



21st South African Psychology Congress

**STRENGTH
IN UNITY**

Johannesburg 15- 18 September 2015

Abstract Book of the 21st South African Psychology Congress

FOREWORD

F o r e w o r d

The Psychological Society of South Africa (PsySSA) is pleased to host the 21st Annual Psychology Congress which promises to be one of the largest national psychology congresses in the country's history. The Scientific Committee is especially proud of the programme for this year's event which boasts a variety of presentations in different formats that will provide an academic feast of unparalleled proportion. The congress is prefaced with 7 highly acclaimed pre-congress workshops that have been specially commissioned to experts in the field, and which are accredited for general and ethics continuing education units.

The congress begins with a full-day plenary event that is initiated by the Inaugural Sipiwe Ngcobo Memorial Lecture to be delivered by renowned academic and researcher Professor Mohammed Seedat speaking on *Psychology and Humanism in the Post-Apartheid Imagination*. The plenary day is also studded with two stimulating controversial debates of high relevance to South African Psychology. The grand finale to the plenary features the inimitable Professor Ashwin Desai whose socio-political commentary is definitely not to be missed.

The 2015 congress includes a record number of presentations on a smorgasbord of 9 parallel sessions that include 225 oral papers, 19 symposia and 10 roundtable discussions. There will also be 25 poster presentations on display. All of the formats are designed to encourage delegate participation and interaction. The presentations have been sourced to satisfy all palates, including practitioners, researchers, academics and students. Moreover, the Scientific Committee has specifically sought to encourage symposia presentations which cater for specialty interests, thus facilitating easier selection and decision-making for delegates who will no doubt be spoilt for choice at the 21st National Congress.



FOREWORD

PsySSA is also pleased to have among its distinguished participant and contributing organizations at the congress, the Health Professions Council of South African (HPCSA), The South African Clinical Neuropsychological Association (SACNA) and The Society for Industrial & Organisational Psychology of South Africa (SIOPSA). Clearly, the Congress theme *Strength in Unity* is very evident and certainly most appropriate in Psychology as well as the broader context of the country as it grapples with challenges that it faces in living up to the ideals and dreams of the great leaders who gave so much to build national unity. The 21st Annual Congress evidences such collaborative and unifying approaches to Psychology in South African society.

The Scientific Committee and PsySSA hope you gain as much out of the congress as they have endeavoured to inject into it. Your active involvement and participation is integral to the success of the event, and it is therefore hoped that this congress will be the most stimulating yet.



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WORKSHOPS

Pre - Congress Workshops

PsySSA Pre Congress Workshops: 15 September 2015
Morning Workshops: 09h00 – 12h30

Assessment Feedback and Reporting: Ethical Assessment Practices and Dilemmas

Facilitator : Prof C Foxcroft (Nelson Mandela Metropolitan University)

For those being assessed it is important that they perceive the psychological assessment process and its outcome to be fair and just. We will explore this statement in this workshop from the perspective of providing clients with meaningful feedback, the reporting of assessment results, and determining the impact and value of assessment. This workshop will draw on literature, good practice guidelines, the Ethical Code of Conduct and case studies to allow participants to reflect on the principles and practices for providing assessment feedback and reporting assessment results in various contexts (e.g., educational, clinical, psycho-legal, organizational, research) in a professional and ethical way. Key dilemmas that psychological practitioners face will be highlighted and debated. Furthermore, participants will also be provided with guidelines regarding how to determine the outcome, impact and value of an assessment process and why this is important.

Forensic Workshop

Facilitators: Dr Louise Olivier (Private Practice), Dr. Johan Smuts (Neurologist), Advocate Don Williams, Advocate Pieter Nel and a Judge from the Pretoria High Court

This workshop will take the form of a mock court case (criminal case) and will demonstrate the importance of the following:

- a) A multidisciplinary approach in order to assist the court to make a judgement.
- b) The importance for a psychologist to have good training in neuropsychology when doing medico-legal work in criminal law.
- c) The role of the expert witness in court and the expectations of the judge/magistrate from an expert witness.

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- d) The importance of taking organic factors into consideration in the precipitation of criminal behaviour.
- e) Ethical considerations when doing forensic work.

Happiness at work: A practical introduction to positive psychological intervention strategies aimed at human potential development

Facilitators: Prof Llewellyn Ellardus Van Zyl (Society for Industrial and Organisational Psychology of South Africa), Mr Ederick Stander (North-West University, Optentia, Vanderbijlpark), Prof Marius Wilhelm Stander (North-West University, Optentia, Vanderbijlpark)

Positive psychology and positive psychological interventions have become 'buzz words' in recent years. Various self-help books and personal development strategies are marketed from this perspective with limited to no scientific foundation. As a result, these intervention strategies show limited or no success, and in some cases may even be harmful. Intervention strategies aimed at human potential development should therefore be structured around validated approaches in line with the objectives of both the individual and the organisation. Various scientifically proven intervention strategies exist in the literature, yet limited attempts have been made to introduce these strategies to industry. It is therefore the attempt of this workshop to introduce some of these techniques to industry with the attempt to solidify positive psychology and positive psychological interventions as effective mechanisms for human potential development and enhancing organisational performance in the workplace. Using experiential learning principles, participants will be exposed to various positive psychological intervention strategies (e.g. self-administered intentional activities, group based development, strengths-based coaching) within organisational contexts. The workshop is aimed at providing practitioners with practical skills relating to the development of human potential within organisational contexts through positive psychological interventions and strengths-based development.



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Using the Career Interest Profile to Demonstrate the Value of a Combined Qualitative-quantitative Approach to Career Counselling

Facilitator: Prof Jacobus Gideon Maree (University of Pretoria)

The theory and practice of career counselling needs reshaping to enable people to adapt to changing needs, changing interests and novel work experiences. The value of an integrated, qualitative + quantitative career counselling approach to career counselling has therefore been accepted globally. It's ultimate aim is to help persons script and re-script their career-life stories, which makes this approach suitable for exploring personal meanings and for helping people to deal with repeated transitions and the many problems involving meaning. The practical administration of the *Career Interest Profile* (CIP) and its narrative supplement (in relation to *the Career Construction Interview* (CCI) (Savickas)) will be facilitated. This intervention is aimed at facilitating reflection and reflexivity in actual career-counselling contexts and thus to empower clients to reflect on and make informed decisions about their career-life journeys, design successful lives and make social contributions. The integrated approach to career counselling demonstrated here should enable career counsellors and their clients to transform career counselling into what it was for Epston, namely "the stroke of midnight on New Year's Eve [offering] the possibility of a new beginning" (O'Hanlon).

Afternoon Workshops: 13h00 – 17h00

Advances in Ethics

Facilitator: Prof Saths Cooper (President of the International Union of Psychological Science)

Major advances have occurred within the domain of ethics in psychology since practitioners of the science were accorded formal accreditation, registration and licensure. In South Africa, a veritable minefield of legislative and professional requirements over the last 21 years often present conflicting dilemmas for dedicated practicing psychologists in the various categories of registration. Internationally, there has been ongoing, and even vicious, debate about certain stances adopted by psychologists confronting 'the war against terror' for instance. These issues will be addressed and updates within the South African

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context and internationally will be provided, so that participants will emerge clearer about acceptable professional conduct.

Neurocognitive Assessment in the South African Cross-Cultural Context: Preliminary Normative Data and their Application

Facilitator: Professor Ann Edwards (Rhodes University)

The workshop will cover challenges confronting practitioners within the South African assessment milieu, with a view to achieving valid psychometric assessment for diagnostic and placement purposes in educationally disadvantaged groups. There will be an overview of four fatal flaws that may occur in the assessment of ability, and/or the identification of neurocognitive impairment following brain injury in that context, and how these can be addressed. The results of a series of local cross-cultural norming studies will be collated in booklet format and provided to the workshop attendees. Tests covered include the WAIS-III, WAIS-IV, WISC-IV, and a series of commonly employed cognitive tests used in a neuropsychological evaluation. The manner in which the normative data should be employed will be taught, and further illustrated with relevant case material. While the data for presentation apply specifically to black Xhosa speaking individuals from the Eastern Cape, the material is of prime relevance for the wider South African community.

How to start and run a lucrative private practice

Facilitators: Mr Rafiq Lockhat (Private Practice) & Dr Ian Opperman (Private Practice)

Dr Ian Opperman and Mr Rafiq Lockhat have over 40 years of private practice experience between them. One practices in Johannesburg and the other in Cape Town. Their practices serve different client bases, one mostly upper class clients and the other mainly middle and working class clients. In addition, one practice is primarily a cash practice and the other services mostly medical aid patients. The workshop attendees will therefore be exposed to two different opinions by the presenters. This promises to be a workshop that will be stimulating and interesting. The issues they will cover in the workshop, among

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other topics, are marketing your practice, alternative ways to make money in your practice, taxation, administration, procedural coding, diagnostic coding, invoicing, practice management, staffing etc.



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S y m p o s i a

SYMPOSIUM: COMMUNITY APPROACHES TO MENTAL HEALTH FOR LGBT PEOPLE - AN NGO REFLECTS

Chair: P Brouard

OUT LGBT Wellbeing, a Pretoria-based NGO promoting mental health and wellbeing of LGBT people, turns 21 this year. In that time it has provided a range of direct mental and physical health related services in the greater Tshwane area, serving a cross section of people who identify as LGBT or who are navigating sexuality and gender. The symposium will present reflections from people who have worked with these issues and clients and they will present these in an interactive and creative way. The symposium will explore the advantages and disadvantages of individual versus community mental wellness interventions and examine ways in which community mental health is promoted and nurtured. It will also look at the role of advocacy and lobbying in promoting legal and policy reform and challenging social attitudes which harm or limit the full potential of LGBT people.

A field worker's reflection

J Matlou

Jay Matlou is an outreach worker and educator in the organisation. He has significant experience in running support groups and conducting education sessions on sexuality, gender, HIV and mental and physical wellness both at the offices of OUT LGBT Wellbeing and in community settings, as well as sensitisation training on LGBT issues in a range of sectors. He will reflect on his work and how this has impacted on LGBT people, as well as explore gaps and opportunities for work with this sector.



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A practitioner reflects on her work

D Van Dyk

Delene van Dyk is a psychiatrically trained nurse therapist who now works as a consultant in the field of sexuality and gender. She still consults to OUT LGBT Wellbeing and has offered a range of services to the organisation ranging from individual counselling to sensitisation training, mentoring and lobbying and advocacy. She will reflect on the impact of her work and the organisation's work on mental health of LGBT people, and will especially focus on building alliances with other practitioners, including psychologists and psychiatrists in private practice, as well as other institutions which do sexuality and gender work.

An academic partner reflects

P Brouard

Pierre Brouard is a clinical psychologist and former board member of OUT LGBT Wellbeing and continues to engage with their work in his role as co-director of the Centre for Sexualities, AIDS and Gender at the University of Pretoria. He will reflect on his relationship with the organisation and the importance of links between the academy and the NGO sector in promoting mental health in LGBT people. The link between theory and practice is vital in allowing the academy to stay relevant and for NGO partners to find the support they need, where necessary, to critique their own work.

A director's reflection

D Nel

Dawie Nel is the current Director of OUT LGBT Wellbeing and he will reflect in the history of the organisation and the contribution it has made to the wellbeing of LGBT people over 21 years. He will also discuss the concept of community mental health and community approaches to mental health, beyond individualistic approaches which include one to one counselling, telephonic

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and face to face. He will also examine the impact of broader lobbying and advocacy work, and research, on the mental health of LGBT people.

SYMPOSIUM: NOTIONS OF "COMMUNITY" AND "COMMUNITY ENGAGEMENT" IN PSYCHOLOGICAL WORK IN LOW RESOURCE SETTINGS

Chair: R Carolissen

Notions of "community" and "community engagement" in low resource settings, both globally and locally, have historically been critiqued for reflecting raced, classed and gendered assumptions, yet important work has been done in such settings. This symposium raises questions as to how one engages with community based work while attempting to balance metatheoretical challenges and realistic health service needs that may be unattended to for various reasons. The symposium therefore explores the notions of community and community engagement that emerge in four papers from three different provinces in South Africa. Four authors present descriptive accounts of the challenges and strengths of community based work in low resource environments. The first paper describes the experiences of women counsellors who live and work in violent, low resource settings. The second paper focuses on the role that psychologists may play in the Red Cross Air Mercy service. The third paper focuses on professional training in the context of community engagement and the final paper describes initiatives around psychological work in prisons. The discussant draws together the themes generated by the papers and discusses some of the challenges, strengths and possibilities inherent in this work on both theoretical and practical levels.

Narratives of community counsellors who live and work in contexts of violence

L Benjamin

South Africa has one of the highest rates of violence in the world. Low-income communities continue to bear the brunt of historical legacies of violence, perpetuated through ongoing cycles of violence. While much has been documented about trauma in environments in which the violence has ceased,

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there is little literature conceptualising experiences of trauma in contexts where violence persists. Furthermore, few studies have captured how trauma is conceptualised from the perspectives of those who live and work in the community. The social constructionist framework of this study contributes to the conceptualisation of trauma through dual perspectives of community counsellors who live and work in an environment of ongoing violence. The study is located in a low-income neighbourhood notorious for its high levels of violence. The research design is a purposive, in-depth case study of eighteen community-based counsellors' life narratives. The narratives were analysed using thematic analysis and experience-centred form analysis. The paper argues that, in this context, trauma cannot be viewed as isolated or existing only in the past, as people are exposed to sustained violence and adversity. Consequently, the paper provides a unique and in-depth contextual insight into how counsellors interpret disconnection, denial, silence, fear, aggression, power, control and hopelessness as multilevel themes of trauma, particularly highlighting the interconnectedness of these themes in perpetuating cycles of violence.

How to approach a community engagement initiative: Towards developing a set of guidelines

M Mdakane, E Fourie, M Terre Blanche

Community Engagement Initiatives, also known as Community Outreach Projects, constitute an integral part of the mission of any academic institution, including Unisa. One such community engagement initiative is the Inside-out Outside-in Prison Interest group founded by members of the Department of Psychology at UNISA. This initiative encompasses a number of different projects related to research and intervention in and around prison communities. The Inside-out Outside-in group has successfully collaborated with various interdisciplinary role players in establishing a social media website, Whatsapp group and a Facebook page as a platform for sharing. The group also provides opportunities for work integrated learning by UNISA Master's students in research consultation to do research in correctional centres such as Zonderwater Prison. As part of the process of initiating and developing the Inside-out Outside-in Initiative, we have discovered some useful methods for approaching community engagement more generally. In this paper we discuss the importance of engaging with a broad range of stakeholders inside and outside of academia, how to avoid becoming sidetracked by the institution's

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administrative requirements, and the importance of mapping existing initiatives in the same field

Mapping community engagement initiatives and research studies in and around South African prisons

J Du Toit, O Mosemanekgosi

The idea behind the Inside-out Outside-in prisons interest group is to facilitate and capture community engagement initiatives and research studies in and around prisons. Prison related community initiatives and research studies are found almost everywhere, but are often secluded from mainstream society. General society is thus not always aware of these initiatives and research studies and the contributions they make, resulting in a lack of connection among projects related to prison issues. The Inside-Out Outside-In interest group has started with a project aimed at mapping South African community engagement initiatives, networks, research studies and public services relating directly or indirectly to prison communities. Mapping in this context refers to developing an interconnected representation of these prison initiatives and services that are available in and across various communities of South Africa.

The starting phase of this project involved mapping prison community engagement initiatives and research studies within the University of South Africa (UNISA) across all campuses and centres. From here the project will shift towards mapping prison community engagement initiatives and research studies in all provinces in South Africa, as well as the larger initiatives related to all South African prisons. This paper will focus on the process of mapping prison community engagement initiatives and research studies.



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Communities engaged: Students' experiential learning experiences

N Masinga

UNISA's three core business areas are teaching, research and community engagement. Based on the Transformation vision "Towards the African University in the service of humanity", a community engagement strategy has been adopted that aims to bring this traditionally Online Distance Learning institution closer to the students and local communities. The focus of the strategy is the use of the university's teaching and research competence to build mutually beneficial relationships with various communities in areas of discipline, strength and community needs. The current paper shares and reflects community engagement from students' experience. In 2014, the Master's in Clinical and Research Psychology students were afforded an opportunity to describe their work integrated learning experiences in different community settings. At the end of 2014, a seminar was held by the clinical psychology students at the Tshwane Leadership Foundation. The seminar served as a feedback session where students reported on their experience at the placement sites that provided a practical placement for their Community Psychology module. The research psychology students on the other hand shared their practical placement experiences during a departmental research buzz session. The current paper will share the students' challenges and benefits gained from the practical experiences in various community settings. Students' reflections show evidence of the Directorate for Community Engagement's goal of servicing students' experiential learning, knowledge creation and community service.

A description of the work of Psychologists in the Red Cross Air Mercy Service, UKZN

S John

Psychologists accompanied by psychology interns in KZN are volunteering on a regular basis to fly with the Red Cross Air Mercy Service. Psychologists from various categories choose to fly out one, two or three days per month. Their destinations include the hospital clinics in Kokstad, Matatiele, Nkandla, Pongola, Manguzi, Ubombo and Utrecht amongst others. The bulk of the work includes administering assessments for cognitive impairment, grant motivation and crisis counselling for situations such as sexual and physical assault. The poverty of the

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areas serviced by these hospitals is the overriding environmental concern underlying most of the cases. Work has to be done speedily and with resolution as the psychologists usually have not more than four hours to complete it. Resident social workers offer support and translation if necessary. The paper will take the form of a narrative around the challenges and strengths of doing this work. Logistical challenges may include the early wake up time, weather, and motor transport to and from the hospitals amongst others. Psychological challenges involve questions around the type of assessments that are used and the fact that the cases encountered can be some of the most challenging and interesting that psychologists are ever likely to encounter in their practicing. Some of the challenges involve the few psychologists working in this area. The service can be expanded as existing psychologists are in need of support as the number of cases can be overwhelming. Currently this service is being expanded to other provinces as well.

SYMPOSIUM: THE POWER OF THE MIND

Chair: C Gericke

There is a wealth of information at our disposal today. While we enjoy reading about these findings and expanding our intellect, how many of us actually apply these concepts? The mind has unimaginable influences on the way we conduct our lives. Our symposium will delve into "The Power of the Mind" and explore various ways to access or illicit the sub-conscious by using the information already available to us. The various abstracts will provide different techniques that can be used to tap not only into the suppressed memories but the repressed memories too. We will use "The Power of the Mind" to enhance and enrich the quality of lives on all levels and plains.

