Africa

Parry, B

In South African society, many women have overcome traditional notions of gender by becoming primary breadwinners in their homes and providing primary financial support for their families. Employing a phenomenological viewpoint, this paper contextualises the individual lived experiences of South African female breadwinners, utilising data collected from 10 female breadwinners from the Mpumalanga and Gauteng provinces respectively, using in-depth, semi-structured interviews. Taking into consideration their intersectional experiences of gender, race, as well as cultural, traditional and patriarchal societal pressures, the study represents voices that have for a long time been silenced and marginalised to understand how these women make meaning of and negotiate their roles as breadwinners. The findings of this study expose the perpetual archaic divisions and discriminations of gender within society, which continue to hide behind constructions of reform advocating equality among the sexes.

Doing family “properly”: The promotion and disruption of gender inequality within South African families

Helman, R & Ratele, K

The family exists as a key social structure around which society is organised. In particular, the family operates as a central site in which gender is enacted. Research has documented how family life in South Africa has been shaped in multiple complex ways by the systems of colonialism, apartheid, and more recently, the transition to democracy. Despite the diversity of family life, a singular, nuclear notion of family has emerged as dominant across a range of different contexts. While much research has focused on families as significant and complex social spaces, there is a lack of research which directly explores the ways in which particular understandings of family promote or disrupt gender inequitable relations within the household. In light of this, the study seeks to examine the ways in which particular, “proper” constructions of family serve to promote or disrupt gender inequality. Drawing on interviews with 18 families from a range of different material and cultural backgrounds in Cape Town, the analysis explores how gender and gender (in)equality are produced by particular constructions of family. The analysis also examines how constructions of family are produced in the intersection between various social categories, including, race, class, gender and sexuality. We argue that particular constructions of family are central to everyday practices of gender inequality. Therefore, it becomes important to interrogate these constructions and highlight the ways in which alternative, egalitarian constructions may be emerging.

Orientations to gender: Discourse in action, and the challenges of psychological research for students

Cassell, B & Opperman, I

This research sought to understand the different perspectives transgender individuals took towards the discourses that Caitlyn Jenner engaged with in an interview on ABC News, regarding her public announcement of her true identity on the cover of Vanity Fair, on June 1, 2015. The process whereby behaviour is dubbed onto language may affect the orientations that people take towards different ways of being, and the needs which each individual faces, as well as the discourses that silence which bodies in what contexts, that becomes the dimension to consider in intersectional research such as this. I initially proposed a participatory inquiry-grounded theory research methodology, with two stages of interviews, I later adopted an interpretive phenomenological approach, but believed I would not be ethically reporting my findings if I asserted the findings of the interviews as trustworthy. Rather, this research presents a media content analysis of the three themes of the interview by Diane Sawyer, with Caitlyn Jenner on ABC News, these were: the freedom to change, authenticity, and acting on the truth. This research describes the methodological and philosophical process I embarked upon, and the issues I faced while on my journey to communicate a message that I felt accurately gave voice to the narratives of each participant in relation to Caitlyn Jenner’s interview, and most importantly to convey my journey of the lesson I learnt as I related to and came to embody the outcomes of my research.

VENUE 7

Working memory in psychological resilience: A mixed-method study.

Bemath, N, Cockcroft, K & Theron, L

Working memory (WM) may promote resilience by enabling individuals to generate novel solutions in adverse situations. Research regarding the relationship between resilience and WM is limited, particularly in South Africa. Although context is known to influence resilience-promoting resources, it is unclear whether, and how, WM may promote resilience in the South African context. This study will thus use a mixed-method sequential explanatory design to quantitatively investigate whether components of WM predict resilience; and to qualitatively investigate how WM processes feature in participants' experiences of resilience, and how this is influenced by socio-cultural factors. For the quantitative phase, approximately 107 black South African university students from disadvantaged backgrounds (who participated in a pre-existing study on cognitive functioning) will be invited to participate. As participants' WM has been previously assessed, they will only be required to complete a demographic questionnaire and the Resilience Research Centre-Adult Resilience Measure. Data will be analysed using stepwise multiple regression analyses. Findings from this phase will be used to refine the research and interview questions for the qualitative phase, and to purposively sample a subset of participants for the qualitative phase. These participants will be interviewed using a semi-structured interview schedule and this data will be analysed using thematic analysis. Qualitative findings will be used to explain quantitative findings by integrating the findings in the discussion. In this way, this study may provide an in-depth, culturally-relevant account of resilience-promoting resources accessible to black South African university students, and potentially contribute to resilience-promoting interventions.