The power of the mind

D Costello

This paper falls under the South African Society of Clinical Hypnosis (SASCH) symposium "The Power of the Mind". The members of SASCH will cover a diverse range of the therapeutic applications of Clinical Hypnotherapy. The first

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paper aims to broadly introduce Clinical Hypnotherapy. Firstly, several theoretical definitions about Clinical Hypnosis will be covered. Secondly, the presenter will be debunking the common myths and misconceptions about what clinical hypnosis as a therapeutic modality can achieve and differentiating the therapeutic applications, with a brief introduction about the different streams of Clinical Hypnotherapy. Thirdly, the presenter will be addressing the psychological uses including the indications and contraindications as well as the benefits of this therapeutic modality. Finally, this introductory paper will be covering what training SASCH has to offer psychologists and how we structure that training.

Running away to join the circus: How shock creates hypnotic archetypes

I Opperman

In this paper the metaphor of the child fantasising about running away from home to join the circus is used to consider the psychological impact of shock on the psyche. Different Archetypes are formed to protect the individual, including the Lion Tamer, the Fat Lady, the Monkey/Organ Grinder, and the Tightrope Walker. In this paper, Dr Opperman elucidates the Hypnotic Blue Print using the wisdom of American authors, Diane Zimberhoff and David Hartman in the 2014 book *Overcoming Shock: Healing the Traumatized Mind and Heart*.

The language of expectation

K Steyn

Pregnancy is characteristically known as a time of expectation and preparation for childbirth and parenting. It is a period of transition and transformation that touches almost every part of the expecting family's respective lives. It can be a time of mixed emotions and expectations, ranging from fear and dread to hopefulness and excitement. The quality of the expecting family's expectations will influence their experience of pregnancy, childbirth and parenting. Mindfulness in the present and positive expectation pertaining to pregnancy and childbirth can facilitate pain management, coping in labour and postpartum

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adjustment. This session will review the use of positive descriptive language, suggestions and creative visualisations as subconscious instructions to work towards a more positive experience of pregnancy, childbirth and beyond.

The use of ego states with PTSD to illustrate the power of the mind

C Gericke

Ego State therapy can be combined with any other therapy to individualise sessions, both within a clinical hypnotherapeutic state, as well as outside of hypnotherapy. Anybody working in a counselling capacity or who comes in contact with anxiety disorders will find this information junket beneficial. This paper will provide an introduction to the use of ego state therapy with PTSD clients illustrating the immense power of an individual's mind. The paper journeys from a recap of the diagnostic criteria for PTSD, to an introduction to Ego States, the Inner Strength state and finally onto an illustration that brings these three together.

The power of the mind in mindfulness

A Liebenberg

As psychologists, we are often faced with clients who are out of touch with themselves and their environments. Many therapists are exploring the effectiveness of mindfulness in working with these clients. Mindfulness refers to the awareness of an individual regarding their own thoughts internally and what is happening in their environment externally. The multi-faceted nature of mindfulness will be explored in this paper with reference to mindful attention, diminished self-talk, non-judgement, and non-doing. The effect of mindfulness on the individual will be discussed regarding ethical decision making, ego-involvement, self-esteem, stress reduction as well as the nature of mindfulness to other related theories. Fundamental questions about mindfulness will be addressed and the link with mindfulness in the Buddhist philosophy will be examined.



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SYMPOSIUM: PSYCHOLOGY ONLINE: RESEARCH & PRACTICE

Chair: L Hendricks & S Kramer

The internet and social media has opened up a new digital world for psychological research and practice. Digital mediums are being utilized for various purposes ranging from counselling platforms to a tool for individuals to create virtual identities. The use of social media platforms transcends language, literacy level, age and country. These allow for various spaces in the continuum between the virtual and real world. This accessibility has created a gap for methodological innovation in research and practice. The papers in this symposium represent the various ways in which the online space can be and is used for research. They also showcase the manner in which research is intertwined with practice within the online space.

Research using public domain data: Online news articles as a case study

A Fynn

The rapid development of technology has provided researchers with a plethora of platforms from which to study human behaviour and interaction. With the decreasing cost of technology and the rise in technological integration in everyday social interactions, there is widespread access to the internet and the vast body of information it holds. The shift in the culture of technological use has led to extensive use of online platforms for sharing individual thoughts, experiences, ideology and knowledge. This provides psychologists with unprecedented access to the internal, private worlds of individuals who are interacting outside of the laboratory or research setting. In particular, individual comments on public forums such as Facebook, Twitter, Instagram and online news sites can provide insight into individual cognitive, linguistic and social interaction processes in the online environment. The changing landscape of online human interaction also requires a shift in how we conceptualise research and how we conduct ourselves as researchers in the online sphere. This paper specifically discusses the role of the researcher investigating public domain information contained in online news articles and the accompanying comments. Embedded in this discussion is the debate on the tension between respecting copyright and the right to access knowledge in the public domain. Ethical issues

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such as participant anonymity in an age of search engines and private online profiles will be addressed. The paper closes with a discussion about the evolving role of the psychological researcher in the age where unobtrusive observation is as simple as clicking on an internet link.

An exploratory study of the use of online platforms to resist medicalised discourses on schizophrenia

K Venter

Schizophrenia has conventionally been constructed as a severe, naturally occurring (and thus uncontrollable) biological illness. The treatment of schizophrenia as a biological fact allows for schizophrenic 'patients' to be construed as passive victims of the condition who are afforded little or no agency with respect to their symptoms and the professional treatments that they receive. Schizophrenia is thus constituted as intractable and permanent and, in turn, individuals diagnosed with schizophrenia are produced as eternally 'marked' by the disorder. However, there are individuals diagnosed with schizophrenia that have demonstrated resistance to these medicalised discourses and overly rigid categorical elements. This study examined how 'schizophrenic' individuals resist medicalised discourses in their everyday interactions with other individuals through access to and the use of online domains. Entries on discussion forums and blogs by individuals with a schizophrenia diagnosis were analysed using discourse analysis to examine how, in the process of resistance, individuals construct themselves. The discourse analysis revealed that online platforms play a major role in participants' capacities to resist medicalised discourse. Participants used their profile names, user-signatures and custom blog headers as well as other online platforms such as YouTube to resist these discourses and thus construct themselves as active agents. Online domains are thus characteristically unique in their capacity to provide a context for the exploration of alternative (self-)productions such that a counterknowledge to normative medicalised discourse is produced through resistance. Online platforms are thus a particularly powerful mode for the production of alternative discourses to the medicalised regime of knowledge.



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Research in the modern era

S Kramer

Modernity has capacitated research praxis with innovative and novel technologies, methodologies and software systems. These creative apparatuses have allowed for a number of research developments including more efficient forms of data collection, capturing and analyses; increased accessibility to journals and other research forums; expanded capacities for international networking and more efficient and rapid means of publication. This paper aims to outline a number of computerised and scientific developments that support research in the modern area by indicating key research innovations that contribute to ongoing advances in psychological research as well as their various advantages and disadvantages. The discussion will include the demonstration of a range of examples in each aspect of the research process (literature reviews, data collection, data capturing, data analysis, online networking and relevant social media forums) as well as examples of useful tools and software (e-journals, Google Scholar, online surveys, Method Space, Linked In). A discussion on using the internet for publication purposes and research methodology assistance will support these examples. Overall, this paper intends to acquaint both, young and developing as well as established psychological researchers with information concerning the use of modern apparatuses and technology towards the ongoing development of the field of psychology.

Exploring the perceptions of masculinity and fatherhood in South Africa: A qualitative study using a social constructionist approach

L Hendricks, K Jackson

Although there has been an upward trend in research regarding the perceptions of masculinity and fatherhood in South Africa, a number of gaps still exist. Research frequently discusses the various components of masculinity and fatherhood separately. However, in many cases it is often forgotten that these two aspects often describe one and the same person. In order to explore this dual presence of perceptions, this study aimed to explore the perceptions of masculinity within a South African context followed by exploring the perceptions of fatherhood in the same context to compare the perceptions of masculinity and fatherhood. Male (n = 56) and female (n = 69) participants were recruited online

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by posting the survey link on various websites and social media pages. Data was collected via an online survey using open ended questions about perceptions of what it means to be a man and, similarly, a father. Relational content analysis was used to analyse the data. According to the findings, the most common themes used to describe a man and a father, as identified by females were “tender” and “derogatory terms”. “Strength” was noted to be more common when describing a man while “support” was best used when describing a father. The most common themes used to describe a man and a father amongst males, were “support” and “leader”. The use of social media platforms to recruit participants are explored in this paper.

Female agency in action: An examination of interactions in an online ‘love and relationships’ discussion forum

C Cresswell

This project examined the discursive and interactional processes by which female participants present and discuss their romantic relationships in the ‘Love and Relationships’ MXit forum on the South African Non-Governmental Organisation, HIVSA’s, hi4LIFE mobile phone-based project. In doing so, it was possible to explore some of the norms and ‘taken-for-granted’ practices of romantic relationships that the participants describe, which offer insight into present research into adolescent experiences of gender and romantic relationships, as well as some new subjects for consideration during intervention or analysis. In particular, the participants discussed a commitment-based conception of love, and linked it to partner-fidelity, but also to his commitment of time and attention. A feelings-based conception of love was mobilised to suggest why a participant may deviate from the norm of breaking up with a partner who has been unfaithful. The question of children was contested in terms of whether they should be part of a committed relationship, or a decision that a woman should make separately from her romantic relationships. Taken together, it is suggested that because conceptions of love and having children appear not to be foreclosed normative practices as these participants debate and contest them, these could prove fertile points of intervention with young women’s choices, agency, and ultimately, empowerment. Thus this study recommends disseminating and increasing the scope of hi4LIFE and similar projects that provide platforms for the production of female agency.



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“Anorexia” is not, never has been, and never should be a synonym for “skinny”: A discourse analysis of pro-anorexia website

Y Chen, F Boonzaier

Anorexia Nervosa has the longest duration (5-7 years) of any Eating Disorders and the highest mortality rate ($\geq 10\%$) the reasons that treatment of Anorexia Nervosa is largely unsuccessful is because healthcare professionals have imposed a stigmatized identity on the patient unempathically based on a limited awareness other than their clinical perspective of Anorexia. In recent years, Pro-Ana online groups have emerged over the Internet. The term refers to online communities where individuals with Eating Disorders, primarily Anorexia Nervosa, provide and obtain online support, discuss and share information on different aspects of anorexia, with the purpose of continuing and advancing anorexic behaviours. Influenced by a post-structuralist feminist theoretical framework, the present study employs Foucauldian discourse analysis as an analytic technique and examines the texts on the pro-anorexia website, the discursive constructions of anorexia and the (anorexic) body. The analysis revealed that the dominant biological and heterosexual romantic discursive constructions of anorexia were challenged on the Pro-ana website. Nevertheless, the analysis also suggests that these dominant constructs were paradoxically supported. The findings of this research also highlighted that by challenging or supporting multiple discourses, pro-ana users form positive, empowering subjectivities. Paying attention to the socio-culturally specific discursive context in which anorexia arises and the potential benefit of pro-anorexia websites for health professionals, it allows more effective therapeutic interventions for those experiencing anorexia.

SYMPOSIUM: INSTRUMENT DEVELOPMENT AND ADAPTATION IN SOUTH AFRICA

Chair: S Laher

The development and adaptation of instruments is a core component within psychology. Every field within psychology from clinical psychology through to industrial and research psychology uses instruments to assess psychological constructs and to make decisions based on those assessments. It is therefore necessary to ensure that

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the assessments being used were appropriately developed or adapted such that they have a strong theoretical and empirical base. The papers in this symposium discuss a variety of instruments and the methods used to develop or adapt them. The papers provide opportunities to inform psychology professionals on the theoretical underpinnings of the assessments as well as the relevance of the instrument in the South African context.

Developing the Maree career matrix: An interest-provoking journey!

K Maree

Criticism of North American and Eurocentric career counselling theory and intervention in less advanced countries led to calls for research on approaches more compatible with these countries' conditions. Cultural, educational, gender, and socio-economic factors should always be taken into account if career counselling is to remain relevant. Of particular concern is that only a handful of psychometric tests have been designed specifically for the diverse South African population. This paper will elaborate on the development of an interest test designed for use with South Africans of all ages. An integrated mixed methods approach was followed in the design of the Maree Career Matrix (MCM). Our premise was that the "best" sample would be one that reflected the demographic profile of the provinces as accurately as possible. We made an attempt to ensure the allocation to the sample of urban/semi-urban or semi-rural/rural and average/low/high socio-economic status (SES) to make our approach as sound as possible in respect of the purposive sampling. The paper will report on the psychometric properties of the MCM within this representative sample. Viewed against the background of the dire shortage of interest tests in South Africa, it is hoped that this test will help to fill the need for interest tests developed in South Africa and for South Africa and enable many learners to choose and construct appropriate career careers, and design successful lives.



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Using Rasch Analysis for test development: Refining the goal achievement questionnaire

D Maree

Previous studies investigated the construct of a Goal Achievement Questionnaire (GAQ) that showed promise in predicting academic performance across multi cultural groups. This paper briefly provides the background to goal theory in terms of goal setting and goal orientation research. Goal orientation theory makes a distinction between performance and learning goals both of which have an approach and avoidance dimension. A summary of steps and reiterations in developing the GAQ is given. Previous studies focused on identifying the constructs, namely, pathway, goal setting efficacy, resilience, optimism, agency, absence of state despair, and external locus of control. The constructs were refined with a Rasch dimensionality analysis which consisted of principle component analysis (PCA) of standardized residuals. New items to cover approach and avoidance goal orientation were included in a recent survey. The clarity of these constructs using Rasch analysis are discussed along with the stability of existing constructs using a different sample.

External validity evidence for the South African substance use contextual risk instrument

M Florence

The purpose of the current study was to gather external validity evidence towards the validity argument for a South African developed instrument designed to measure individual and contextual factors associated with adolescent substance use in low socio-economic status communities. Content and structural evidence for the instrument has been gathered in the larger study in which the current study is located. Validity theory was used as the theoretical framework for the gathering of the different types of evidence in support of the validity argument for this instrument. The South African Substance Use Contextual Risk Instrument measures adolescents' subjective experiences of their own psycho-social and their communities' functioning. The study employed non-probability purposive sampling to select schools from three education districts from which twenty six schools were selected. English- and Afrikaans versions of the instrument were administered to English- and Afrikaans home

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language-speaking school-going adolescents, aged 12 to 21 years. All ethical standards were maintained throughout the research process. External evidence procedures were conducted using Hotelling's T^2 tests and discriminant analysis to evaluate the extent to which the instrument could discriminate between substance users and non-users. The results demonstrated that 50% of the scales discriminated between the groups for both versions of the instrument. For the Afrikaans version of the instrument, all four second-order factors discriminated between users and non-users, while two of the second-order factors discriminated between users and non-users in the English version. There is thus support for external validity for at least some of the scales of this instrument.

The South African Personality Inventory (SAPI): A culture-informed instrument for the country's main ethnocultural groups

D Meiring, V Fetvadjev, F van de Vijver, J Nel, C Hill

The SAPI project aims to develop a comprehensive personality questionnaire that covers all major aspects of personality deemed relevant in the South African context for all 11 language groups. The inventory was developed based on the outcomes of extensive qualitative research conducted in the 11 languages, yielding a 9 factor model. In the item generation stage, 2,574 items were created in English, following formulation criteria aimed at enhancing comprehensibility, translatability, and cultural adequacy. Item selection was conducted in successive stages. At the intermediate stage, 571 items were translated into the other 10 official languages and scrutinized by language and culture experts. The final selection of items yielded a set of 146 items. In exploratory factor analysis, we identified six factors reminiscent of the Big Five, with a division of the social-relational domain into a positive and a negative factor. The structure was well replicated across the four major ethnic groups of South Africa. Finally, a joint factor analysis of the SAPI with a locally developed FFM measure, the Basic Trait Inventory (BTI), suggested that the two SAPI social-relational factors are distinguishable from the FFM; however, multiple regression analysis suggested a sizeable empirical overlap between the SAPI and the FFM. Our findings have important implications for instrument and model development in personality research and assessment. Our research presents a case of a multicenter instrument development on a scale that has rarely been done before.



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The development of a bullying instrument for use in primary schools

V Scherman

Bullying is one of the most underestimated problems, taking place at both primary and secondary schools. As a worldwide phenomenon, bullying has received attention from within the academic world as well as in the media. The short and the long term consequences on the part of the victim, include physical and psychological stress while children who bully have a tendency to develop maladaptive social skills that result in poor adult adjustment and are likely to transmit poor social skills to the next generation. Furthermore, the relationship between bullying and achievement has been verified by numerous research projects. This paper will explore the psychometric properties of a bullying questionnaire that was used as part of a mixed methods intervention study. Thirty schools in the Pretoria area were purposefully selected based on school characteristics. Only the Grade 4 learners were included as part of the pilot study. The measuring instrument was developed by drawing on established bullying questionnaires and includes items on the nature of bullying, frequency of bullying as well as items exploring the subjective well-being of participants. The Andrich Rating Scale Rasch model and differential item functioning were amongst the techniques used to analyse the data. These results are reported and discussed in the paper within the context of the need to effectively measure bullying in the South African primary school context.

Measuring the symptoms of Anorexia Nervosa in men: An examination of items on the male Anorexia Nervosa screening instrument

M Reeves

Studies have called for the development of a new more reliable instrument to specifically assess levels of anorexic symptoms in men and this paper will briefly discuss the content, as well as the process of item development for such a measure. The combination of findings from an integrative literature review of articles published between July 2000 and 2013, and interviews with South African psychiatrists and clinical psychologists informed the development of items for the Male Anorexia Nervosa Screening Instrument (MANSI). These items focus on body image dissatisfaction in men (covering dissatisfaction with overall body shape; arms, torso and stomach, musculature, fear of fatness and body

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checking behaviours), restrictive behaviours (including limited food intake, food preferences, social avoidance), excessive exercise (encompassing compensatory exercise/purging, steroid use, compulsive behaviours), rigid cognitions (including-magical thinking, obsessive thoughts about weight/food/body, negative self-talk, A- type personality traits), social difficulties (family discord, overbearing parental figures, difficulties asserting independence, difficulties at work/ in relationships, and diminished sex drive), and their history (covering bullying, obesity, physical illness, other mental illnesses, sexual trauma, and difficulties in identity establishment). The development of items for the MANSI, affords researchers the ability to explore a new way of measuring AN that is specifically focused on the male experiences of this disorder. Future research will need to explore the reliability and validity of this screening tool.

SYMPOSIUM: PSYCHOLOGY AND EDUCATIONAL TECHNOLOGY

Chair: S Laher

Technology has been a part of human society for as long as human beings have existed. Whether it was fire for cooking or the wheel to make transportation easier or cars and aeroplanes, human beings have always looked to creating interventions or technologies to facilitate human survival and progress. Contemporary society has been described as the knowledge economy which has information and community technologies at its very core. Contemporary society is also characterized by social inequalities in terms of those who have access to economic, cultural and social capital and those who don't. It is often argued that education has the potential to increase social mobility. The recent developments in information and communications technology hold new promise for providing education to those marginalized in society. The field of educational technology is fast being recognized but this field cuts across many disciplines. The series of papers in this symposium will attempt to define the role of psychology within educational technology. The papers will discuss empirical research being conducted at the micro-level to support or refute macro-level claims of the value of educational technology in South African education.

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Framing educational technology within psychology

S Laher

Information age, knowledge economy, networked society and global village are some of the terms used to describe contemporary society - a society characterized by its reliance on information and communications technology (ICT). However not everyone across the globe has access to technology and even within countries disparities of access to technology exist. This gap between those who have access to ICT and those who do not is commonly referred to as the 'Digital Divide.' This distinction between technological haves and have-nots is strongly intertwined with social and political factors and psychology has an important role to play in deconstructing the notion of the Digital Divide. It is often argued that education has a role to play in bridging the digital divide both by providing access to technology but also by allowing the use of technology to create social mobility. These macro- arguments make assumptions about micro-level actions of individuals operating within societies and cultures which are often not empirically examined. This paper will argue that psychology has a key role to play in bridging the Digital Divide by contributing to the arguments at the level of individual and group differences but also at the level of policy and intervention within the South African educational context.

Is educational technology the solution? Exploring learner attitudes towards Ipads/tablets in blended learning environments

S Hart, E Boshoff, S Laher

Research suggests that tablet use in a blended learning environment has the potential to influence learner education but there are a number of factors that influence this. According to Ajzen's theory of planned behaviour, attitudes predict behaviour and thus attitudes have a pivotal role in the integration of educational technology. While there is a growing body of research internationally, there is currently very little research on Attitudes Towards Tablet use (ATT) in a South African context. This study explored learners' ATT and the three components that are thought to influence learners' ATT, namely: Enjoyability, Perceived Ease of Use and Perceived Usefulness. A convenience sample of learners from Grades 8 to 11 from 3 independent schools in the Johannesburg area completed a questionnaire assessing ATT. Results were

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analysed using descriptive statistics and a multiple regression analysis to determine which of the three factors best predicts learners' ATT in a blended learning environment. These findings have important implications for policy and practice regarding the integration of educational technology in South African schools.

Exploring computer attitudes and learner motivation as predictors of academic achievement

E Boshoff, S Hart, S Laher

In 2004, the South African Department of Education published a White Paper on e-Education. The aim of the e-Education White Paper was to ensure that South African learners in general and further education and training could use education communication technologies (ECT) skillfully by 2013. However, these goals have not been met and there exists a significant digital divide between learners with and without access to ECT. Since many provinces await the arrival of ECT in schools, it is essential that learner attitudes towards the use of ECT inform future policy and implementation. This research explores the role of computer attitudes and learner motivation on academic achievement in a sample of South African learners in blended learning environments. Learners from two private schools in the Johannesburg area completed a demographic questionnaire and an ECT Attitude Scale. Multiple regression and moderation analyses were used to examine the role of learner motivation as a moderator in the relationship between ECT attitude and academic achievement.

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

L Shunmugam, A Vorster

Despite 20 years of democracy, education in South Africa is still plagued by the inequalities put into place during the apartheid years. 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. One way in which standardisation can be addressed is through the

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introduction of technology in the classroom. This introduction of technology has led to many debates within the country. At the root of these debates are the stakeholders' perceptions and attitudes towards technology. Although the attitudes and perceptions of a number of stakeholders have been explored; including teachers and learners, there is a lack of published research on the attitudes and perceptions of parents especially within South Africa. The present study aims to address this within the framework of the Technology Acceptance Model. Using a quantitative, non-experimental design, a convenience sample of 100 parents in both government funded schools and private schools completed a questionnaire assessing attitudes and perceptions of technology in education as well as a demographic questionnaire. Data was analysed using regression to determine if socio-economic status predicts perceived usefulness of technology and if it predicts the acceptance to technology by parents. Further comparisons were investigated to determine if there is a difference in perceptions of parents within the two types of schools.

Personal computing device interfaces and their impact on learning in South African secondary school students

T Wrigley

The use of computers in the classroom is controversial and the seemingly ever-increasing proliferation of low-cost, easily accessible mobile personal computing (PC) devices continues to fuel this debate. Despite the controversy which surrounds these devices, and our relatively limited understanding of the effectiveness and impact of these devices in the educational context, an increasing number of schools and other educational institutions are adopting mobile PC-based educational technology to greater extents. Questions around the effectiveness and equivalence of personal computing devices in the educational context are complex and multi-faceted. Two major areas of focus are electronic reading in comparison to traditional paper-based reading and the differences between traditional handwriting (longhand) and keyboard typing. In this study, research was conducted into the impact on learning outcomes of tablet PCs, laptop/desktop computers and E-ink electronic readers in comparison to traditional pen and paper-based learning for secondary school students based in the Gauteng Province of South Africa. The results of these comparisons are presented and the implications for the adoption of such technologies in education are discussed.

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Using technology within learning environments: lessons learned from a computer-based career development learning program

E Crause, M Watson, M McMahon

The renewed emphasis on lifelong career development has led to a greater focus on the career developmental stage of childhood. Despite this awareness it is surprising that little is available in terms of research based career exploration activities that are appropriate for children. This deficit acted as the catalyst for a research project which focused on the development and trialling of a research-based computerised career exploration tool, Growing-up: Children Building Careers™ (GCBC™). Digital environments, such as GCBC™, are tools that broaden and extend learning possibilities for children and can be used to assist learners with developing age appropriate career developmental skills. The initial research project was divided into four stages and included 106 eight to ten year old students as participants. Stages one and two included the program design and pilot study stages (ensuring content validity and age-appropriate language use), while stages three and four focused on the fieldwork (pre - and post-test experimental design) and focus group discussions with a small sample of participants. Two years later a second round of fieldwork was completed further strengthening the research support for using technology within the classroom. This paper explores pertinent lessons learned from this research project.

SYMPOSIUM: PRIVATE PRACTICE ISSUES

Chair: R Lockhat

This is the 3rd Private Practice symposium, following on from the hugely successful ones held at the previous two PsySSA conferences. The presenters are all experts in the field and have many years of private practice experience. The inspiration for the series of symposia arose from the recognised dearth of information available to private practitioners generally and specifically at congresses. This year the presenters take it to another level by including experts in tax and law to discuss issues of vital importance to those already in private practice or contemplating starting one.



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'Sailing in the dark': Current challenges facing private practitioners

R Lockhat

The private practice landscape in South Africa is a constantly changing one. Legislative changes, medical aid changes, economic factors and socio political shifts all affect the prevailing conditions on which the ship of private practice sails. The current conditions for starting a new practice or maintaining an existing one are daunting to say the least. This paper will focus on what some of these challenges are and what strategies to implement to overcome these, and ultimately enhance the success of one's private practice.

Winking at a girl in the dark: Marketing your practice

I Opperman

No private practice can succeed if you do not have a sufficient number of patients/clients to sustain the practice. Universities where psychologists qualify do not teach this knowledge or impart such skills. Marketing is also fraught with challenges, both ethical and personal. Psychologists are not naturally good at marketing themselves. This paper will focus on some strategies of how to successfully market your private practice.

Tax matters

R Lockhat

One of the most important tasks of running a private practice is getting ones tax affairs in order. SARS is always looking for new ways to get money out of practitioners! This paper will focus on what aspects of your income are taxable and which expenses one can legitimately claim for.



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Not falling into the darkness: Legal aspects of having a complaint lodged against a private practitioner

I Opperman

For most practitioners having a complaint lodged against them with the Professional Board is the furthest thing from their mind. However, it could happen at any time. And then the nightmare begins. The average practitioner has very little knowledge of the legal process that one needs to through in order to defend ones reputation, honour and livelihood. This paper will focus on the step by step process to follow once you receive that dreaded letter informing you that a complaint has been lodged against you.

SYMPOSIUM: BRAIN WORKING RECURSIVE THERAPY

Chair: R Lockhat

This symposium will focus on Brain Working Recursive Therapy which is a ground breaking new therapy and is currently among the fastest growing psychotherapies in the world. In South Africa, over 75 Psychologists have been trained over the past 5 months. The presenters from different regions in SA will each present an interesting case study which will focus on the presenting problem, the BWRT therapeutic process and the outcome.

Brain Working Recursive Therapy

R Lockhat

Brain Working Recursive Therapy is an innovative concept of Psychotherapy, completely unlike anything that has gone before it. It presents an entirely new view of the subconscious mind - one that is extremely 'user friendly' and easy for the client to understand. In 1983, Benjamin Libet's research showed that there is a measurable wait (more than 1/3 second!) between the moment the brain commences to act upon any stimulus and our becoming aware of that action - in other words, by the time we know what we are doing, we're already doing it.

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BWRT allows us the opportunity to work in that interval between the commencement of an action and conscious awareness; this allows us the opportunity to negate destructive thought patterns so completely it's as if they were never there.

Using this as his starting point Terence Watts, a leading Psychotherapist in the United Kingdom developed a unique new psychotherapy. It has been called in some quarters as simply the most exciting therapy in the world. It is based on the latest neuroscience research and utilizes the astonishing speed with which thoughts travel in the brain. BWRT has been designed to remove emotive responses from memories that are deeply troubling and create new, adaptive neural pathways that do not have the old undesirable emotional responses attached to it. The presenter trained with Terence Watts and has been conducting his own clinical research in South Africa. This paper will focus on introducing BWRT and how it works.

The medical practitioner who couldn't cope anymore: A case study of severe anxiety and stress

H Haynes

This case study focuses on a medical professional who found himself unable to cope with work and life. He became addicted to alcohol and a prescription drug. Following a detox process he was treated with BWRT for the anxiety and stress and his inability to cope. He made an excellent recovery. This paper focuses on the treatment process.

The ten year old who couldn't sleep alone

R Scholtz

This paper focusses on a case study of a 10 year old child who became fearful to sleep alone in her own room. There appeared to be no apparent precipitant for this behaviour except for a traumatic incident at age 6 when her parents left her at home alone. She had insisted that she wanted to be left alone. She was subsequently found wondering outside in a hysterical state by the neighbour,

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who then called the parents. The interesting thing is that there were no sleeping problems until the beginning of this year. This paper will explore the use of BWRT in resolving this behaviour.

The man who was afraid of litchees: A case study of the treatment of a phobia

B Naik

This paper will focus on a very unusual case of a man who presented for therapy with a severe litchi phobia. He could not be around litchis or even look at them without feeling ill. This phobia developed immediately after he was sexually abused by a relative. The paper is about the therapy he received using BWRT and the successful resolution of both the sexual abuse and the litchi phobia in a matter of a few sessions.

Unable to say goodbye: A case study of a complicated grief

R Lockhat

Every Psychologist who has had to work with a patient suffering from Complicated Grief knows how difficult the therapy can usually be. Often it is an emotionally draining, taxing and exhausting process for both the therapist and patient. This paper is of a female patient who presented with a complicated grief issue regarding her mother who had passed away 7 years earlier. She remained stuck and was unable to move on up until presenting for therapy. Her grief was resolved in one session using BWRT. The salient aspects of the case will be discussed and a video of the patient will be shown to illustrate some of the therapeutic concepts



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SYMPOSIUM: AFRICAN PSYCHOLOGY PART II

Chair: W Long

For centuries Africans have had their own ways of conceptualising psychological processes and treatment modalities which are consistent with their epistemological paradigms. Historically, these indigenous ways of knowing and doing have been undermined and subsequently underrepresented in the field of psychology in Africa, and South Africa specifically. The two symposia on African psychology espouse a variety of traditional African conceptualisations, thoughts and applications to different psychological conditions. This also includes the problematisation of the use or neglect of African languages in the conceptualisation of psychological experience. Each paper argues for the inclusion of African thought in psychology curricula and provides possible new directions for a truly pluriversal psychology.

Of essence and experience: a new direction for African psychology

L Wahbie

This paper examines the efforts of psychologists in South Africa to Africanize the discipline. Beginning with a brief history of psychology on the continent, it contextualizes the call for an African psychology by outlining the state of the discipline in post-apartheid South Africa as well as the emergence of Afrocentric psychology in the United States. The paper interrogates, further, the notion of an African worldview and suggests that Afrocentric psychologists remain beholden to Eurocentric audiences - the result of their continued marginalization by a Eurocentric discipline. Drawing on Fanon's image of a Manichean psychology, the paper argues that an authentic African psychology must commit itself to a psychological analysis of the violence that exemplifies life in South Africa.



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Cultural intelligence: views and controversies

S Mfusi

Since the days of Alfred Binet and Charles Spearman, psychologists have battled to conceptualize the concept of intelligence. Countless attempts have been made to accurately understand the nature and meaning of the concept - in some cases leading to proposals of multiple intelligences. In the present paper, a relatively recent conceptualization of intelligence is discussed: cultural intelligence, which is described as someone's ability to adapt successfully to a new cultural setting. Although related to emotional intelligence, cultural intelligence appears to go a step further in that people with high emotional intelligence can pick up on the emotions, wants, and needs of others, whereas those with high cultural intelligence are attuned to the values, beliefs, attitudes, and body language of people from different cultures; and they use this knowledge to interact with empathy and understanding. Among other things, the present paper will explore the origin and value of cultural intelligence, for example how it can be utilized maximally when one works in an international environment, and within the context of counselling and psychotherapy in South Africa. Ideas on how cultural intelligence can be developed are also explored. Finally, limitations and controversies surrounding the concept of cultural intelligence are discussed, as well as challenges associated with the measurement of the concept.

Swati traditional healers conceptualisation of the causes and treatment methods for mental illness

A Ngobe, T Sodi

The aim of the study was to explore Swati traditional healers' conceptualization of the causes and treatment methods for mental illness in Kanyamazane Township in Mpumalanga Province, South Africa. A phenomenological research method was used in the present study. Ten (10) traditional healers (male = 6; female = 4) who were selected through purposive sampling method, participated in the study. Semi structured personal interviews were conducted with the traditional healers. The interviews were conducted in siSwati and later translated to English. The study found that traditional healers identified number of mental illnesses that manifest in the form of behavioural symptoms and

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thought disruptions. These include: depressive conditions, addictions, psychotic illnesses, adjustment disorders and genetic mental illnesses. Mental illness was perceived to be caused by a number of factors that, among others, include supernatural powers such as witchcraft, spirit possession, intrusion of objects, improper use of traditional medicine, disregarding ancestors and cultural customs. It was further found that mental illness could be a result of substance abuse, genetic predisposition, life stressors, social conditions and injuries to the head. Cleansing the patient of evil spirits through washing, steaming, induced vomiting, casting out evil and herbal medication were some of the methods that were found to be commonly used to treat mental illness. The study found that the theory underlying traditional healing is essentially similar, and that traditional healers utilise a culturally coherent and holistic approach in dealing with health and illness.

One-size fits all psychology? A critical examination of hegemonic masculinity in the context of tradition

A Siswana

This conceptual paper argues for the recognition and promotion of traditional masculinity as an alternative lens against the dominant Western epistemology of hegemonic masculinity. The paper examines critical studies of men's masculinity around the debate centered on the meaning, relevance and conceptualisation of 'hegemonic masculinity' in South Africa. The notion of multiple masculinities creates an on-going discourse centered on the tension between 'traditional masculinities' and hegemonic masculinity as the dominant and universal ideology. To address some of these tensions around hegemonic masculinity, an African Epistemology is proposed as a lens of understanding the notion of traditional masculinity within the framework of African masculinities. What is advanced in the agenda of African scholarship is tradition in order to appreciate the value of context and locality. Essentially, the contestation is an attempt to contextualise the meaning and relevance of 'hegemonic masculinity' located within an African context. The lens of de-colonial theory is applied which aims to reflect on the idea that African masculinities should not be conceptualised as marginal, but rather need to be situated within traditional or cultural ideals of dominant masculinity which are legitimate in their own right. Thus, I argue that a contextual understanding of 'hegemonic masculinity' can serve as alternative

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lens to interrogate its application in critical studies of men and masculinities in South Africa.

Negotiating an identity as a black woman in multiracial spaces

B Ngcobo-Sithole

South Africa consists of a multiracial society yet one dominant group has acquired status and power over time ensuring that the preferred culture in our societal institutions is that of the dominant group. This ensures that under-represented groups within these institutions remain marginalized. Using Co-cultural theory as a framework and ethnographic methodology, this paper explores the dynamic and difficult process of establishing an identity within multiracial workplaces, academic institutions and everyday living spaces. Literature on co-cultural theory was reviewed and themes pertaining to my experiences were identified. It is my hope that my story will expand awareness and spark conversations regarding the influence that dominant cultural groups, norms and labels have on the experience of under-represented groups.

The experience of people living with epilepsy in Nzhelele, Limpopo Province

L Baloyi, T Sodi

Epilepsy is reported to be a serious public health problem that affects many people worldwide. Though epilepsy has generally been understood as a medical problem that mainly receives the attention of medical doctors, studies have indicated that, cultural factors influence health seeking strategies that individuals and their families adopt to deal with their problem. The aim of the study was to explore the experiences of people with epilepsy in Nzhelele area (Limpopo Province) with a view to understanding their causal explanations and responses to this condition. In this exploratory study, a phenomenological approach was used. Snowball sampling also known as chain referral sampling was used to identify and select participants for the present study. For the purpose of this study, the researcher targeted 6 participants who were drawn from Nzhelele area in Vhembe District (Limpopo Province). Data was obtained using qualitative

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research interviews. Interpretative phenomenological analysis was used to explicate the data and to make meaning thereof. The results of the study are presented in terms of: a). Participants' explanations of epilepsy; b). Participants' own understanding of the causes of epilepsy; c). Pathways followed by participants when realizing they are sick; and, d). The psychological impact of epilepsy and coping strategies. The findings of the present study suggest that culture plays a significant role in the conceptualization and treatment that individuals consider for their illnesses, specifically for epilepsy.