Evidence for a bi(multi)lingual advantage on working memory performance in South African university students

Wigdorowitz, M & Cockcroft, K

Due to linguistic diversity, multilingualism is becoming increasingly prominent. Since South Africa is host to 11 official languages, it is the norm rather than the exception that South Africans are exposed to more than one language. This has social, educational and cognitive implications. Specifically, research indicates that the acquisition of additional languages has an effect on working memory – the short-term storage and manipulation of information during the performance of cognitive tasks – which may confer a bi(multi)lingual advantage and could improve academic performance. The aim of this study was to determine whether working memory differs between monolingual individuals and multilingual individuals, while controlling for intelligence and socio-economic status. The sample was 78 undergraduate students, comprising English first- (monolingual, $M_{age}=20.06$ years) and second- or additional-language (multilingual, $M_{age}=20.03$ years) speakers. Language groups were compared on the Automated Working Memory Assessment and subtests of the Wechsler Adult Intelligence Scale – Third Edition. One-way ANCOVAs showed that: the multilinguals outperformed the monolinguals across five of six non-verbal subtests: Mazes Memory and Block Recall (non-verbal simple span), and Odd One Out, Mister X and Spatial Recall (non-verbal complex span); the multilinguals outperformed the monolinguals on two verbal subtests – Digit Recall (verbal simple span) and Listening Recall (verbal complex span); the language groups performed equivalently on verbal simple and complex tasks of Word Recall, Non-word Recall, Counting Recall and Backwards Digit Recall. The findings contribute to the literature confirming a bi(multi)lingual advantage in executive functioning.

The computational and cognitive neuropsychology of Parkinson's disease

Moustafa, A

Parkinson's disease (PD) is most commonly viewed as a motor disorder associated with reduced levels of dopamine in the basal ganglia and prefrontal cortex of the brain. Over the last two decades, research has shown that PD is also associated with cognitive and psychiatric deficits. Specifically, my research has shown that PD patients show impairment performing attentional, working memory, and feedback learning tasks. PD patients are prescribed dopaminergic medications to ameliorate their motor symptoms. I will present empirical and computational research findings on the effects of PD and dopaminergic medications on cognitive and motor processes. I will also present new results (and a computational model) on the behavioural basis of the occurrence of impulse control disorders and gait problems in a subset of PD patients. I will also present data on a new computational model of deep brain stimulation.

The effects of mindfulness-based cognitive therapy interventions on perceived stress and meta-cognition in university students. A quasi-experimental trial

De Bruin, D

The goal of this study is to investigate whether mindfulness-based cognitive therapy (MBCT) coupled with positive self-talk intervention strategies – aimed at the reduction of perceived stress and maladaptive metacognition – improve quality of life and coping in healthy university students. Ten female undergraduate psychology student volunteers (age range=18-20 years) will be randomly assigned into a treatment group and a control group, making use of a control-group time-series test design. Assessments will be made at baseline and post-treatment intervals using the Depression Anxiety and Stress Scale. Volunteers will complete daily self-reflective recordings using a mood diary and biweekly follow-up half-hour sessions will serve as focused participant observation. Results of similar studies show significant reductions of perceived stress and vital exhaustion, stronger elevations of positive affect, quality of life, as well as mindfulness. Practical implications of this study may advance enhanced education modules integrated for practical use within universities for the prevention of burnout and the promotion of improved academic performance. Furthermore, these interventions may, in the best interest of the students, inspire the endorsement of said universities as a solution.

VENUE 8

SYMPOSIUM: Transformation in the psychology curriculum

Maree, D

Transformation of the curriculum is but one of the transformational topics currently confronting tertiary institutions. However, it is one that we cannot escape and psychology in particular has to answer to demands for relevancy, examine its fundamental Westernised roots critically and determine its applicability within an African context. The papers in this symposium would like to stimulate the debate by looking at issues ranging from the market demands on teaching psychology, the relevancy of psychology within an African context, psychology within the colonisation project and the teaching of psychology in our particular indigenous environment. However, psychology simultaneously needs to examine its ability to deliver helping professionals within South Africa and how to do this that speaks to the mental health demands of a general population.

Just another academic exercise?

Blokland, L

Most psychology departments in South African universities find themselves in the position of the misunderstood step-daughter in faculties with little tolerance for the notion of training. At a time when universities generally have adopted a capitalistic approach to academe and research, professional training programmes within every category are squeezed of the life blood that produces sound practitioners. This paper examines possible alternatives to the traditional approach of splitting programmes into two: the undergraduate book teaching to the masses, and the postgraduate cram of a few selected elites into professionalism while being housed in an almost exclusively academic, as opposed to professional, training faculty. The constraints, restraints and possibilities are explored. While this paper focuses mainly on programme design, attention is also paid to content in the context of professional training which tends to remain conservatively Western.