SYMPOSIUM: PARTICIPANT-DRIVEN CREATIVE METHODOLOGIES TO SUPPORT LGBTI YOUTH

Chair: C Lubbe-De Beer

The majority of young Southern Africans – regardless of sexual orientation or gender identity – experience some degree of economic and social marginalisation. High unemployment rates, limited education opportunities and poor access to services are just a few of the many challenges they face. These social challenges are often exacerbated for individuals who identify as lesbian, gay, bisexual, transgender or intersex (LGBTI). Persistent myths about sexual and gender diversity, widespread prejudices, and conservative attitudes all help to create a social environment in which LGBTI youth struggle to assert their basic rights. Many LGBTI youth are forced to drop out of school due to harassment and intimidation, and this can impact negatively on their ability to gain employment or secure decent housing. Oppressive laws also make it difficult for LGBTI youth to access medical services, report a crime or seek psychological support. Coming to terms with or expressing one's sexual orientation or gender identity within such a context can be very difficult. Deeply felt social pressures to embody heteronormative ideals, often accompanied by regular threats or actual experiences of violence, can have profound psychological impacts on LGBTI youth, many of whom report or show signs of emotional trauma. In this symposium members from the Gay and Lesbian Memory in Action group (GALA) will share how they support LGBTI youth by the use of participant-driven creative methodologies.



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Short film screening: "Who wears the pants?"

J Marnell

A short film will be screened which documents the development of GALA's forum theatre play 'Who wears the pants?' and its performance at schools in Gauteng. This might provide much-needed insight into the ways in which learners understand and experience homosexuality, and the meanings ascribed to homophobia within a school context

Reflecting on the relationship between psychological professionals and supportive organisations within the broader mental health field

C Lubbe-de Beer

There are numerous outcries for psychology to be more relevant in making a difference to the lives of South Africans. I am arguing that working in marginalised fields such as gender and sexuality that cut across disciplines, necessitates strong relationships, collaboration and networking with other supportive organisations in the mental health and related fields. This paper will reflect on the experiences of individuals working in close collaboration with GALA and vice versa, in terms of the value of relationships, challenges and benefits of the process.

Queer crossings: LGBTI migrants and refugees living in Joburg

A Manion

GALA and Seattle University's Creative Writing Programme Director Susan Myers, partnered up to explore the lived experiences of LGBTI migrants and refugees in Johannesburg, South Africa. Through an Arts-Based approach using a variety of methods including Creative Writing and Body Mapping, participant's from six African countries explore a variety of issues including but not limited to: migration, sexuality, gender, 'body politics' and activism.



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Reflecting on the gala LGBTI youth projects

J Marnell

This paper explores how participant-driven creative methodologies allow youth participants to talk through their (often traumatic) experiences, to identify the various oppressions they face and to develop creative strategies in response to these various oppressions. Gay and Lesbian Memory in Action (GALA) has developed and rolled out a regional youth project. Two aspects of this are the Art for Activism project and the Queer Youth Speak Out project. By adopting such a methodology, the GALA youth projects do more than teach skills: they also create a unique space in which reflection, healing and empowerment can take place, and in which LGBTI youth can assert their identities in new and powerful ways.

SYMPOSIUM: AFRICAN PSYCHOLOGY PART I

Chair: W Makgahlela

For centuries Africans have had their own ways of conceptualising psychological processes and treatment modalities which are consistent with their epistemological paradigms. Historically, these indigenous ways of knowing and doing have been undermined and subsequently underrepresented in the field of psychology in Africa, and South Africa specifically. The two symposia on African psychology espouse a variety of traditional African conceptualisations, thoughts and applications to different psychological conditions. This also includes the problematisation of the use or neglect of African languages in the conceptualisation of psychological experience. Each paper argues for the inclusion of African thought in psychology curricula and provides possible new directions for a truly pluriversal psychology.



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The unconscious in indigenous African thought

N Mkhize

The purpose of the current paper is to demonstrate the existence, characteristics and operations of the unconscious in indigenous African thought. The paper draws from the Kemetic concept of the Amenta in order to describe the nature of the unconscious in indigenous African thought. The author analyses his own family dreams and other case material in order to highlight some of the basic tenets of the African unconscious as described by Bynum, such as non-locality, communal consciousness, rhythm, and the idea of life as transformation. The paper concludes by drawing recommendations for healing work with people of African ancestry. Implications for professional training are discussed.

The psychology of bereavement and mourning rituals in a Northern Sotho community

M Makgahlela, T Sodi

The aim of the study was to explore bereavement and mourning in the Northern-Sotho community with a view to identifying and documenting the psychological themes embedded in this culturally constructed experience. A total of fifteen participants (male = 7; females = 8) were selected using the snowball sampling method. The data was collected using in-depth semi-structured interviews. Data was analysed using the interpretive phenomenological explication method. The findings reveal that 'lehu' (death) leads to the experience of grief, which manifests itself emotionally, behaviourally, cognitively and physically. Grief is further intensified by the belief that the death has been caused by sinister forces. For some of the participants, the mourning process is initiated by consulting with a traditional healer or a church prophet, who will firstly, diagnose the cause of death and prescribe what kind of mourning rituals should be performed for the bereaved or the deceased person. The bereaved family members are often perceived by community members to be carrying a contagious illness that needs to be treated before they can resume their daily activities. Consequently, there are certain prohibitions that are imposed on the bereaved. The results further indicate that participants consider their mourning rituals to be culturally prescribed practices that need to be strictly adhered to. Based on the study findings, it is suggested that there are lessons that psychology can learn from

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the cultural experiences of bereavement, grief and mourning. The results are also discussed in the context of the emerging field of African psychology.

An exploration of the role of indigenous songs in psychology: an African perspective

T Marokane, L Baloyi, A Siswana

This paper explores the role of indigenous songs as a “therapeutic” modality in South African contexts. The paper draws from a research process that explored the role of songs as psychological liberators from an African perspective. We argue that indigenous songs can serve as an alternative form of communal therapy and to think critically about ways in which we integrate indigenous songs in the psychology curriculum and practice. African indigenous songs constituted an integral part of the research process which was used to facilitate reflection and engagement with the ‘self’ and ways of being. The conceptual framework of this paper is located within an African Epistemological perspective and decolonial theory. Storytelling was used to bring out conversations with 48 - 64 year old male elders from Limpopo province who have knowledge and experience in the use of songs. These participants were identified through purposive sampling. The findings illustrate that the role of songs constitute an authentic form of knowledge whose psychological impact is imperative. Songs as a way of being were also deemed as beneficial to the people of African descent. Indigenous songs also provided the narrative that music to Africans goes beyond the entertainment dimension, constituting wholistic healing and preserving the socio-cultural identity of the African descent.

Intrauterine death (IUD): A psychologist’s perspective on the key ingredients and challenges associated with the management of disenfranchised grief in a maternity ward

M Mbense

In my clinical work, I have met a number of intrauterine death (IUD) grief related cases. However, the present case is inspired by the psycho-cultural dynamics that the case presented to me, of which I am strongly convinced that the

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therapeutic success with a case of this nature is premised on a practitioner being cognisant of such dynamics. Existential insight into the “meaning of life”, heightened personal-awareness, advanced empathy, and the bereft mother’s belief system and cultural expectations in-times of death are some of the core ingredients for success. Such a case requires a perspective shift from a mental health clinician who ordinarily is tasked to provide individualistic centred interventions, to more of an individual-to-community oriented approach. The reordering of priorities in one’s grief management is key, since such a loss is a “silent” one, while socially the loss is often invalidated. As a result, there is often little community outpouring of sympathy and recognition of the lost unborn child. In light of this case, I argue that failure to operate being informed by the psycho-cultural framework in therapy, inarguably, predisposes the bereft mother to a disenfranchised grief.

Ndiyindoda!: A Xhosa Perspective of Traditional Male Initiation in South Africa

A Siswana

This paper explores the lived experiences of young amaXhosa men in relation to Ulwaluko kwa Xhosa (Traditional Male Initiation [TMI]) and its impact on their sense of masculinity. The conceptual framework of this study is located within African epistemology focusing on indigenous knowledge systems (IKS) in South Africa. The study aimed at enabling young amaXhosa men who had undergone TMI to reflect on their first-hand, personal accounts of Ulwaluko kwa Xhosa and manhood. Six semi-structured interviews and a follow up focus group discussion were held with 23 - 27 years old amaXhosa men residing in Joza Township in Grahamstown, Eastern Cape. Participants were identified through purposive sampling. The paper reports on the themes that emerged during data analysis: 1) the significance of the place/location of initiation, 2) the feelings of anticipation experienced by the young men, 3) ubudoda (manhood), focusing on (a) the endurance of pain through resilience and perseverance, (b) respect for self and others and ubuntu (c) social role and responsibility; and (d) self-improvement. The paper argues for the relevance of TMI as a significant rite of passage from boyhood to manhood among amaXhosa men.



Reconstructing the “other”: Reflections on Xenophobia in South Africa

K Zamparini, L Baloyi

Since the end of the Apartheid era, South Africans have become aware of hate crimes that discriminate not on the basis of skin colour, but nationality. Mozambican foreign nationals living in South Africa are among the targets of these hate crimes, which have become known as xenophobia. Structured Mozambican communities have been identified, offering support to their members in this environment. This study explores the impact of the xenophobic discourse on the Mozambican identity, particularly within the Mozambican community of Freedom Park, Soweto. Based on the social constructionist acknowledgement of multiple realities, this study used the African worldview as an epistemological framework to inform the methodology appropriate for this participant group. Twelve (12) participants, identified through convenience sampling, engaged in one group conversation that explored their understandings of their Mozambican identity and the corresponding impact of South Africa's xenophobic discourse. Following content analysis, four themes were identified. Participants showed a strong sense of national pride in their shared Mozambican heritage, linked to government and community support. Secondly, participants perceived a positive Mozambican identity that emphasized work-related characteristics. Thirdly, participants showed concern over how South Africans perceive them. Finally, participants de-emphasized the Mozambican identity when discussing xenophobia, instead drawing on the broad categories of 'blacks' and 'Africans' to redefine the boundaries of belonging. In conclusion, implications for future research and government interventions are discussed.



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SYMPOSIUM: STRENGTH IN UNITY: COUNSELLING PSYCHOLOGISTS AND THE ROLE THEY PLAY?

Chair: V Malefo

'Relevance' within psychology is a prerequisite for strengthening public perception around the services provided by all mental healthcare professionals. Indeed the universal aim of all registration categories within psychology should be 'relevance' and 'responsiveness' to societal needs. The question is whether we are living up to these expectations and whether we are collectively contributing sufficiently to the pressing needs of a diverse society? This question posits the need to consider our contribution to the field of psychology from within the Counselling Psychology fraternity. The current symposium presents a platform where counselling psychologists contextualize pertinent issues relating to this registration category.

Are we as Counselling Psychologists contributing to our own isolation within mental health care?

E Crause

Over the last decade revisions within the scope of practice for psychologists have evoked particularly heated discussions around training, practice, and work placement between the various registration categories. Conceptually counselling psychologists do play a critical role within the provision of mental healthcare services. However, despite this acknowledgement there has been much uncertainty regarding the 'best fit' placements for this registration category. Feedback from practitioners in the field suggests that to some extent Counselling Psychologists have been somewhat overlooked in the midst of the battles fought between Clinical and Educational Psychologists. This position of uncertainty initiated a review of management/executive level representation by registered counselling psychologists seeing that it is in policy decisions where relevance and need is formally documented and officially mandated. The research considered Counselling Psychologists on the Executive Committee of PsySSA over the last 15 years as well as representation on the Board of Psychology over the last 20 years. If we as Counselling Psychologists want to participate fully in the provision of Mental Health Care at ground level, surely we need equal representation at management or decision-making level. So the

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question that we hope to answer is the following: "Are we as Counselling Psychologists contributing to our own isolation within mental health care...by not getting involved in/on management committees and/or regulatory bodies?"

South Africa's National Mental health policy framework and strategic plan (2013-2020) and the role of Counselling Psychologists

I Peterson

The National Mental Health Policy Framework and Strategic Plan (2013-2020) for South Africa embraces task shifting at the primary health care and community levels of care to increase access to mental health services, including psychological services. Given that the philosophical underpinnings of counselling psychology are in alignment with primary health care; as well as the fact that they are mainly located in the community, counselling psychologists could be enlisted to a greater extent to provide a specialist consultancy liaison role to less specialised workers in primary health care and community service delivery platforms. Implications for the scope of practice as well as curricula of training programmes for counselling psychologists include the need for greater standardization of community psychology curricula to ensure that trainees are equipped for a more diversified role that task shifting demands, namely, competencies to train, supervise and support less specialised workers in addition to providing a more specialist referral service.

Reflecting on the Work of Counselling Psychologists in the public sector, private practice, and in academic and community settings

S Chweneemang, S Makola & V Malefo

In this paper three perspectives are provided from practitioners in the field reflecting on the work of Counselling Psychologists. These three practitioners work in the fields of 1) Public-, 2) Private-, and 3) Academic and Community settings. Specific attention is paid to the work context, the nature/type of work done, and the challenges experienced and implications to therapeutic interventions. Counselling psychologists are ideally positioned to render a range of specialized services within multiple work contexts and therefore it is

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meaningful to revisit the world of work as it applies to this registration category. Firstly, input is provided from a practitioner working for the Department of Correctional Services, i.e., one of the institutions where many counselling psychologists do their trade. Secondly we venture into the field of private practice where the presenter highlights some of the important duties counselling psychologists fulfil also discussing the challenges faced in practice. Lastly, our final presenter discusses the Academic and Community settings as viable work placements for counselling psychologists. Her expertise in the field contributes to the content being tailored towards the discussion of relevance of mental health care and the role counselling psychologists play in addressing the ever increasing need for these services. The aim is to empower counselling psychologists and discuss other issues which might be areas of concern within their scope of practice.

Counselling Psychology in South Africa: Current state of affairs

C Young

In this paper we will discuss the history and professional status of counselling psychology in South Africa. While the number of people registered as counselling psychologists remains a sizeable proportion of all psychologists, there are worrying signs that point to a gradual decline in status. One is that as a proportion of all psychologists, counselling psychology does not appear to have grown as quickly as some other categories. The other is that proportion of counselling psychologists in the public service has shrunk dramatically. Various authors have suggested that counselling psychologists need to be more actively involved in the governing structures that set their standards of education and training, determine their scope of practice and influence the variety of employment possibilities for counselling psychologists, and that counselling psychology as a discipline needs to become more socially relevant. More recently, a greater commitment to the historical values of counselling psychology, especially that of social justice, has been suggested to sustain counselling psychology in South Africa as a vibrant profession separate from clinical psychology.



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Counselling Psychologists and their response to 3 needs: 1) A need for collaboration; 2) A need for transformation; and 3) A need for responsiveness and relevance

N Pule

South Africa has seen many changes over the past two decades. As such, the profile of the communities in South Africa which are able to access psychological services has also changed. Psychology at large, particularly approaches in community psychology, critical psychology and social psychology have been in agreement that the practice of psychology needs to be contextual when it is applied. As a result, this means that while the country and its people profile is changing; there is a call on psychology and its practice to respond to the context in which it is applied. In turn, this is a call for a more united application of psychology rather than the silos created by the categories of practice within the psychology field. The more united application of psychology presents an opportunity for strength in unity and elevates the relevance of psychology. This more collaborated and united approach has the potential to assist psychology as a field to speak to the transformation journey which the country is in the process of by way of presenting adaptive behavioural interventions that are seemingly limited in society. In this paper, I will discuss a need for collaboration; a need for transformation; and a need for responsiveness and relevance of Counselling Psychologists.

SYMPOSIUM: THE MEDICO-LEGAL WORK REQUESTED BY THE PROFESSIONAL BOARD OF PSYCHOLOGY

Chair: L Olivier

The symposium is directed towards: (a) educating psychologists regarding pitfalls in psycho-legal work especially in the domain of family law; (b) educating psychologists regarding complaints lodged at the Professional Board of Psychology against psychologists; (c) educating the psychologists regarding the role of the psychologist in psycho-legal work and the rights of psychologists when dealing with attorneys, the court and family advocates; (d) discussing best practice methods when doing evaluations in family law and doing psycho-legal work at the behest of the court; (e)

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discussing the role of the psychologist in court regarding 1) giving expert testimony; 2) advising advocates in cross examination; 3) upholding the ethics of the profession but questioning best practice principles; and (f) educating psychologists in how to avoid being involved in multiple relationships when involved in psycho-legal work.

Tales from the dark side: Lessons from the committee of preliminary disciplinary enquiry

L Van Vuuren

Once again Dr Olivier will entertain, scare, educate and empower psychologists with actual case studies of Psychologists who have appeared before the committee for ethical violations. Some important lessons will be imparted to attendees regarding how not to land up in hot water, proving that old adage that prevention is always better than punishment.

The role and boundaries of Psychologists in psycho-legal work

B Pillay

Psychology and the Psychologist have an important place in assisting the judiciary users seeking relief from the court system and the community to ensure that justice prevails. However the conduct of psychologists who appear as expert witnesses can promote or damage public perceptions of the utility of psychology in legal cases. There is a growing concern about the role and the evidence provided by psychologists in court. This concern especially emerged after several recent high profile cases, which came before the South African courts and the increase in complaints to the disciplinary committee of the regulatory body and/or professional societies. As a result there is rising debate about the behaviour, training and preparation of Psychologists who are called to appear as expert witnesses in court. Psychologists who engage in psycho-legal and forensic psychology work thus face several serious challenges. This paper highlights factors that contribute to the problem and identifies some of the main challenges that psychologists have to contend with. Several practical suggestions are provided as well as guidelines that psychologists may employ to overcome these challenges.



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The role of the Psychologist in ensuring best practice principles, advising advocates in cross-examination of other Psychologists (expert witnesses) and upholding the ethics of the profession

L Olivier

In this paper best practice principles in conducting an evaluation of parties in a divorce case where children are involved are discussed with particular reference to SAID-Syndrome and Parental Alienation Syndrome in cases of possible sexual abuse complaints and possible parental alienation. Practical principles when advising advocates to cross-examine other Psychologists involved in the case will also be discussed - the Do's and Don'ts and preparing the advocate to lead expert evidence. The paper will draw on practical examples from actual cases in which the ethical principles of the profession were not upheld by the Psychologists involved and the challenges associated with this.

The role of the expert witness in court

M Swanepoel

The primary function of an expert witness is to guide the court to a correct decision on questions falling within the expert's specialised field, but not to pass judgment in court. In one of South Africa's leading cases *Van Wyk v Lewis*, Innes CJ ruled explicitly: "The testimony of experienced members of the profession is of the greatest value ... [The court] will pay high regard to the views of the profession, but is not bound to adopt them." Therefore the probative value of expert evidence is dependent upon the qualifications, skill and level of experience (competency rule) of the expert and the ability of the court to assess this testimony. Psycho-legal work is commonly performed by either psychiatrists or psychologists in private practice, or professional staff in large psychiatric institutions that do evaluations as part of their general duties because their institutions are obligated to do them. The Ethical Code of Professional Conduct to which a Psychologist shall adhere regulates the maintenance of the expert witness's role, which will be highlighted during the paper. In the case of *Michael v Linksfield Park Clinic (Pty) Ltd* the Supreme Court of Appeal had the opportunity to authoritatively enunciate the general applicable considerations in assessing expert medical evidence. The approach to expert evidence followed

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by the Supreme Court of Appeal in this case will be summarised in the paper as well as an explanation on the role of the expert witness in court.

How to conduct a family law case and act in an ethical manner regarding all parties concerned

S Abro

During this paper attention would be given to the following: 1) the task of the attorney towards his/her client and towards an expert witness in a family law case; 2) ethical dilemmas in which an attorney and expert witness can get involved and practical examples of those; 3) the adversarial nature of divorce and child custody cases and a way forward in these cases; 4) the expectations of an attorney if he or she gives a brief to an expert witness and 5) the expectations of an attorney of an expert witness when doing preparations for trial and during the trial.

SYMPOSIUM: CURRENT PROGRESS IN PSYCHOLOGY SERVICES IN THE PUBLIC SECTOR

Chair: N Rawatlal

Psychology in the public service has evolved substantially over the years, including its contexts of practice, focus areas, and modes of operation. However, public service psychology is also faced with numerous challenges that have to be addressed if the country is to meet the psychological and mental health needs of its people. These include, inter alia, improvements in staffing, training and scientifically-grounded methods of practice. This symposium aims to highlight some of the issues affecting psychology in the public service, and also examine some of the developments and approaches that need to be considered in order to enhance the profile and effectiveness of the profession in the public service.



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Clinical psychology services - Status and challenges

B Pillay

Psychological services albeit lacking has expanded in some areas of the public service. There are huge imbalances that need to be addressed and in order for Psychology and the Psychologist to make a significant impact on the health of our population. There has to be a clear shift in the structure and provision of psychological services. Psychological services in the past, and in some instance presently, have not always developed with the health user in mind or in response to their needs. This paper provides an overview of the services that exist currently, show how the services have developed and/or expanded and highlights the challenges that both health providers and users are experiencing. The paper will also discuss how the National Mental Health Policy Framework and Strategic Plan 2013-2020 should impact on the future development of services, the package of services that psychologists offer at various levels of care, the promotion of inter-sectorial liaison and the performance management of Psychologists.

Forensic psychological examinations in public hospitals

A Pillay

Clinical psychologists in public hospitals are required to conduct a range of forensic mental health examinations. The paper provides an overview of this work, while also highlighting the various issues and implications for the changing role of clinical psychologists in the Department of Health facilities. The different types of forensic mental health assessments are discussed, together with the legislations that guide them, as well as the challenges inherent in these specific examinations. In addition, the paper also focuses on the skills development opportunities for clinical psychologists in these work settings.



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Psychological Services in the SAPS

L Northnagel

Daily demands, such as dealing with demanding community members, witnessing horrific incidents, coming to terms with losing colleagues in the line of duty or even suicide, have a negative impact on the lives of the men and women in blue. As a result, many of our family in blue experience suicidal thoughts, depression, post-traumatic stress disorder (PTSD) and failed inter- and intra-personal relationships. This is the thin blue line that our police officers walk daily.

Psychology in the South African Police Service (SAPS) takes on different faces of reality. For practical purposes, Psychological Services operates on two legs, namely Individual Wellbeing and Organisational Wellbeing. Although the routes of psychology are structurally separated, the services are so much intertwined that these services can't exist without one another. To deliver these diverse services the SAPS employ Industrial, Counselling and Clinical Psychologists. The aim of Psychological Services in the SAPS is to maintain individual well-being (debriefing, counselling, suicide prevention, support groups) and to develop organisational well-being (organisational diagnosis, selections, organisational development including team development programs). All of this is to ensure effective service delivery to the public of South Africa. This paper will provide further insight into the individual and organizational well-being activities at SAPS.

Innovation, change and organisational development within the discipline of Psychology

J Fouche, M May

In September 2013 Psychology in the Public Service (PIPS) was established as a Division of PsySSA based on a number of shared challenges impacting on psychological service delivery in public service. A common understanding is that the improvement of service delivery and the improvement of work environments go hand in hand in establishing best practice standards. This interplay is clearly illustrated by statements from concerned PIPS members across all provinces, such as "... that Psychology ... is understaffed and under-resourced, with extremely high caseloads, no allocated budgets and no reporting structures, including lack of supervision in psychology." Different

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strategies are implemented by PiPS towards establishing best practice standards in the South African public service. For example, utilising posters and presentations, round table discussions and symposiums at the annual PsySSA Congress dedicated to Psychology in Public Service in order to capitalise on the critical engagement and innovative ideas of participating members. Another strategy entails a longer term research project (running over a number of years) in collaboration with UNISA's Department of Industrial and Organisational Psychology. This research runs in different stages and includes quantitative as well as qualitative aspects, involving experiences of psychology professionals working in the public sector. This paper will focus on the above mentioned research project and how it aims to bring about innovation, change and development within the discipline of psychology in public service, including its organisational structures, operating procedures and tactics. Our conviction is that, together psychology professionals in public service can make a difference.

Creating awareness of the scope of practice of the Registered Counsellors: Enhancing employability and efficacy

D Elkonin

The category of Registered Counsellor (RC) aims to provide psychological services at a primary health-care level. Historically there has been a sense of confusion regarding the role and scope of practice of the RC. A focus group interview aimed at an improvement plan for the training process of the RCs was conducted with the objective of exploring the challenges experienced by the 4th years during their internship. A major theme that emerged was the lack of knowledge the organisations had regarding the role and the scope of practice of the RC. The Department of Psychology addressed this challenge by ensuring that all relevant stakeholders were informed appropriately as to the role and scope of the RC. However, after numerous recent discussions with the community, industries and health professionals it has become evident that there is still confusion with regard to the professional role of the RC as well as the RC scope of practice. This in turn creates a challenge regarding the employment of the RC, as the employer might not be well informed as to the role of the RC in a multi-disciplinary team. Although the RC is clearly aware of their own identity and scope of practice, other health professionals are left confused as to their areas of competencies and boundaries to their practice. The paper will provide recommendations to address the lack of knowledge pertaining to the RC scope

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of practice. This has the effect of enhancing the employability and efficacy of the RC.

SYMPOSIUM: ESSENTIAL TOOLS FOR RESEARCH AND PRACTICE WITHIN THE PRACTITIONER DOMAIN

Chair: V Scherman

Psychology in South Africa is in an exciting phase with legislation on psychological assessment being amended, discussions on invigorating current processes like that of test classification being explored and the use of online technologies in private practice offering new challenges and opportunities for the field. The papers in this symposium will provide insight into these developments as well as some guidelines from a practical, methodological and ethical perspective to assist professionals in making informed decisions in practice. The implications of the amended legislation will be discussed and practical guidelines will be given in terms of what the changes in legislation mean in practice. In addition to mapping the legislative landscape, the use of both qualitative and quantitative methods in practice as well as instrument development will be showcased to illustrate how advances in methodology can be practically implemented. With the plethora of instruments being marketed, it is important to have some guidelines as to what constitutes a good test in order to comply with legislation. Finally, the ethical issues surrounding the use of technology in private practice will be presented.

Implications of the new assessment legislation for private practitioners

N Tredoux, S Laher

The South African Employment Equity Act gazette in 1998 stated that all psychological assessment was prohibited unless the assessment was shown to be scientifically valid, reliable, unbiased and fair to all groups. The Act was amended in January 2014 to include a clause on the need for all psychological assessments to be certified by the Health Professions Council of South Africa or any other body which is authorised to certify such tests. The addition of this clause has received mixed reaction from practitioners in private practice and public service, academics, researchers, test developers, publishers and

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distributors. Test users particularly those in industry are also uncertain as to the implications of the new legislation. The paper will unpack the implications of the amended legislation for all stakeholders. The current process of test classification and certification will be explained. The paper will conclude with some guidelines to assist the practitioner and test consumer to make more informed choices about tests and other assessment devices they intend using.

Utilising the case study approach (including the career construction interview) in career counselling-related research and practice to facilitate best practice

K Maree

Much criticism has been levelled against (and much has been written about the 'shortcomings' of) the case study approach in career counselling-related research. Some people have even argued that this approach cannot realistically be described as sufficiently evidence-based. However, given fundamental changes in the world of work, and the paradigmatic 'transgression' (delineated by Savickas in multiple publications) from "Vocational guidance" to "Career development", and eventually, a "Life design" approach, it has become clear that a changed approach is needed in career counselling theory and practice to serve the needs of clients 'best'. This paper will demonstrate the 'evidence-based merit' of using of a case study approach (using the Career Construction Interview) in postmodern career counselling. A case study (using the Career Construction Interview) will be presented briefly working with a participant in a one-on-one research setting and incorporating an integrated, qualitative+quantitative, interpretive paradigm. The use of a case study approach (incorporating an integrated, mixed-method approach to career counselling research and practice with the emphasis on tracing the longitudinal impact of the intervention) seems ideal to facilitate 'best practice' in career counselling and serve the needs of clients. This approach enables career counsellors to enhance clients' sense of self, help them experience an increased sense of personal authorship and provide them with renewed hope for the future.



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Assessing cognitive impairment and effects of sexual abuse in rural indigenous environments: methods, tests and dilemmas

S John

The South African Social Services Association (SASSA) is making a concerted effort to increase the number of valid grants for children and adults with cognitive impairment and physical disability. The author and her team work in a rural non-governmental organization in KwaZulu-Natal where the bulk of their work involves assessing children and adults in order to motivate for monthly government grants. Other assessments required of them by local police stations and law courts are for sexual survivors and sexual offenders under the age of 18. It has been the work of the psychology team to devise a battery of tests and questions that are culturally suitable for their purposes. In this paper, the author would like to present the tests and assessment models that her team currently uses, their usefulness and the dilemmas that arise from using these tests and assessment methods in rural indigenous environments.

Ethical issues surrounding the use of internet technologies by Psychologists in their practices

D Evans

Online technology is developing at a rapid pace and psychologists are increasingly using it in their practices. However the technology presents numerous ethical challenges which are not specifically addressed by current ethical codes and guidelines. The paper will explore the ethical issues raised by psychologist's use of email, instant messaging, social media, online searches for client information, online advertising, and cloud storage of client records. The major ethical issues raised are related to the potential risks of blurring therapeutic boundaries, uncontrolled self-disclosure, invasion of client's privacy, and breaching of confidentiality. In order to manage these risks it is important for psychologists to increase their competence with internet technology and it is also important for clients to provide informed consent to use these technologies.



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Evaluation criteria for test selection “what private practitioners need to know”

V Scherman

Practitioners are often confronted with a myriad of instruments to choose from in their practice in order to assist their clients. While some established tests are being updated in terms of psychometric properties and newly developed tests are being validated, there are also a great many tests on the market that are obsolete or which have poor psychometric properties. Practitioners are exposed to a limited number of tests during training and subsequent CPD activities. It is therefore essential that practitioners develop the skills to evaluate instruments independently. This is especially the case in South Africa where many tests that are used have been criticized on the basis of cultural validity. This paper will provide a brief understanding of the core concepts involved in assessing the psychometric information provided for tests. Other evaluation criteria which should be considered before including tests in test batteries will also be discussed.

Using mixed methods for successful instrument development in the South African context

M Reeves

Mixed methods research is a growing field of interest and its utility in the process of instrument design has not been widely explored. This paper demonstrates the value of using a mixed methods approach when developing an instrument to measure anorexia nervosa (AN) in men. A mixed methods research design allows for a theoretically dialectic approach to instrument development. The sequential use of a social constructionist lens and a post-positivist worldview would allow for a more valid and reliable assessment of the anorexic symptoms in men. It is argued that in order to more accurately measure AN in men, a better understanding of the current constructions of AN in men is needed. Once these constructions are understood, the use of a post-positivist view must be employed to develop test items and to examine the validity and reliability of the tool for use amongst men. Therefore, the use of a mixed methods research design will ensure that a new more reliable instrument is developed to assess the levels of anorexic symptoms in men.

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SYMPOSIUM: METHODOLOGICAL RIGOUR AND COHERENCE: DECONSTRUCTING THE QUALITY APPRAISAL TOOL IN SYSTEMATIC REVIEW METHODOLOGY

Chair: M Smith

Methodological rigour and coherence are essential components in research submitted for review or publication and research conducted in partial or full fulfillment of degree requirements. The elements constituting methodological rigour and coherence are not agreed upon or made explicit. More often than not the components are discipline-specific and linked to methodological approaches. Systematic review methodology specifically engages with the concept of methodological rigour as a core feature operationalized in the quality assessment tools. The variability in the construction of quality assessment tools are reflective of the variation in the theoretical and operational definitions of methodological rigour and coherence. Some tools only address methodological rigour and not coherence. The proposed symposium aims to discuss methodological rigour and coherence in the context of quality assessment tools used in systematic research methodology. The symposium consists of five papers including a concept paper on methodological rigour, a report on a quality assessment tool and three papers reporting on systematic review studies using versions of the aforementioned quality assessment tool. The symposium offers an opportunity to engage reflexively on the definition and operationalization of methodological rigour and coherence in the context of systematic review methodology.

A systematic review of studies reporting on the impact of positive peer relationships on adolescent risk taking behavior

G Franciscus, N Hardwick, L Van Niekerk, P Makopo, N Wilmot

Adolescence is a period of transition between adulthood and childhood. Behaviours developed during this phase can have a major impact on adolescent health and well-being. This developmental period is characterised by the search for identity and risk taking behaviour. Research highlights the negative effects of peer relationships in the process of risk taking behaviour, but the impact of positive peer relationships on adolescent risk taking has not been well researched. Although this gap is identified, research done is, focusing on

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negative peer relationships. The aim of this review was to report on studies that examine the effects of positive peer relationships on adolescent risk taking behaviour. A comprehensive search was conducted from March to September 2014 for English, Full-Text articles from 2004-2014, the databases PsychINFO, PsychArticles, Psychology and Behaviour Sciences, Cochrane, and SocIndex. The articles were reviewed using a three phase assessment. This assessment included identifying suitable articles based on titles, screening abstracts, and assessing full texts for methodological rigour using the SFS Critical Appraisal Tool to review the articles. Nine articles met the criteria and were included in this review. The findings provided empirical evidence that positive peer relationships are associated with decreased adolescent risk taking behaviour. A need still exists for further research regarding the topic. The paper also comments on the efficacy of the SFS critical appraisal tool.

Developing a critical appraisal tool: The SFS - Scoring system

M Smith, G Franciscus, C Swartbooi, W Jacobs, E Munnik

Systematic review methodology is considered the highest form of evidence based on the filtration process of available literature that culminates in the identification of good quality research. Quality appraisal tools are used to evaluate primary research for methodological rigour and coherence along specified criteria. A number of peer-reviewed published tools are available in systems or individually ranging from high specificity using focused methodology to low specificity focusing on general research principles. There is great variation in the number of questions included in assessment tools with some tools including fewer than ten questions. There is no consensus on the criteria along which rigour are to be established nor the optimal number of questions. Published systematic reviews have often favoured shorter tools and do not systematically report on the selection of the tool as a methodological choice. The aim of this paper is to engage with the underlying methodological and philosophical tenets underpinning assessment tools and the biases reflected therein. The paper reports on a critique of a selection of commonly-used tools and a new tool developed in response to the identified shortcomings. The SFS scoring system comprises of four versions namely: 1) quantitative studies, 2) qualitative studies, 3) intervention studies, and 4) psychometric properties. The tool includes eight subsections and provides opportunities for didactic input, structure for descriptive metasynthesis and a more nuanced way of engaging

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with methodological rigour. The instrument has been used successfully in 17 studies successfully and has been submitted for peer review and publication.

A systematic review of screening tools for social/emotional competence as a domain of school readiness

E Munnik, C Meyburg

This study reports key findings of a systematic review of screening tools that measure emotional and social competence in preschool children between the ages of 5-7 year in relation to school readiness. Searches of the published literature were carried out using four electronic databases and a wide range of search terms. Instruments developed during the period 2002 to 2012 were included and their psychometric properties were critically appraised. The methodology of the review followed the general principles of systematic reviewing, such as systematic search of databases, setting inclusion and exclusion criteria and a multi-stage filtering process. The review resulted in the retention of 4 articles, which are discussed in relation to key areas, including difficulties with defining the concept of social/emotional competence. This study confirmed the need for the inclusion of social/emotional screening as a measure of school readiness. In addition, it points to a requirement for a psychometrically sound screening tool to be developed for the South African context.

A systematic review of literature reporting on interventions for FASD

C Swartbooi, S Kesselaar, D Koorverjee, C Kriel, L Gertse, R Sekgoma

Prenatal alcohol exposure is associated with detrimental effects in individuals, including physical deficits, impaired learning and memory and behaviour problems. Prevalent studies have found that Fetal alcohol spectrum disorder (FASD) has the highest rate among those who live in the Western Cape, South Africa, especially in the low socioeconomic areas, which is a huge problem and needs to be attended to. This study chose to focus on pre-teens as this is an important developmental phase, since they are starting change physically, emotionally and behaviourally. A systematic review was undertaken to help filter information and help to compile and synthesise the data that was found. A

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thorough search was conducted between the years of 2004 to 2014. Inclusion and exclusion criteria were used. Data Tables were used as instruments and during this process. We worked with a vast amount of articles, which then scaled down to using 4 articles. We used a critical appraisal tool, to rate our articles, and see if they had enough rigour to be used in our research. These 4 articles were rated in the excellent range, indicating that they had suitability. They also demonstrated significance in implementing interventions for aiding pre-teens with FASD. These four articles that were reviewed, demonstrated interventions that assisted educational problems, memory and attention spans as well as challenges with social skills. These interventions were successful in aiding FASD.

Methodological rigour and coherence

M Smith

Methodological rigour and coherence is the cornerstone feature of systematic review methodology. This paper addresses the theoretical and of methodological rigour within the context of critical appraisal tools used to assess quality of articles and reports. The paper compares and evaluates 15 existing tools and their efficacy in assessing quality, ease of administration and the underlying assumptions, as well as the level of knowledge required by users. The results demonstrate methodological and publication biases and a general lack of systematic definition of rigour. Coherence has not been assessed.