Linguistic and curriculum transformation in psychology at the University of kwaZulu-Natal: An anti-colonial perspective

Mkhize, N

The discipline of psychology is a Western import: it was introduced to Africa and the rest of the former colonies as part of the general transfer of knowledge and other commodities. Despite the relevance debate that reached its peak in the 1980s, psychology continues to struggle to rid itself of its colonial legacy. Using anti-colonial or decolonial theory as its point of departure, the presentation reflects on the linguistic and curriculum transformation project undertaken at the University of kwaZulu-Natal, South Africa. The presentation concludes with recommendations for research, training, and professional practice.

Transforming the psychology curriculum: Balancing market demands against disciplinary integrity

Fynn, A

The higher education landscape and the labour markets are inextricably intertwined in a relationship that, if viewed simplistically, can be reduced to one of supply and demand. This simplistic, linear view provides a useful reference point for understanding whether university programmes are fulfilling their primary purpose, namely, developing graduates with the necessary disciplinary expertise, attitudes and ethical frameworks to effectively contribute to broader society while ensuring that individuals within the discipline are able to provide for their individual needs. This perspective is a capitalistic one; should we shift to a social justice perspective, questions around the relevance of psychology, the efficacy of institutions of higher learning in provisioning the access to mental healthcare services, information and literacies required to sustain a healthy population, are raised. Regardless of which perspective is taken, there are serious issues facing South African psychology programmes. This paper seeks to discuss the central role of psychological training and its core focus: the burgeoning employment problem facing students who do not gain entry into coursework master's programmes required for professional registration; and the role of psychology in fostering greater access to psychological knowledge and information within the South African context. The purpose of the paper is to set the platform for an open and honest look at the psychology curricula and outline means of developing a more responsive and contextualised training approach that supports both our students and, ultimately, the users of psychological services and information.

Psychology curriculum transformation: Perspectives from the University of Johannesburg

Barnes, B

Curriculum transformation debates are complex and are shaped by, among others, individual staff interests and pedagogic philosophies, departmental history, debates about the nature of psychology, relevance to local contexts, university policies and strategies, professional training requirements and practical considerations. This presentation focuses on curriculum transformation at the University of Johannesburg (UJ) Department of Psychology. Based on a departmental social history project that includes the pre- and post-merger history, as well as current debates about transformation in the department, this paper raises a number of key questions about the assumptions of current curriculum transformation discourses and what these might mean. The presentation pays particular attention to recent student demands for, and academic responses to, the decolonisation or Africanisation of knowledge within broader higher education transformation debates. Rather than a description of “how to” transform a psychology curriculum, the presentation raises a number of key transformative questions that may be relevant to other departments and contexts.

VENUE 9

Relevance paradox: The future of psychology psytech – Technology meets psychology, a South African psychology smartphone app

Nortje, S & Sangwa, F

The central focus of this paper is to explore a specific intervention strategy to improve access to mental healthcare education and mental health awareness. South Africa is plagued with its dire need of mental health professionals. Low service delivery and low healthcare services leave this population of South Africans with very few qualified psychologists or counsellors, because of this need, many communities and persons do not have adequate access to mental health care facilities and services. Therefore, a call to disseminate information in order to create awareness as well as help with self-test concerning disorders like anxiety and mood disorders. This intervention strategy is specifically an app that can be downloaded onto a cellular smartphone. This application helps identify nearby psychologists (along with a counsellor chat function), counsellors and social workers, as well as places offering communities mental healthcare. Apart from connecting individuals to existing infrastructure, the app also includes a mood diary, and a few self-tests, specifically for this paper, depression. This has immense practical value in our communities, especially in a generation where people have smartphones before they have proper shelter and housing. This could be a potential way forward for psychology and its specific intervention in communities.

Subjective experiences of adjustment to the university life: Focussing on black African first-year students from a rural background

Matshabane, O

Successful adjustment to the university environment is considered an important determinant in predicting positive university outcomes. This qualitative study presents the subjective experiences of seven black first-year students at a university in the Western Cape, South Africa. Using thematic analysis, the study aimed to identify and describe the overall experiences, perceptions and challenges experienced by black first-year students at the university. Participants' experiences were contextualised in relation to the tenants of the transitions theory. The analysis unearthed the deep and

somewhat overwhelming psychological and emotional impact which transitioning from a rural context to a university may have on black first-year students. Themes reported by the respondents in this study included; academic challenges, language challenges, social challenges, as well as challenges related to transport and place of residence. The findings in this study highlight the need for a thorough evaluation of how students making this transition can be supported through psychological services at universities.