SYMPOSIUM: RESEARCH CAPACITY BUILDING: IDENTIFYING ELEMENTS FROM SUPERVISION AND STAFF DEVELOPMENT

Chair: M. Smith

Postgraduate students are assumed to develop the capacity to conduct research independently and to evaluate their own work as internal supervisors through the process of thesis supervision. Thus upon qualification they are expected to be able to supervise other students and to reproduce/produce as neophyte academics or researchers. However, research indicates that new academics struggle with the

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transition to academia and often feel ill equipped for the task of research supervision regardless of time since graduation. The proposed symposium aims to identify the elements of research capacity as contained in the process of thesis supervision, and initiatives aimed at facilitating the development of research capacity in early career academics.

Strategies to develop research capacity in graduate students

A Hendricks

Research capacity building amongst postgraduate students is evidenced by the successful completion of degree requirements or graduation, but student retention and throughput is a problem. The study aimed to establish an evidence base of filtered information on interventions addressing the successful completion of thesis requirements in postgraduate students. The study design entailed a systematic review that explored published findings about research reporting on capacity building strategies and initiatives respectively. The researcher made transparency, non-biasedness during data extraction and using two independent reviewers to assist the principle researcher and avoidance of plagiarism which are essential when using a systematic review approach. The proposed study forms part of a larger parent study, which aims to identify factors that facilitate or hinder research capacity development in postgraduate students and new academics. The present study used an adaptation of the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) statement, which is aimed at improving the reporting of systematic reviews and meta-analysis. Extracted data were subjected to a meta-synthesis, which included descriptive meta-synthesis and theory-explicative meta-synthesis. Eight articles were identified as good quality articles based on methodological rigour. The good quality research identified 1) high quality supervision, 2) faculty modelling, 3) support and 4) protected research time as effective strategies or interventions that stimulate successful completion of the thesis requirement. The use of appropriate theoretical frameworks in understanding supervision was identified as integral to effective strategies. Limitations of the study were identified and recommendations for future research were provided.



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Strategies aimed at developing capacity in research supervisors

L Trimble

Literature suggests that a common problem is that novice supervisors are not adequately trained or equipped with the skills required in research supervision or in becoming productive researchers and recommend that intervention strategies aimed specifically at enhancing supervision capacity, be prioritized. Primary texts report positive effects on student output and timely completion in a range of intervention strategies aimed at enhancing supervision capacity including supervisor training. However, it is difficult to compare these individual reports without a systematic attempt at filtration in which studies are evaluated for methodological rigour. The aim of this study was to establish an empirical base of literature reporting on interventions aimed at enhancing supervision capacity which satisfies a threshold of methodological quality. The proposed study will be a systematic review evaluating literature from 2003 to 2013 that report on intervention strategies that are aimed at enhancing supervision capacity. Full-text, English articles within the UWC library databases were considered for inclusion provided that they report on the specified target group and focus of the study. Identified articles will be evaluated on three levels: titles, abstract, and full text. Meta-synthesis of included texts were conducted. The results suggested that six key elements or processes were identified within research supervision that can be used strategically to develop or enhance supervisory capacity in the services of retention, throughput and capacitation of students as productive researchers. Ethics clearance obtained from the appropriate committees at UWC.

Demographic and personal factors that impact completion of student research

N Rae

South Africa has one of the highest postgraduate dropout rates in the world. One of the main contributing factors to the high number of unfinished Masters and Doctorate degrees is incomplete theses and dissertations. Frequently postgraduate students complete all other course requirements but are unable to complete the independent research component. Ethics clearance for this study was obtained from the Senate research committee at UWC. This study used a

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systematic review methodology to identify appropriate literature on the personal characteristics and demographic variables of postgraduate research students and supervisors and the impact that these variables have on completion rates. The study evaluated this literature for methodological quality in order to enable comprehensive identification, evaluation and meta-synthesis of the current best evidence regarding personal and demographic factors which may affect the supervisory relationship and help or hinder completion rates. This resulted in the compilation of an evidence base of filtered information which can be used by individuals, institutions of higher education, and government or non-government organisations to inform individual practice, specialised training programmes and general psycho-education. The results indicated that there is empirical evidence from good quality research that personal and demographic variables impact the working alliance between students and supervisors, and ultimately the completion of the research. Race, gender, spirituality, academic history, generational status and socio-economic status were among the more prominent factors identified.

Strategies to enhance research capacity in early career academics: A systematic review

A Simons, M Smith

It is often assumed that early career academics have the capacity to conduct research independently; they expected to publish their findings, meet publication targets and to supervise student research towards completion. However, new academics do not have the necessary skills to conduct research. As a result, various strategies/interventions have been introduced to assist new academics in enhancing their research capacity. These interventions reported on in literature are from primary sources and fail to comment on either the methodological rigour or the quality of the studies investigating these interventions. Thus, the present study aimed to establish an empirical base of literature reporting on strategies or interventions aimed at addressing research productivity in new academics. The study incorporated a systematic review methodology to identify appropriate literature for inclusion, evaluate literature for methodological quality and provide a meta-synthesis of the findings of included studies. The review was conducted along three levels: 1) the title search yielded a search result of 755, from these only 63 titles were selected for possible inclusion; 2) The abstract screening resulted in 28 articles being included and 3)

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after the critical appraisal, 15 articles were excluded, resulting in 7 articles for final summation. The findings of the present study revealed that there is good quality research on research capacity building for new academics. The meta-synthesis revealed four core approaches to developing research capacity, namely mentoring approaches, theoretical formulations, research/evidence-based investigation as well as multidimensional and integrated approaches. Ethics clearance for this study was obtained from the relevant committees at UWC.

The impact of self-esteem on the working alliance between students and supervisors and the perception of thesis work as stressful

J Senekal

Successful completion of a thesis is an important part of a Masters degree, but has been identified as the most stressful element of the course. Understanding of the student-supervisor working-alliance may shed some light on ways in which universities may increase throughput and retention. Permission to conduct the study and ethics approval was obtained from the Senate Research Committee of UWC and all ethics principles were adhered to. The aim of this study was to establish if there is a relationship between self-esteem, network orientation and the student-supervisor working alliance and the perception of thesis work as being stressful. An incentivised, online survey using established measures of Self-Esteem (Rosenberg's Self Esteem Scale), Network Orientation (Network Orientation Scale), Working Alliance (The Working Alliance Inventory) and Perceived stress (The Perceived Stress Scale) was conducted with a sample of 73 masters-level students in the Community and Health Sciences Faculty of a historically disadvantaged university. The survey had a response rate of 24.5% after 4 follow-up mailings. Hierarchical regression analysis was used to establish the predictive relationships between these variables. The findings indicate that the perception of thesis work as stressful was found to be a function of Network Orientation controlling for and particularly in the presence of Working Alliance, Race and Self-Esteem. Self-esteem and Network Orientation were found to be reciprocally determining; and both could significantly predict working alliance as independent criterion variables. When combined, Self-Esteem dominated Network Orientation as a significant predictor of Working Alliance controlling for Race.



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SYMPOSIUM: SUPPORTING SOUTH AFRICAN CHILDREN TO ADJUST WELL TO CHALLENGING LIVES: LESSONS FOR PSYCHOLOGISTS FROM THE PATHWAYS AND SISU RESILIENCE PROJECTS

Chair: L Theron

Drawing on the findings of two multi-country resilience studies (Pathways to Resilience Study; SISU study), this symposium interrogates how psychologists can support resilience processes among South African children placed at risk for negative life outcomes. Ungar's (2011) Social Ecology of Resilience Theory is the symposium's departure point. Accordingly, resilience is conceptualized as a process in which children and social ecologies collaborate toward functional outcomes. The symposium comprises three parts. First, Linda Theron (South African P.I., Pathways and SISU) provides project synopses and critical comment on the urgency of understanding resilience as a culturally- and contextually-sensitive systemic process. Four papers inform Part Two. The first reports Pathways survey-findings to flag how mental health risk is differentially associated with resilience-supporting resources when youth consider their communities safe/unsafe, and that quality caregiving (but not caregiver presence) moderates this relationship. Paper 2 conveys SISU findings that illuminate how important school ecologies are to Gr. 1 children's resilience processes, and what this implies for educational psychologists. Paper 3 draws on SISU too, but compares South African and Finnish findings to highlight how context influences the expression of resilience-supporting processes. Paper 4 reflects on the meaningfulness of a creative repertoire of qualitative methodologies, and multiple social ecological voices, to elicit deep and trustworthy understandings of children's resilience processes. Part Three is facilitated by Dr Elzette Fritz (a practising educational psychologist and creative arts therapist) who will act as discussant and stimulate a critical dialogue about the usefulness of resilience research findings to psychological practice.



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Researching positive adjustment to Grade 1 using visual participatory methods: lessons for Research Psychologists

C Kahl

This paper aims to illustrate how visual participatory methods facilitate explanations from grade 1 children and their parents and teachers of how and why resilience-supporting social ecologies promote positive adjustment to grade 1 in a rural, socio-economically disadvantaged community in South Africa. A case study research method was employed with a resilient Setswana-speaking grade 1 boy (aged 7). This included contextually-appropriate methods to elicit voices of children, their parents and teachers (i.e., draw and talk methodology, photo elicitation, unstructured relational interviews and the day-in-the-life (DITL) video technique). Inductive analyses were supplemented by the SISU team's collaborative development of a code-book for follow-up deductive analyses.

Selected methods facilitated the boy's responses though he preferred talking compared to drawing, and taking pictures to explaining their meanings. Although initially coy with the video camera, practice exposure desensitized him for the DITL school video. The depth of the findings surfaced in combining methods where the boy's responses linked with his mother and teacher who provided similar (more abstract) explanations through interviews. The boy's drawings and photos primarily explained who and what helped him adjust well to grade 1, while the DITL video and adult interviews added how his social ecologies support him in known and context-specific ways. Research psychologists and practitioners working with children should anticipate differences in children's responses to known visual participatory methods and how to bridge challenges creatively by choosing suitable methods for all informants. Familiarization with children in advance helps structure methods and how it impacts children's routines and research engagement.

Resilience-supporting resources, caregiver presence, and quality caregiving: What matters for mental health?

L Theron, A Van Rensburg

The aim of this paper is to report how perceptions of resilience-supporting resources were associated with mental health when youths perceive their

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community as safe/unsafe, and how these associations were altered by caregiver presence, and quality caregiving. 1137 Sesotho-speaking adolescents completed the Pathways to Resilience Youth Measure (PRYM). Youth were sub-sampled according to ratings of their community as safe ($n = 478$) and unsafe ($n = 454$). The direct and moderating effects of youths' perceptions of resilience-supporting resources on mental health risk were determined using the PROCESS add-on for SPSS (Hayes, 2014). Reliability was determined by Cronbach Alphas. From the results it was evident that personal skills; peer support; social skills; physical care; psychological care; and educational, cultural, spiritual contexts were significantly and directly associated with mental health risk when youth considered communities unsafe. Caregiver presence had no significant moderating effects on these resilience-supporting resources. Experiences of quality caregiving had significant moderating effects on social skills and psychological care. When youth considered communities unsafe, 5 resilience-supporting resources (personal skills, social skills; psychological care, physical care, educational context) were significantly and directly associated with mental health risk. Caregiver presence had no significant moderating effects. Experiences of quality caregiving had significant moderating effects on one resource (personal skills). These findings suggest that supporting parents/caregivers to provide quality caregiving to at-risk adolescents should be prioritized by psychologists. Communities need to be aware that caregiver presence in and of itself is not sufficiently protective. Psychologists need to advocate for, and mediate, youth access to personal, relational and contextual resilience-supporting resources when youth consider communities unsafe.

South African and Finnish school ecologies that facilitate children's positive adjusting to first Grade in risk-filled communities: Lessons for Psychologists

T Khumalo, K Kumpulainen, L Malmivaara, L Theron, C Kahl, C Bezuidenhout, A Mikkola, S Salmi, K Leburu

This paper explores how Finnish and SA school ecologies facilitate children's positive adjusting to grade one in risk-filled contexts. Underpinned by the diverse contexts and education legacies of both countries, this paper provides a socio-ecological perspective to understanding children's positive adjusting. A multiple, illustrative case-study approach involving 18 children, their parents and teachers, who constructed visual and/or narrative accounts, was applied. In this paper, two cases, as processes, selected on the basis of being first grade

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children from socio-economically disadvantaged communities, one from each country are reported. The following methods were used for data generation: semi-structured interviews, Day-in-the-Life, Draw-and-talk, and photo elicitation. Ungar et al's (2007) "seven tensions" or, commonly recurring mechanisms of resilience as were used for deductive analysis. Across both cases, we found evidence of five of the seven mechanisms of resilience: constructive relationships, access to material resources, adherence to cultural norm and beliefs, a powerful identity and opportunities of control and efficacy. School ecologies are co-responsible for processes of positive school adjustment. Therefore recognizing the common and unique elements to resilience-promoting transactions and respect for the sociocultural and temporal positioning of children as they partner with their networks towards resilience are important. Active enquiry into how cultural systems shape resilience processes should continue. Psychologists should recognize the unique strengths, vulnerabilities, and values of specific children and their social ecologies.

Supporting Gr. 1 teachers to be purposefully supportive of adjustment to Gr.1 when parents are divorced

C Bezuidenhout

In this paper we report on qualitative findings from the SISU project, illustrating how five urban Gr.1 children coped well with the challenge of commencing Gr. 1 when faced with the additional adversity of parental divorce. A visual participatory study was conducted utilising participatory visual methods e.g. Draw-and-talk and Photo elicitation. The paper describes a multiple case study of five urban, seven year olds in the Gauteng region, who commenced Gr.1 in 2014. Resilience and positive transitioning to school is context-facilitated and intertwined with children's social ecological supports and own strengths. In particular, findings indicate that the school ecologies supporting children's positive adjustment include academic, emotional, social, pragmatic, and spiritual support. This is facilitated by purposefully supportive teachers; healthy teacher-parent contact; teacher recognition of the child's intrapersonal resources; and a supportive school system. In order to support positive transition to school and adjusting well to Gr.1 despite co-morbid adversities (such as divorce), educational psychologists should draw on and develop the social ecological resources of the child, and not only the child's strengths. One such ecology is the school system. Educational psychologists, especially those based at

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schools, should support and 'up-skill' teachers how to apply, purposeful support and to engage in resilience-supporting ways with their learners whose parents are divorced.

SYMPOSIUM: STRENGTH IN UNITY: POSITIVE INTERVENTIONS FOR COUPLES' CRISES, HUMAN TRAFFICKING AND SUBSTANCE ABUSE.

Chair: M Wilks

Proactive interventions and collaborative strategies between Registered Counsellors, Psychometrists, police and NGOs in the broader community, for effective mental health and rehabilitation programme sustainability. The three papers in this symposium highlight three areas where proactive interventions and collaborative strategies have the power to produce sustainable social change.

The role of Registered Counsellors in substance abusers' rehabilitation

S Andersen

This paper highlights the role of registered counsellors in the treatment of substance use disorder (SUD) within the context of the private sectors, more specifically within rehabilitation centers. The process of treating inpatient and outpatient SUD's involves addressing both the substance use disorder in conjunction with the trauma. Strength in unity is symbolized by the bringing together of counsellors in addressing the trauma in the recovery process of these addicted populations.

Couples in crisis: development of working images for the counsellor

F Snyders

Couples present the counsellor with reductionistic descriptions of their relational problems during the first session. The main initial task of the counsellor resides



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in amplifying these reductionistic papers to form useful working images of the problem in the counsellor's mind. The most important central themes to be considered are: (1) The referral process; (2) Genogram information; (3) Reciprocal double binds; (4) The larger ecology of the relationship; (5) Couple boundaries and spaces; (6) Energy and passion for living together in close proximity, commonly known as "love". In this paper each one of these nodal themes will be discussed briefly, culminating in an idiosyncratic "model" for each specific couple. The counsellor needs clear working images of the couple's dilemma(s), since the counsellor has to define an incisive relationship with the couple relationship.

Human trafficking and registered counsellors

S Smith

The aim of this paper is to highlight the role of registered counsellors in the treatment of female human trafficked victims within the context of a non-government organisation (NGO). The process followed by the Umgeni Community Empowerment Centre, an NGO in Durban, will be discussed. The process begins with spotters rescuing victims off the streets. Following legal and medical formalities, the victim is accommodated in a place of safety where trauma and related counselling such as drug addiction is provided. An integral part of reintegration is reuniting victims with their families. Strength in unity is symbolised in the NGO by the various role players from rescue to reintegration. This paper will discuss the process followed and reflect on aspects which worked as well as those that didn't. Lessons learnt will be presented.



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R o u n d T a b l e

What Makes A Successful PsySSA Division?

D Costello

The South African Society of Clinical Hypnosis (SASCH) will be facilitating a roundtable discussion on what makes a successful PsySSA division. During the PsySSA Inter-Divisional Meeting earlier this year it was noted how there is a need for more collaboration between the PsySSA divisions. SASCH invites all PsySSA divisions' executive committee members to attend this information sharing roundtable discussion, with a focus on institutional knowledge and what it takes to successfully manage a PsySSA division. This roundtable discussion hopes to foster growth and open channels between PsySSA divisions, to help facilitate more collaboration, learning and unity between the PsySSA divisions henceforth.

A Proposed Framework for Uniting Psychology in the Face of Health, Social, & Humanitarian Challenges: Debating Rules of Engagement in terms of Discussing Unity

D Den Hollander, S Pillay

Unity in diversity is a complex challenge for the field of Psychology, both theoretically and practically. Can Psychology be considered unified if psychologists disagree about what it is that we work with and how it is that we can work with it? This question contains two assumptions: firstly that unity and agreement are synonyms of each other, and secondly that multiplicity of methods of formulation threatens unity. Here, we argue that psychology can be united without agreement as long as the process - and not necessarily content - of unification is agreed upon. What then are the processes to which Psychology agrees to, or the rules of engagement, in order to maintain our multifaceted roles within a unified identity? The roundtable will propose a framework for engaging in future discussions and debates, with the intention that this framework will become a unifying feature amidst theoretical and practical diversity. The framework consists of four guiding legitimations for the participants to negotiate with in their debate, which are: validity, effectiveness, ethics, and usefulness. Psychology is dependent on these four guiding legitimations to protect it from

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pseudoscientific, harmful and fraudulent work. In accordance with the call for this Congress: to “reflect Psychology as science, profession and practice”, this roundtable discussion attempts to deliberate this question in the three contexts of Health, Social and Humanitarian challenges within the South African context.