#FeesMustFall – The psychologist as a change agent at the centre of collective action and social mobilisation

Malefo, V

The last quarter of 2015 saw the advent of the #FeesMustFall movement which represents the collective voice of students against fee increases at all higher education institutions (HEIs) in South Africa. Dubbed the second June 16 (1976) movement, the #FeesMustFall movement demonstrated a hitherto unprecedented capacity to mobilise collective action beyond the boundaries of HEI campuses and geographic locations. “Although the focus of the protest was on a rise in fees, a number of factors formed the background for the protests from a lack of funding for poorer students to attend university, high incomes for university managers, a real decline in government funding for higher education, lack of social transformation, to broader socio-economic and racial inequality issues” (en.wikipedia.org). The symposium aims to: facilitate dialogue that seeks to generate common understanding of social protest and collective action with reference to research and theories in the field; and explore the role of counselling psychology in mitigating the impact of social protest in various communities of practice where these practitioners have a presence. The symposium will also facilitate discussions around the development of a framework for inter- and multidisciplinary research on social protest with a view to informing institutional policies on the management of social movements which impact HEIs. Finally, the symposium will explore a framework for determining the impact of counselling psychology in diverse work spaces and contexts.

Student protests: Finding meaning in the Twilight Zone

Nortje, S, Cockcroft, S, Nel, H & Steenkamp, C

This round table seeks to explore the meanings attributed to the “fallist movements” that occurred at tertiary institutions within South Africa. This is relevant to our understanding of our current socio-political atmosphere in South Africa and a deeper insight into our view on the country within 22 years of a new envisaged South Africa. This round table will be accompanied by a paper that has specifically examined students, and the tertiary institution, as a particularly interesting community setting. Studies are conducted through a survey and interview method. This research will have practical implications for the relevance of psychology at tertiary institutions as well as a deeper understanding of the current attitudes of students and youths towards our new South Africa. This round table seeks to open up dialogue among students and professionals to discuss central themes that have come to light through the research conducted.

POSTER SESSIONS

Responsibility in the face of adversity: Adolescents' sense of self in reciprocal relationships

Arndt, N & Naudé, L

In this poster, black South African adolescents' sense of self as it emerges through their direct and indirect environments is explored. Black African adolescents (57 participants) from under-resourced rural schools in the Motheo district of central South Africa (52.63% male; 47.37% female) and from various ethnic groups (Sesotho, Setswana, IsiXhosa, Sepedi, and Afrikaans) in the age range of 16 to 22 were purposively sampled to participate in eight focus groups, which were analysed thematically. The interaction, interconnectedness, and interdependency between individuals and their social systems were emphasised. Various themes of adolescent development, such as the importance of family and peer relations, as well as the juxtaposed needs of belonging and separation were reiterated. Moving beyond the traditional conceptualisations of adolescents as self-focused and striving towards independence, this research highlighted adolescents' awareness of the importance of reciprocity and interdependence in relationships. They articulated not only the need for role models, but also for being role models to others. Adolescents in this study were acutely aware of the sacrifices made, especially by their parents, to invest in their development, and were feeling responsible for "paying back" to their family and community. To bear this responsibility, education and scholarship were viewed as essential parts of adolescents' sense of self.

Aspiring towards a model of cross-cultural neuropsychological rehabilitation in South Africa

Joosub N

In South Africa, facilities to provide care after brain injury are limited, resulting in the level of service provided to be less than adequate. Characteristics of the South African context that make the implementation of international neuropsychological rehabilitation (NR) practices difficult include socioeconomic disparities, sociocultural influences, lack of accessibility to healthcare services, and high poverty and unemployment levels. Most models of NR have been formulated in developed countries. However, the political and socioeconomic landscape in South Africa necessitates more resourceful and contextually relevant interventions. An exploratory, descriptive research design based on programme theory was followed in the development of a South African NR model. In particular, Van Hecke et al.'s procedure focusing on complex interventions was used. The preliminary model is based on Phase One: Collection of the building blocks needed for the intervention. Understanding aetiology and healing in this context, where beliefs about witches, black magic, ancestral spirits and supernatural forces are common, is important to planning rehabilitation interventions. Collaboration between cultural and societal strengths, and scientific NR insights, is the way forward for NR in the developing world. This is particularly relevant for the multicultural context in South Africa. The preliminary model demonstrated in this poster will attempt to build on the strengths of South African communities, incorporating valuable evidence from international models to serve those affected with brain injury in this context.

The role of anger in the context of trauma in HIV-positive women or those at risk for HIV: A preliminary investigation

Cassielo-Robbins, C, Bruck-Segal, D, Beaver, E, Keane, L, Weber, K, Cohen, M & Brody, L

The presence of anger after experiencing trauma is well established. It is possible that anger is adaptive in blaming others rather than the self, but also maladaptive in allowing an individual to avoid experiencing other, more painful, emotions, for example sadness. In women who are HIV-positive or at risk for HIV, trauma rates are high (up to 65%) but the function of anger remains sparsely examined. This study is a preliminary investigation of the nature of anger expression and the function(s) anger serves in this population.

The role psychology plays in performance success

Claasen, M

To achieve success in their sport is every sportsperson's desire. All athletes are willing to spend hours on end on the course, on the track, in the gym and in the pool, focusing on enhancing their physical skills. As a psychologist in private practice and specialising in sport psychology since 1994, I have worked with diverse sportspeople. The one thing that they all have in common, is their drive to succeed. All athletes and their coaches would agree that during a competition or tournament, it is the mental factors that play the biggest role. Success in performance depends on the technical aspects required for the specific sport, some physical aspects as well as psychological or mental aspects. The saying that "golf is a mental game" is well known, and the famous baseball player and coach Yogi Berra was known to say "baseball is 90% mental; the other half is physical". To achieve success and to be able to perform well under pressure, athletes need to become mentally tough competitors. The best way to do so is to develop the athlete's psychological skills. Psychology involves, and influences, the athlete's thinking, emotions and actions. In this presentation the role that psychology plays to help sportspeople prepare for, and to enhance performance during competition, will be discussed.

The factors affecting risk-taking behaviour among middle and late adolescents: An ecological systems perspective

De Jager, M & Naudé, L

In this poster, the results of a study into the reckless, thrill-seeking and risk-taking behaviour of South African adolescents is presented and discussed. While most research studies focus on individual factors or personality predispositions that contribute to risk-taking behaviour, the aim of the current study was to investigate the role of various systems (parents, peers, school and community) in contributing to risk-taking behaviour such as violence, substance use and risky sexual behaviour in middle and late adolescent males and females. An ecological systems perspective was followed. A non-experimental quantitative research approach was used. By means of non-probability convenience sampling, a sample of 194 participants was selected from four English-medium high schools in the Mangaung area of central South Africa. A biographic questionnaire, the adapted and shortened version of the Youth Risk Behaviour Survey (YRBS), and a questionnaire compiled by Amoateng and Kalule-Sabitiwere were used to collect data. Data was analysed by means of multivariate analysis of variance and standard multiple regression analysis. Males were shown to be more prone to risk-taking behaviour than females, and the study indicated that four contextual factors significantly contribute to the variance in risk-taking behaviour. Significant negative correlations were found between risk-taking behaviour and parental limit-setting and between risk-taking behaviour and parental monitoring.

Finally, significant positive correlations were found between risk-taking and parental control and between risk-taking behaviour and peer connection.

Being flawed or being courageous: Students' attitudes towards counselling

Fandie, K & Naudé, L

This poster presents a summary of the findings of a study that explored students' attitudes towards counselling. The influence of public and self-stigma, anticipated risk, and utility associated with disclosing information was investigated and the role of gender and culture was explored. A mixed-method design was used. Quantitative data was gathered using pre-existing scales, while qualitative data was collected using the nominal group technique. Third-year male and female students from the black Sesotho-/Setswana-speaking and Afrikaans-speaking cultural groups, with and without counselling experience, participated. Statistically significant differences in attitudes were found across gender, cultural groups and counselling experience. Furthermore, anticipated utility associated with disclosing information and self-stigma provided significant, unique explanations for the variance in students' attitudes. Among the themes that emerged from the thematic analysis, secrecy was prominent. Two contrasting themes around being in counselling as signifying being flawed versus being courageous, also emerged. Specific gender dynamics and social norms regarding counselling were observed.

The "blood countess" Elizabeth Bathory: A psychobiography of primitive psychic mechanisms and antecedents evident in serial murder

Fouché, P, Winter, R & Naidoo, P

This psychobiography entailed a longitudinal developmental case study of the 16th century serial murderer, Countess Elizabeth Bathory (1560-1614). Psychobiography represents a sub-discipline within psychohistory and applies mostly historiographic methods and psychological models to the lifespan study of deceased personalities within particular socio-historical contexts. The aim was to uncover evident primitive psychic mechanisms encompassed in the Schahriar syndrome model (SSM) of serial murder and the socio-historical antecedents that shaped Elizabeth as serial murderer. Elizabeth, historically characterised as the "blood countess", is claimed to be the most prolific murderer of all time. She is reputed to have killed more than 600 young women and to have bathed in their blood in her quest for eternal youth. Elizabeth was selected as subject through non-probability purposive and theoretical sampling based on her historical notoriety as a noble figure and serial murderer. Elizabeth's longitudinal developmental trajectory as serial murderer was uncovered through the systematic collection, categorisation and analysis of historical and biographical sources. Principle identifiers of salience were used to extract significant biographical and historical themes. A conceptual psycho-historical framework or matrix was utilised to organise and integrate salient themes, which were interpreted by means of the SSM. The findings indicate that Elizabeth exhibited all five primitive psychic mechanisms, namely omnipotence, sadistic fantasies, ritualised performance, dehumanisation and symbiotic merger. The value and relevance of the SSM is illustrated and the study highlights the significance of socio-historical antecedents in explaining serial murder.