An Innovative Approach to Strengthening Counselling In South Africa

L Fisher

Given South Africa's past and its current psychosocial milieu the need for counselling services in South Africa is more urgent than ever before and yet juxtaposed against this is politics, power relations, tension, ambiguity and confusion of the role and professional identity of the Registered Counsellor. Despite the high hopes envisaged for the Registered Counsellor there is considerable disparity, disillusionment, high levels of de-motivation and lack of job opportunities for Registered Counsellors. Registered Counsellors have a profound role to play as the hands and feet of a relevant psychology at work in diverse South African settings. In order to build the response capacity necessary to intervene and address the depth and breadth of South Africa's mental health challenges the round table discussion will bring stakeholders in the counselling profession together so as to act collectively and proactively engage in long-term strategic planning with a set of core principles that will guide the growth and healthy development of the profession of counselling and the Registered Counsellor within this context. The round table discussion seeks to jump start a “rethink, relook and regenerate movement” of counselling professionals who innovate around the following question: “Where does counselling want to be in this country by 2020 and how are we going to get there?” Innovation is not always easy and gaining consensus among invested stakeholders can be challenging. Good communication and collaboration will be needed to promote openness to seeing things in a fresh and new way.



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Radical Student Activism: The Importance of Psychology Students' Role and Voice

A Hoque, H Nel

The recent statue protests sent a ripple across South Africa, shedding some light on contemporary activism in universities. With the legacy of apartheid still a common public topic, what role should psychology students be playing in shaping opinions? How should they be supported, coached and utilised in research at the grassroots level? South African Psychology students' perspective on student activism has not been expressed through literature nor research endeavors. The current students are the future decision makers and their actions now contribute to their developing identity within the professional sphere. Views of the representatives from psychology societies in South African universities will be highlighted in this discussion in an attempt to provide a holistic perspective of the attitude towards student activism. We bring together experts in the field to discuss and debate the merits of student activism, the role of psychology to mediate between radical ideologies and actively participate in the solutions to current unaddressed social silences prevalent in our universities.

Developing research ideas into meaningful projects

A Pillay, K Maree

Although psychologists receive substantial training in research methodologies, most are anxious about engaging in research and, as a result, are reluctant to follow-through on ideas to explore specific areas of interest. The presenters have conceptualized this roundtable in response to queries from newly qualified psychologists' intent on developing their research ideas into small investigative projects. The paper discusses some basic steps to help aspirant researchers evolve their ideas into meaningful projects. Further, it will elaborate on some of the key steps leading from germinal ideas to executing methodologically appropriate research studies. This conversation will open the opportunity for discussion and debate and participants are therefore encouraged to participate. Space will also be provided for delegates to gain input regarding their research ideas.



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Academic journal article writing & online submissions

A Pillay, A Kramers-Olen

The session is aimed at helping novice authors in their quest to publish their work in academic journals. It addresses some of the writing and related difficulties encountered by authors planning to submit manuscripts for publication. New authors often meet with rejection responses and negative feedback due to non-adherence to the basic best-practice approaches. The paper will cover some of the writing, formatting and styling guidelines that serve to enhance the paper, coherence and acceptability of academic papers. Considering most journals use online submission systems, this aspect will be also be discussed. In addition, some of the rules and etiquette involved in manuscript submission to academic journals will be outlined. Following the paper, the session will focus on getting participants to reflect on their own experiences, ask questions and clarify issues about academic journal writing.

Transforming Psychology: Application and Practice Issues

N Pule

The ideal of transformation in the context of South Africa can be located and contained within the preamble of the Constitution of South Africa. As a result, this has been the journey towards which the country has embarked for the last 21 years. The ripple effect of this journey has been seen in the change of policies, legislation, culture and socialisation of people in the country. The conversations in therapy, as well as modes of intervention, have been challenged; and in some instances, adjusted; in order to become relevant to the needs of the South African people. The workplace has also seen a shift which warrants a discussion on the application and practice of psychology in this era. There have also been vigorous discussions and a Scope of Practice for Counselling Psychology was promulgated in 2011. Within this context, this roundtable intends eliciting discussion on how transformation informs the scope of practice of Counselling Psychology. We also explore the impact of transformation in the work of student counselling centres and HE sector, the discourse of transformation in therapy as well as the transformation in the workplace. As an outcome, we seek to learn

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about the relevance of Counselling psychology in the context of transformation in SA.

Transformation in Psychology Training and Qualification Issues

N Pule, C McCain

The diverse population that comprises the South African society is not easily navigated by Psychology professionals. For this purpose, it is vital to the South African public's well-being that the professional training programmes offered at Higher Education Institutions (HEI) be aware of the socio-political imbalances, both past and present. Through being proactively engaged in transformation by way of the selection of candidates; as well as offering a curriculum which is tailored to the unique and diverse population which we serve; HEIs can act as a vehicle of transformation. This roundtable discussion will focus on how HEIs can provide South Africans with trained professionals who are able to best serve the public by working in diverse settings within the context of an ever-changing South Africa.

The Colour of the Dress: Has Psychology Missed a Trick?

F Seedat, A Pillay, S Pillay, D Evans

Not often does a perceptual phenomenon generate as much interest, debate, discussion and entertainment value as 'the dress' and particularly its colour. While the authors are not necessarily experts in the area of perception (or dresses), they have concerns in a related area, namely Psychology's failure to own the theoretical area under discussion. As a result the discipline appears to have missed an incredible opportunity to engage young people on their own turf while simultaneously cultivating their interest in psychology and psychological phenomena such as perception. Psychology ought to be using every opportunity to lure young people into the field and nurture their interest in human behaviour. It is necessary to ensure more young students choose Psychology as a field of undergraduate study because of an interest in the field and its theories, rather than the field simply being viewed as one with possible job opportunities.

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Five Years On: Reflections on the Work of the Professional Board For Psychology

T Sodi

The current Professional Board for Psychology was inaugurated on 26 July 2010. In line with its mandate, which is to protect the public and to guide the profession of psychology, the Professional Board identified a number of strategic objectives that it sought to achieve during its term of office. Some of these key strategic objectives are:

- To develop and implement policies, guidelines and regulations that are in line with applicable legislative mandates and national health initiatives;
- To set and implement ethical standards for the profession of psychology;
- To ensure that minimum educational standards for the profession of psychology are in line with the national legislation and policies; and;
- To promote meaningful dialogue between the Professional Board and the stakeholders.

This roundtable discussion is aimed at providing a platform for the Professional Board to report on its activities to the stakeholders. The work of the different committees of the Professional Board will be highlighted. Some of the Board's achievements in the last five years will be highlighted. Similarly, some of the challenges faced will be discussed. Majority of the time is allocated for participants to engage with Board members and to give input on current policy proposals.

The Board for Psychology and PsySSA – Engagement for amending and applying professional ethics

L van Vuuren

The Board acknowledges that PsySSA does much to research and promote the profession's ethics. The HPCSA, through its Board for Psychology, has taken notice of this and decided to engage with PsySSA in an open discussion format with a view to co-design the way forward towards amending and applying professional ethics. The Committee for Preliminary Inquiry (the Prelim Committee) of the current Board (2010-2105) annually considers approximately 120 new cases of complaints lodged against psychologists in all categories of

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psychology. It is clear that in many cases practitioners walk an ethics tightrope through ignorance of ethical rules or incompetence. Irrespective of whether these cases are dismissed, investigated further or practitioners found guilty, a number of patterns of recurring ethical transgressions by psychologists have emerged. Furthermore, the Prelim Committee has for the duration of its term paid particular attention to the adequacy, or not, of the current Ethical Rules of Conduct for Psychologists. Several grey areas that require more clarity in the rules and areas that are not covered by the rules as they stand, have been identified. In its role to guide the profession of psychology, the Board is committed to ensure that the regulated ethical rules are reviewed and updated to account for ethics challenges for psychology practitioners. To avoid a top-down approach, the intention of the Board is to engage with the profession on amendments to ethical rules. This roundtable discussion will have a dual thrust:

1) feedback from the Board on the ethics transgressions committed by psychologists and some suggestions on how to address these from an educational perspective, and

2) a dialogue on the role of PsySSA in an intended 2016 ethical rules update process.

Exploring contemporary challenges for psychology within the South African context

L van Zyl, A Lombard, M Matlala, J Nel, P van der Merwe, A Westraat

The practice of psychology has shown signs of fundamental change in recent years, which brings about unique opportunities and challenges. First, psychology has evolved beyond its traditional health/well-being related applications into areas such as robotics and artificial intelligence, psycho- and statistical physics, neurobiology, computational linguistics and behavioural economics. These areas are not driven by psychologists, but rather physicists, technologists, medical practitioners, roboticists and economists. Psychology is therefore not confined to the elite guild of like-minded, similarly trained and legislatively regulated psychologists anymore. Second, the practice of psychology has become more regulated and statutorily formalized, which increases the chances of (a) misalignment between regulatory bodies, (b) legislating broad/vague scope of practices, and (c) ambiguity associated with the roles, functions and tasks of psychologists. Third, the transformation of the profession is a key national strategic imperative, yet slow progress in this regard

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has been made. Fourth, given the rapid growth of the broader profession and areas of specialization, misalignment between tertiary educational institutions relating to the training of psychologists have occurred. Fifth, significant advances in the discipline is restricted from mass-adoption as a result of traditional journals denying access to research through expensive pay-gates. Finally, the multiplicity of approaches, specialization areas, categories of registration and the deleterious history of psychology within South Africa, has proven detrimental to the growth of psychological sciences because of a lack in cogent dialogue within our own community. As such, it's high time that the professional psychological communities engage on these topics, as it is absolutely essential for psychology to thrive as a discipline and profession of its own in the future. Therefore, the purpose of this panel discussion is to explore the contemporary challenges of psychology within the South African context. The specific objectives of this discussion will be to:

Discuss the contemporary challenges facing the discipline and profession of psychology within the current and future world of work; and

Explore possible strategies to address these challenges and means to capitalise on opportunities for growth.



THEMATIC ORAL SESSIONS

Thematic Oral Sessions

Black female sexuality: Still a struggle?

N Afrika

Most of South African female sexuality research has pointed out the vulnerability and powerlessness of young Black women when it comes to their sexuality by highlighting the link between Black women's sexuality and violence/disease. Studies show that an overemphasis on negative discourses shapes the way Black women understand their sexuality; it denies an opportunity for their sexuality to be understood and ignores their expression of agency. The focus of this research is to explore how associating Black women's sexuality with women's inequality and psychosocial ills like HIV/Aids and interpersonal violence contributes to Black female students' sexual lifestyles and experiences. Black female students registered at Cape Peninsula University of Technology were invited to take part in the type of research that will focus on documenting how they understand and experience their sexuality. The social constructionist and feminist research frameworks were used to create a comprehensive knowledge of sexuality that is essential to acknowledge and validate females' experiences regarding their sexuality. This knowledge will also encourage sexual communication skills, all of which will contribute to personal qualities with attributes like self-confidence and responsibility. Data will be compiled over a period of three months into data sets consisting of artefacts from team-building experiences facilitated by myself, observations of group interactions and the participants' journal reflections. It is concluded that this research can serve as a valuable adjunct to student development and gender equality.

Guarding inequality

S Ajudhiya

Inequality is pervasive and widely studied in South Africa. However an important factor that is missing within this research area is the reported experiences of inequality. That is, amidst the quantitative measures on inequality there is no description of how inequality is experienced. An arena that provides a potential study site for such an inquiry is Gated Communities (GCs). This urban site serves to spatially separate classes and resources. Thus, the physicality and

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ideology of GCs exemplify inequality in South Africa. Security guards of GCs embody a highly routinized version of inequality. On a daily basis, these security guards, who are starkly unequal to the residents of GCs, are required to protect, guard and serve. Therefore, understanding their daily exposure in these roles potentially offers us a window into quotidian experiential accounts of inequality. One way of accessing these accounts is through the use of interviews. The present study, uses an interpretative phenomenological analytic (IPA) approach to conduct and analyse semi-structured interviews with security guards from GCs. Findings from a preliminary analysis will be presented. It is hoped that these will provide a starting point for describing, understanding and explaining the phenomenon of inequality beyond its current formulations as a largely economic index.

Exploring the utility of the Eating Disorder Inventory items for South African males

P Allnutt, M Reeves

Studies which utilise self-report measures of anorexic symptomatology, such as the Eating Disorder Inventory (EDI), have yielded unreliable results when administered to men. A possible reason for this is that there are items on this particular measure that are problematic for use amongst men. Semi-structured interviews were conducted with 12 male 3rd year South African university students, exploring their perspectives of the questions on the EDI. Thematic analysis was used to analyse the interview data. The results from these interviews indicated that males focus on different body parts compared to women. As a result of this, it was found that the phrasing and content of certain items on the EDI may need to be adapted, in order to make them more appropriate for men. This study makes suggestions regarding possible adaptations to be made to specific items on the instrument. This research therefore contributes to the literature on the assessment of anorexic symptoms in men and suggests how the EDI may be altered to make it more appropriate for use amongst men.



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“Gendered silences”: Hegemonic constructions of discrimination of LGBTI individuals in higher education institutions

Y Ally

This paper focuses on the construction of an appropriate language/discourse to be used when addressing gendered issues, with specific reference to those faced by LGBTI individuals in higher education institutions with the vision of an integrative future discourse. We argue that higher educations are essentially hegemonic in terms of ideology and this manifests in certain language/discourses that infringe on the rights of others and lead to discriminatory practices. In acknowledging this and aiming for a discussion about the appropriate discourses, as acceptable for both the dominant and the minority discourses, we (re)present two discourses in this paper and attempt to identify how these discourses, one written by an Indian South African male and one written by a White South African transgendered female allude to different hegemonic realities within the higher education sphere in order to illuminate contrasting and conflicting language/discourses that require negotiation for integrative meanings acceptable to both parties that could result in community building. We highlight how current constructions may be responsible for discrimination but acknowledge the rights of both parties and advocate potential ways that LGBTI advocacy could enhance its own visibility in higher education institutions, while respecting the need for integration.

The implication of the fear of witchcraft on social cohesion in South Africa

Y Ally

This paper explores beliefs about witchcraft in a sample of community members in South Africa with the aim of showing that the fear of bewitchment dislocates important linkages and networks between people. It is argued that witchcraft beliefs are imbued with the fear of bewitchment. This is most evident with witchcraft's associated violent consequences that affect the lives of more women than men. Interviews with community members in South Africa provide us with a context to understand the emotional response discourses that witchcraft opens. This allows comments on how witchcraft beliefs are fused with fear, which mobilises community members towards behaviour against those accused. As a

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consequence, violent behaviour becomes an acceptable outlet in coping with witchcraft accusations. It is argued that increased distrust amongst community members leads to tension and interpersonal conflict therefore breaking down networks implicit to ensuring harmony. The implication this has on violence prevention interventions will be discussed taking into account the importance of the depletion of social cohesiveness amongst community members as a major factor influencing its successful implementation.

Female sex workers in Johannesburg experience of love in intimate relationships

Y Ally, D DeVilliers

This paper examines female sex workers experiences of love within intimate relationships. Given that sex is commonly believed to be associated with love, it becomes imperative to understand the influence that sex work may have on the expression of love within intimate relations. This understanding will shed light on sex workers intimate relationships and the spaces that define it. Particular focus will be on exploring factors that may be the outcome of estranged intimate relationships as well as factors that may be protective against partner abuse. Interviews with female sex workers in Johannesburg are used as the primary source of data. We present some of the themes that emerged and discuss the implication this poses for psychological professional interventions with sex workers.

Teenage pregnancy: Exploring the systems of support and academic aspirations of teenage mothers

Z Amod, N Smith, V Halana, A Vorster

In light of the high rate of unplanned teenage pregnancies worldwide and in sub-Saharan counties including South Africa, this research sought to explore the experiences of support and the challenges faced by teenage mothers as well as their academic aspirations. This study draws on the eco-systemic approach to understand teenage pregnancy as a psycho-social issue faced in South Africa. The study was based on a qualitative phenomenological research design using

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a volunteer sampling method. Fourteen teenage mothers between the ages of sixteen and nineteen years were interviewed through semi-structured interviews. Data was analysed using thematic content analysis. The participants identified several causes of teenage pregnancy which included poverty, peer pressure and a lack of awareness of sexuality. Although the participants were aware of possible consequences associated with risky sexual behaviour, they continued to engage in unprotected sex. It was clear that the participants understood the consequences of not completing school and the negative impact that this could have on their career and the future of their children and this motivated them to return to school and complete schooling. The study also revealed that most of the teenage mothers were not aware of the inclusive education policy and were dissatisfied with the sex education which they received at school. This has implications for government policy on inclusion and the sex education programmes offered at schools.

Exploring the dimensionality of the English Comprehension Test

D Arendse, D Maree

The empirically designed English Comprehension Test (ECT) was developed as a means of assessing individual's English comprehension skills. The test development led to two versions of the ECT being piloted during 2010 and 2011 respectively. The need to assess the structures emerging from these two test version became crucial as this would assist in establishing construct validity. This study involved an exploratory inspection of the structures of the ECT, with the use of factor analyses and multidimensional scaling. These two techniques revealed a dominant factor for both versions of the ECT, thereby endorsing unidimensionality 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. A major limitation of this study is the restriction of range and lack of generalizability. This study promotes further investigation into the constructs being measured by the ECT which will allow construct validity to be established.



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Post-graduate selection process in a post-apartheid era: Guidelines to eradicate the silent academic oppression in the psychology discipline.

J August, P Shabane

With the changing landscape in South Africa, from the apartheid era to the current post-apartheid era, there still remains a shortage of non-white psychologists in South Africa. This is due to the inequality found in the selection process of the Honours, Registered Counselling and Masters degrees in psychology programmes. This study focuses on previous work undertaken in South Africa that addressed selection, perceptions and the relevance of Psychology. This paper suggests a guideline, based on the Pareto principle that is culture specific which could be used for the selection of post-graduate students. The guideline takes on the form of a two-phased approach, the first being the screening phase with specific indicators, and the second an interview/assessment phase. In addition, a competency library for selection in psychology has been developed by the researchers, who propose that this be used during the selection phase. These guidelines aim to make the pursuit of psychology on a post-graduate level more accessible to the 80 per cent of previously disadvantaged undergraduate students, thereby eliminating the drop-out and course change rates found within this discipline. Furthermore, by having the previously disadvantaged 80 per cent in postgraduate programmes, institutions will achieve a 100 per cent equality rate in the selection process, thereby broadening both the demographics and the contextualisation of this discipline whilst still incorporating the previously advantaged 20 per cent in this post-apartheid era.