The literary career of Olive Schreiner: An Adlerian psychobiographical case study

Fouché, P & Van Niekerk, R

This study focuses on the life, especially the literary career, of Olive Schreiner, famous South African author and humanitarian. The aim was to uncover the extent to which Schreiner realised her potential

as a novelist, and the psychological underpinnings that motivated her. The research is psychobiographical, and employs a single-case study design to explain aspects of Schreiner's life in terms of the principles of individual or Adlerian psychology. This approach is holistic and emphasises the creative roles of individuals in developing their lifestyles. Schreiner was selected by means of purposive and theoretical sampling based on her exemplary historical humanitarianism and her exceptional literary career. Findings indicate that Schreiner did not achieve her potential as a novelist, that she thwarted her literary aspirations in order to avoid threats to her tenuous self-esteem and the debilitating effects of her asthmatic condition. The value of the study lies in the novel interpretation concerning Schreiner's failure to produce any significant fiction after 1883, a factor that has been debated by Schreiner scholars for decades. The study also demonstrates the value of individual psychology within psychobiographical case study.

The "Milwaukee Cannibal": Primitive psychic mechanisms of serial murder illustrated through psychobiography

Fouché, P & Naidoo P

This psychobiography entailed a longitudinal developmental case study of the notorious murderer Jeffrey Dahmer (1960-1994). Psychobiography represents a sub-discipline within psychohistory and employs mostly historiographic methods and psychological models to the lifespan study of deceased personalities within particular socio-historical contexts. The aim was to uncover the evident mechanisms that shaped Dahmer as murderer. Dahmer killed 18 gay men in the span of nine years in Milwaukee. He earned the nickname "the Milwaukee Cannibal" because he cannibalised some of his victims' remains and held it preserved in his apartment. Although Dahmer's case is often lectured about in the fields of forensics and investigative services, Dahmer's motivations and psychological underpinnings as serial murderer have not been comprehensively uncovered. Dahmer was selected as subject through non-probability purposive and theoretical sampling based on his historical notoriety as a serial murderer. Dahmer's longitudinal-developmental trajectory as murderer was uncovered through the systematic collection, categorisation and analysis of historical and biographical sources. Principle identifiers of salience were used to extract significant biographical and historical themes. A conceptual psycho-historical framework or matrix was utilised to organise and integrate salient themes, which were interpreted by means of the Schahriar syndrome model (SSM). The findings indicate that Dahmer exhibited all five primitive psychic mechanisms, namely omnipotence, sadistic fantasies, ritualised performance, dehumanisation and symbiotic merger.

The role of SAPS members as referral agents in the Victim Empowerment Programme

Gumani, M

The Victim Empowerment Programme (VEP) prescribes a particular referral role for SAPS members. There are currently no South African studies on this referral role, despite its importance in victim support, and the purpose of this study was to understand how police members' referral role takes place when handling cases of crime and violence. A qualitative, exploratory research design was used to explore the participants' referral role within the VEP. The sample was selected purposefully in the Vhembe District, Limpopo province, and data was collected through unstructured, individual interviews, diaries, field notes and telephonic follow-up interviews. The data was analysed using the content thematic analysis method. The findings indicate that while referral is within the police members' job description, the role is accompanied by individual police members' discretion of referral needs of victims, their next-of-kin and perpetrators. The study also makes a contribution to shaping context-relevant VEP implementation. It is recommended that the referral pathways represented in the referral system in the current study, together with those discovered through other studies, be considered by

the SAPS as it develops its own internal strategies, structures and programmes for provision of victim empowerment, as recommended in the National Policy Guidelines for Victim Empowerment.

The relationship between clinician social problem-solving and ethical decision-making in HIV/AIDS mental healthcare

Hye, K & McClure, K

Clinicians working with HIV-positive clients may encounter complex HIV-related ethical dilemmas in their clinical work. Ethical decision-making models exist, but consistency of use within the clinical HIV/AIDS community is unknown. It is suggested that practitioners may be utilising components of models in clinical practice without knowledge of the full ethical framework. Additionally, social problem-solving skills may be influencing practitioners' ability to appropriately manage ethical concerns that present when working with HIV-positive clients. In this study, HIV mental health workers across the United States were assessed using an online survey incorporating an HIV-related vignette-based ethical decision-making measure, SPSI-R, and demographic information. Data was analysed to examine the relationship between social problem-solving and ethical decision-making in approaching HIV-related ethical dilemmas. A moderate positive relationship was found between one ethical dilemma and one subscale of the positive problem orientation subscale of the SPSI-R. No other significant results were observed. While this study did not demonstrate a significant relationship between the constructs of social problem-solving and ethical decision-making overall, it does demonstrate variability in the problem-solving and ethical decision-making skills of clinicians and the way individuals approach this type of work, leaving opportunity for future training and research in improving the application of social problem solving and ethical decision-making.

The item and dimensionality analysis of the academic motivation scale in a South African military university sample

Kleynhans, Y, Mashatola, J & Mthembu, O

Literature has shown that academic motivation is an understudied subject. The Academic Motivation Scale is a Western-developed instrument for the assessment academic motivation among tertiary students. The validity and reliability of the AMS have not been extensively studied in other contexts. The main purpose of this study was to determine the psychometric properties of the AMS in a sample of 55 undergraduate military university students. The research population consisted of 55 Military Academy students from Stellenbosch University. A total of 55 students (26 males and 29 females) were selected through random sampling. The AMS was used to collect the data. The KMO results indicate that all seven sub-scales of the AMS were factor-analysable. The eigen values indicated that some of the factors of AMS are not corroborated for unidimensionality. It seems that the scale could be used validly and reliably within the South African military context with little modification.

Adolescents' experiences of stereotypes during identity development

Lombaard, N & Naudé, L

In this poster presentation, adolescents' experiences of stereotypes during identity development is investigated. Considering the adverse circumstances in which various South African adolescents live, it is essential to consider their identity development process and the factors contributing to it. Since adolescents try out new roles in different groups during their search for an identity, it is clear that it is of importance to investigate how the individuals in the groups experience the stereotypes attached to various groups. Focus group sessions were held with 73 participants that were identified by means of non-probability purposive sampling. Data was analysed and interpreted by means of thematic analysis. Identity was found to be both internal (traits) and external (social), and should be considered in the context of a three-dimensional time perspective, as the past, present and future are important to who the individual is. Stereotypes are viewed as "genetic", learnt, and cognitive shortcuts that simplify the world. Resisting conformation is an adaptive response to stereotyping, and the self-fulfilling prophecy can be counteracted if opposition to the expectation is present. Social acceptance is seen as both a reward striven for and a restriction that limits opportunities, roles and choices. Furthermore, the environment and neighbourhood in which stereotyping takes place and where individuals find themselves is of immense importance. The reaction to stereotyping, whether positive or negative, determines the identity that is formed within the individual.

Developing inclusive learning environments: Accommodating learners with neurological disabilities, intellectual disabilities and emotional difficulties

Mehmedova, A

Inclusivity is composed of fundamental principles of non-discrimination, acceptance and full participation evident in all learning environments. Inclusion is therefore the preferred method of placement for learners with special needs in order for such learners to receive equal educational opportunities in regular educational settings to the maximum extent appropriate in light of their needs. Inclusivity centres good classroom management and well known rules and procedures in order to accommodate learners with various disabilities and learning difficulties in the attempt to eliminate special education schools in South Africa that attempt to separate learners with disabilities from learners who are not disabled. In order to establish and maintain inclusive practice, inclusion should aim to reject the use of special schools or classrooms that separate learners with disabilities from learners without disabilities in order to create equal exposure to curriculum, learning and teaching practice within the South African context. Apart from the environment centred approach needed to foster health-promoting learning environments, certain person-centred strategies are essential for achieving inclusion and well-being in whole-school development.

The impact of the Big Five personality traits on organisational commitment in a South African military university sample

Mthembu, O, Nzimande, Z & Makhathini, T

The Big Five personality traits have been used to predict a number of work outcomes. Organisational commitment is of the most important work outcomes especially in military organisations. The purpose of this study was to establish the relationship between the Big Five personality traits and organisational commitment derived from its subcomponents such as affective, continuance and normative commitment. A quantitative cross-sectional survey was used to collect data from a convenience sample of 85 military university students using John's 44-item BFI that measures the Big Five

personality traits, and Meyer and Allen's 19-item scale that measures organisational commitment. SPSS was used to determine the correlation coefficients amongst the personality traits and the subcomponents of organisational commitment. The correlation coefficients between organisational commitment and the Big Five personality traits for conscientiousness (-0.061), extraversion (0.024), agreeableness (0.117), neuroticism (-0.050) and openness (-0.191) indicated that none of the Big Five personality traits correlated significantly with organisational commitment. None of the Big Five personality traits significantly explain the variance in affective commitment but openness to experience significantly explained the variance ($t=-1.973$; $p<0.05$) in continuance commitment and agreeableness explained the variance in normative commitment ($t=2.052$; $p<0.05$). In order to improve organisational commitment in organisations, agreeableness may help in making selection decisions.

Inequality in procuring work: A case study of a Black female-owned SMME in South Africa

Muller, N

For those of us who have made the transition from secure private or public sector employment to setting up our own independent practices or business entities post-1994, the journey has not always been easy. This is especially true if you are a black female residing and practicing in the Western Cape. That has been my experience, and I understand that these experiences may or may not resonate with others. As is often the case with case studies, I am not making any assumptions that what will be presented is generalisable. The intention of this poster presentation is to create awareness of the experiences of inequality in procuring work from a Black female practice owner's perspective based on lived experiences; to consider the implications for the entrepreneur, the SMME, and the economy; and to share lessons learned and engage others on the questions that need to be answered to co-create how we move forward and contribute to creating a more economically just society.

Living in two worlds: Experiences of diversity in racially integrated schools

Slabbert, C & Naudé, L

In this poster, learners' experiences of diversity in racially integrated schools, will be presented. This study aimed to explore the experiences and perceptions of diversity among learners in racially integrated schools in South Africa. Social psychology perspectives such as the social identity and intergroup relations theory framed the study. Sixty learners (23 black, 18 white, 13 coloured, and six Asian) from four desegregated, urban, public high schools in central South Africa participated in 10 focus groups. Transcribed discussions were analysed thematically. The greatest threat to diversity was found to be the threat of the potential loss of the uniqueness of African culture when learners conform to the pressures of fitting into a Western culture. Participants struggled with the goal of staying true to themselves while living in two worlds. Many experienced being stereotyped, often perpetuated by school ethos, parents, communities, and language. Despite the challenges, participants in this study could articulate the potential benefits of attending a racially integrated school. While being mindful of the role that apartheid played, they remained hopeful that time would heal many of the injustices of the past. The importance of creating enabling environments for intergroup relations and equipping learners with the necessary skills to become valuable citizens of a diverse and humane society, is reiterated.

School as a “stage” of life: Approaches to diversity among teachers in racially-integrated schools

Slabbert, C & Naudé, L

This poster will present the findings of a study aimed at exploring the approaches to diversity among teachers in a racially integrated school environment. The political changes that took place in South Africa, provided a unique climate of transformation in which the social phenomenon of diversity, could be explored. Racially integrated high schools in the Motheo district, Free State, were selected, and teachers were purposively sampled to participate in focus groups. The transcribed data was analysed using a hybrid approach of thematic analysis. Teachers articulated their understanding of diversity by referring to the unique interplay between difference and similarity, but were inclined to prioritise similarity. Teachers considered culture as a factor that contributed to misunderstanding and disagreements between teachers and learners. Challenges with change and integration related to cultural and language differences, as well as difficulty (mostly of adults) to embrace integration. Following an assimilationist approach, most teachers valued the established identity of the school and felt that the ethos of their school should not be changed. However, all participants reiterated the value and importance of embracing diversity in an integrated environment. A high priority was placed on the role that a multicultural school environment could play in preparing learners to become valuable members of a diverse global and multicultural society.

The experiences of older persons living with chronic diseases in a rural community in Limpopo

Tshishonga, N & Sodi, T

The deterioration of health associated with chronic diseases such as hypertension and diabetes mellitus often leads to psychological problems especially, among ageing older persons. The aim of the present study was to explore the lived experiences of older persons living with chronic diseases in one rural community in Limpopo province. Specifically, the study sought to determine the subjective meanings that older persons living with chronic diseases attach to their conditions; to establish older persons' causal explanations of their chronic diseases; and to determine the psychological strategies that older persons use to manage their conditions. A qualitative approach, specifically the phenomenological method, was used in the present study. Ten older persons living with the experiences of chronic diseases (male=3, female=7), aged between 60 and 90 were selected through purposive sampling and requested to participate in the study. Data was collected using semi-structured interviews and analysed using the interpretive phenomenological analysis (IPA) method. The results of the study suggest that older persons in this rural community understand their illnesses as chronic conditions that require long-term management. A number of psychological strategies, that include passive/active and cognitive reappraisal methods were found to be used by the older persons. The study is concluded by making a number of recommendations that, among others, include calling for more awareness campaigns that target older persons with chronic diseases being rolled out in rural communities.