An introduction to Teddy Bear Therapy: A family systems approach to child psychotherapy

L Beyers, W Phipps

In the South African context there is a significant need for effective and innovative child psychotherapy. Throughout the years there has been little support for the effectiveness of traditional child psychotherapy. Teddy Bear Therapy proposes a solution. Evolving from Play Therapy and Gardner's Mutual Storytelling Technique, the late Charl Vorster developed what he termed 'Teddy Bear Therapy', which essentially combines an element of play with storytelling. A

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conjoint story is created with the child about a teddy bear who faces similar difficulties as the child. The therapist communicates with the child on his/her level, facilitating a sense of empathy, congruence and unconditional positive regard between the child and therapist. The introduction of the teddy bear is the key to the success of this form of therapy as it redefines the child's role as 'identified patient' to that of 'helper'. Teddy Bear Therapy thus empowers children to solve their own problems as the teddy is the one in distress - not them. Furthermore, the system in which the child functions in is extended with the inclusion of the teddy bear to the family. Thus, punctuating from a systems perspective, the value of Teddy Bear Therapy is that, the teddy bear becomes part of the system the child functions in, hence bringing about change in the whole system and not just the child. This paper will provide an introduction to Teddy Bear Therapy and illustrate its value for psychotherapy with children.

A study into how adolescents, ages 14 to 18, diagnosed with attention deficit/hyperactivity Disorder (ADHD) perceive their relationships with their caregivers

A Botha, J Pieterse

This study focused on how adolescents between the ages of 14 and 18, who have been diagnosed with ADHD, perceive their relationship with their caregivers. The study obtained participants between the ages of 14 and 18, who have been diagnosed with ADHD, who attended the private school of Curro Durbanville. The participants were Afrikaans and English speaking females. The theoretical framework chosen for the study was the phenomenological approach. The participants' parents had to complete a questionnaire upon which a semi-structured interview was scheduled with each participant. The findings of the study focused on the following themes: siblings, routines, discipline, family activities, relationship with parents, and the effect of ADHD on the relationship, the influence of medication on the relationship and parents with ADHD. Based on the participants' responses, these prominent themes influenced their perception of their relationship with their caregivers. The overall perception of the adolescents' relationship with their caregivers, were positive in nature.



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The influence of absent fathers on adolescent males' understanding of fatherhood based in Pretoria, South Africa

W Boucher

Research concerning the various benefits of involved fathers has expanded over the last decade. These developments have acknowledged how the experiences with a child's father may impact the child's understanding of fatherhood. The research of how adolescents who grew up without a father perceive fatherhood before taking on the role still requires more focus. This study examines the stated experiences of adolescents with absent fathers on the expectations and roles associated with becoming a father. Respondents will be eight high school males in Pretoria (between the ages of fifteen and eighteen) who are not yet fathers. The socioeconomic status of the school can be described as lower middle to upper middle class. The participants will all have similar characteristics, in that all are male of a similar age range and have experienced life with an absent father; as such purposive sampling is used. Semi-structured interviews will be used to gather the data and the analysis will rely on an interpretative phenomenological analyses. The interview will be transcribed in Afrikaans then translated to English. This approach in conjunction with Jefferson Lite, will be used to analyze the transcribed text from the interviews.

The predictive relationships between working memory skills within the spatial and verbal domains and academic performance of Grade 2 South African learners

L Bresgi, Z Amod, A Vorster

The Annual National Assessments (ANA) results for 2014 revealed that mathematical and literacy performance in South Africa continues to be of major concern. A well-developed foundation of research, including Decker and Holmes, Adams, and Hamilton, indicates there is evidence linking working memory skills to learning and numerous empirical studies show that working memory is specifically important in the development of children's literacy and mathematical abilities. Furthermore, Alloway and Holmes et al. note that the majority of learners with learning difficulties manifest noticeable impairments in working memory function. With an increasing emphasis by the Department of Education on learners being able to meet the national standards in mathematics

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and literacy, a study such as this one may facilitate a broader and more informed understanding of why students fail to achieve. Taking this into consideration, the aim of this study is to investigate the relationships between working memory within the spatial and verbal domains and academic performance of Grade 2 South African learners. Archival data will be used in investigating the relationships between children's academic performance and their scores on the Automated Working Memory Assessment. The data will be analysed using correlational analyses. Understanding how working memory, reading and mathematical performance are related, may be valuable in uncovering the factors that influence overall academic performance.

Community emotions and the reintegration of ex-offenders

M Brubacher

Ex-offenders return to the community on a regular basis. Whether ex-offenders are successfully reintegrated into the community can have an impact on the likelihood that they commit crimes in the future. The successful reintegration of ex-offenders depends, to a large degree, on how members of the community feel towards ex-offenders. In the proposed study, participants will read one of three scenarios describing a person who committed a crime, served a punishment, and is about to return to the community. Participants will then rate the degree to which they feel anger, contempt, disgust, fear, and sympathy towards the ex-offender. Participants will also report their inclinations regarding three aspects of reintegration: how likely they would be to offer employment to the ex-offender, the degree to which they support the use of public assistance to help the ex-offender, and how comfortable they would be if the ex-offender lived in their neighborhood. Using multiple regression, each of the three aspects of reintegration will then be regressed on the five emotions. The results will reveal which emotions are related to the public's willingness to have ex-offenders reintegrated into the community. Understanding the concerns of the public, on an emotional level, could help inform efforts to reintegrate ex-offenders, which could subsequently serve to reduce the likelihood that ex-offenders will reoffend.



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Personality disorders in the DSM-5: Too complex or too simplistic?

A Burke

Considering personality disorders as psychiatric disorders, and including these disorders in the DSM classification system has been an ongoing debate for many decades. The APA task team for personality disorders clearly debated these issues, and tried to find a way to address these. Their task was complicated by two important factors, i.e. doing away with a multi-axial classification system, and the fact that the DSM-5 has adopted a neurocognitive paradigm for the classification and description of disorders. Early proposals for the classification of personality disorders by the APA were met by great resistance from clinicians. In this paper I will highlight how the APA tried to appease clinicians as far as possible in the DSM-5.

The (neuro)psychology of evil: Beyond philosophy and theology

A Burke

In this paper I argue that as a word, evil has been with us since the beginning of human language, but it remains a poorly defined construct. For example, in the King James version of the bible, the word is used 613 times, but one does not find a detailed description of what is meant by evil. One could therefore argue that the roots of the construct can be traced back to religious texts, and is used to indicate behaviour in opposition to a benevolent, omnipotent, and omniscient God. Philosophers have been grappling with the concept of evil for centuries, and psychologists such as Jung and Freud have also alluded to it. The construct was brought to the forefront again by both Presidents Bush (“axis of evil”) and Obama (“Such evil is senseless, beyond reason”). The question is thus: What is evil and where is it located? In this paper I will put forward a secular, (neuro) psychological model of the construct.



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Family members' perceptions of stigma of individuals with Schizophrenia in South Africa

T Campbell

Stigma is a construct which is conceptualised as pervasive and highly influential during interpersonal experiences. Mental health stigma is highly prevalent and results in various negative consequences for individuals with schizophrenia and family members. The concept of stigma has been conceptualised as an attribute which is severely discrediting resulting in human differences becoming highly observable in social interactions. This research explored family members' perceptions of the stigma attached to schizophrenia in South Africa through an interpretive, qualitative research design. The sample consisted of family members of individuals with schizophrenia including mothers, fathers, sister-in-laws and grandmothers ranging between the ages 35 - 60 years old. The sample was obtained through a purposive sampling technique which adopted a maximum variation strategy. The data was collected over a period of one month through semi-structured interviews which were recorded and transcribed. The interview schedule was developed in accordance to themes evident in the literature on mental health stigma and schizophrenia. Five themes were identified through the use of thematic content analysis. The themes included concealability, disruptiveness, peril, social distance and controllability. Findings were explored within a social cognitive paradigm using attribution theory. Of significant interest was the identification of peril amongst the types of stigma discussed by the participants. Peril refers to feelings of threat or danger evoked in others as a result of the difference, namely schizophrenia. This paper explores the theme of peril in greater depth.

Initiating field-testing research on sexuality-related conditions in developing countries

M Campbell, R Robles, B Khoury, S Daouk, D Vieira, S Dan

The ICD is in the process of revision with publication of the ICD-11 planned for 2017. Improved clinical utility is a key goal. Formative and evaluative field-testing is an essential element in this revision process. Evaluative field-testing includes the consideration of cultural sensitivity, relevance and appropriateness of proposed revisions across a range of developed and developing world contexts.

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However, contextual factors in developing countries can make the initiating of field-study research challenging. A multi-stakeholder approach that engages a broad spectrum of those potentially impacted on by proposed revisions in field-testing protocol development may be one helpful method of initiating research in these contexts. A multi-stakeholder approach was used to initiate field-testing research for proposed ICD-11 revisions of sexuality-related conditions across Brazil, Lebanon, Mexico and South Africa. Within these developing countries contextual factors such as poor sexual health and sexual rights education, little specialised training for sexual health clinicians, limited access to sexual health treatment facilities, discriminatory attitudes and laws discriminating against sexual rights created barriers to field-study research in the area of sexuality-related conditions. A multi-stakeholder approach promoted the planning of pragmatic research protocols that accommodated local resources while taking these contextual challenges into account.

Psychology lecturers' narratives of inclusion and exclusion in the psychology curriculum in higher education

R Carolissen, T Shefer

For many years, the psychology curriculum has been critiqued for being elitist, Euro-centric, racist, patriarchal and classist. Prior to and post 1994, many psychologists, especially those who mobilized against apartheid, made great efforts to reshape the discipline and profession. Many of these efforts were directed towards more equitable racial and gender distribution in the discipline and curriculum development to disrupt the dominance of western and northern scholarship in psychology. Some of the debate on transformation in the discipline has focused on the psychology curriculum. Such efforts included developing multiple texts that represented local experiences and challenged traditional asocial and ahistorical thinking in psychology. Even though texts have been significant and authorship has shifted in terms of race and gender, psychology training and the profession continue to reflect a skewed classed, gendered and racialised demographic. It is for this reason that the current narrative study aims to explore psychology lecturers' narratives about curriculum in professional psychology education. Ten in-depth interviews were conducted with psychology lecturers who have at least five years' experience. Data were analysed using narrative analysis, focusing particularly on narratives of inclusion and exclusion in the psychology curriculum in higher education. The implications of the results for curriculum transformation are discussed in this paper.

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Impact of workspace change on organisational outcomes

H Chunilal & A Thatcher

Worldwide organisational workspaces are changing dramatically due to the social, legal and economic pressures. Organisational workspaces must support the rapid technological enhancements, the balance of privacy and collaboration as well as the dynamic organisational changes. This dynamic change in organisations is essential because maintaining and operating a building is less costly than employing people, and spending money on enhancing and improving the physical workspace may in turn increase productivity. Therefore it is critical to understand the manner in which the design of an office workspace impacts on employees perceived productivity, job satisfaction and well-being from moving from a conventional building to a green building. This study investigated whether there was a change in workspace aspects, perceived productivity, job satisfaction, and well-being of employees from a change in buildings. The sample included employees situated in a conventional building and then moved to a green building in Sandton. This study adopted a mixed methods approach in which questionnaires were sent out at time 1 and time 2, followed by conducting one-on-one interviews with participants. The data was compared over two time frames, which were 8 months apart. The results indicated improved workspace aspects, a slight increase in psychological well-being and job satisfaction, and a decrease in perceived productivity, and physical well-being from a change in buildings.

The experiences of Clinical Psychologists in the role of organisational consultant and coach

F Cilliers

Clinical psychologists who take up organisational psychology roles experience significant changes in themselves, their approach to 'the other' (employees, managers, leaders) and psychological outcomes. The aim of this research was to explore the nature of the experiences of such psychologists taking up the role of organisational development consultant, individual and team leadership and executive coach in large organisations and the corporate environment. One hour individual structured interviews were conducted with 9 clinical psychologists who have been working in organisational psychology roles for at least five years.

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The interview protocol consisted of six questions. Detailed field notes were content analysed. Trustworthiness and ethicality were ensured. The findings report on the clinical psychologist's motivation to enter into a large system and to work in a fast paced business environment; the employer's motivation to include a clinical psychologist in an organisational psychology context; their experiences of crossing the boundary from the private and intimate consulting room into the busy-ness and complexity of the organisation as an open system; their coping difficulties in terms of professional work and relationships; their contribution as clinical psychologists compared to organisational psychologists; and their new professional role identity. The findings were integrated in a research hypothesis to stimulate further research. Conclusions were formulated in terms of the clinical psychologist's experiences of adapting to this environment, and in terms of their unique contribution to organisational and leadership effectiveness.

Negative volunteering experiences: Looking through the lens of Transactional Analysis

N Coetser

In South Africa, a great number of psychology students enter into student volunteer programs each year in order to gain some much-coveted experience and in the hopes of achieving personal growth. However, not all of them find the positive growth and experience that they were looking for, but rather leave these programs feeling disappointed. Because of the sheer number of psychology students involved in volunteer projects, it is in the interest of psychology departments to understand why some volunteers have negative volunteering experiences and begin to find ways to reduce such experiences. This paper will focus specifically on the EchoKnights student volunteer project. This project targets the academic development of teenager living at Echo Youth Development (a non-governmental organisation that focuses on providing housing for youths in distress). It does this by providing psychology student volunteers as tutors for the teenagers. In this paper I outline my personal reflections on my experience as project leader of the EchoKnights project, where I dealt with a concerning number of volunteers who were having negative volunteer experiences. I attempt to unpack and understand these negative volunteer experiences by using a simple transactional analysis as conceptualised by Eric Berne. These reflections are used to create a manual that

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can be used to train volunteers before they enter the EchoKnights project in hopes of reducing negative volunteer experiences.

Enhancing school readiness through specialised movement interventions

M Coetzee, J Fourie

South African learners from disadvantaged backgrounds often lack learning readiness to perform at the required academic standard in Grade 1, due to insufficient physical abilities. This study reports on the findings of a specialised movement intervention programme undertaken with an underprivileged reception-year learner who exhibited difficulties with all school related tasks. Qualitative data was collected pre-intervention, during the intervention and post-intervention to determine changes in the learner's skills and functioning over time. Triune brain theory, bio-ecological theory and the stages of cognitive development were used to frame the study. Findings show that the movement intervention programme helped the learner attain better gross and fine motor proficiency; more integrated visual-spatial perception; enhanced cognitive functioning; improved communication; matured behaviour and more stable emotional wellbeing. Accounting for normal developmental maturation, we concluded that the movement programme enhanced the learner's school readiness. We thus propose that Educational Psychologists consider specialised movement interventions as an intervention for reception-year learners with under-developed school readiness skills in order to optimise their learning potential.

Imagining a decolonised UCT: How University of Cape Town students construct a future transformed university space

J Cornell, K Ratele, S Kessi

Despite a strong focus on transformation in national government and university policy, since the end of apartheid in South Africa higher education has remained a racialised, hetero-patriarchal, middle-class, Euro-American centred space. Much has been written on the issue of transformation of higher education institutions, but often the voices of students themselves are unheard. Recently,

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this has changed with the RhodesMustFall Movement at the University of Cape Town which has highlighted students' concerns with transformation at UCT, and has focused attention on the experiences of black, female, and queer students in higher education. This study, which is an extension of a project that has been run by the UCT Psychology Department since 2013 and now in collaboration with the University of South Africa and the Medical Research Council, seeks to continue exploring students' experiences of transformation at UCT, relating to race but also to its intersections and the destabilisation of class, culture, gender and sexuality. In light of the RhodesMustFall Movement, it also aims to explore how these students, who call for a queer, decolonised or African university, envision this future transformed space. Photovoice methods (involving focus groups, personal reflections, photographs and written stories) are used to examine how students construct transformation for themselves, and how they attempt to queer, transform or Africanise the categories of and intersections of race, gender, class, sexuality and culture in the higher education environment.

The psychological experiences of women who survived HELLP Syndrome narrated online

J Cupido, D Andipatin

This study is about the psychological experiences of women who survived HELLP syndrome and narrate about it online. HELLP syndrome is characterized by haemolysis, elevated liver enzymes and low platelet count, and it is considered as one of the most devastating complications in pregnancy. The cause of HELLP syndrome is unknown and the only treatment is immediate termination of the pregnancy. There has been a great increase in the use of the internet and it has been found, specifically in health, to be a great source of support and an environment where knowledge can be shared. These electronic environments have provided a gap for researchers to explore the subjective experiences of individuals. Due to the nature of this research study the researcher took a Social Constructivist stance. The exploratory nature of the study lends itself to a qualitative research approach as it would provide an in-depth understanding of the psychological experiences of women who survived HELLP syndrome. The websites were selected based on the most recent post and most active members using the Nielsen net ratings tool and the search engine tool. The data was analysed using Discourse Analysis. Ethical approval was obtained from the UWC Ethics Committees at the University of the Western

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Cape. This study is significant as it could lead to more intensive online interventions. Through the literature encountered the importance of online social support groups has become evident.

Holding and containing the borderline dilemma: 6 Countertransference scenarios considered- The Masterson tradition

L Daws, D Macklin

The modern psychoanalytic psychotherapist has come to rely on countertransference (CT) as an invaluable source of information in the treatment of the disorders of self. The current paper will attempt on focusing on a Mastersonian approach to CT as found in the treatment of the Borderline Disorder of Self (BDOS). Emphasis will be on the early writings of James F. Masterson and the later contributions of Ralph Klein and the Masterson group. Six distinct CT and projective identification scenarios, based on Masterson's unique split units object relations model, will be articulated and clinically addressed. Case material will be used to articulate various treatment difficulties.

"I know that's horrible but...": Managing mother-daughter closeness discourses of femininity by daughters of mothers who have a psychotic disorder

S Day

Women's conduct is governed by a set of implicit rules set out by gendered, socially constructed institutions. Mother-daughter closeness as a discourse is located within these institutions, emphasising the relationship as being one of the most important familial bonds. This study examines how now adult daughters of mothers with a psychotic disorder demonstrate resistance to and complicity with mother-daughter closeness as an aspect of discourses of femininity. This study utilised discourse and conversation analysis to examine five daughters' retrospective accounts on being raised by a mother with a psychotic disorder, generated by a semi-structured interview. The participants negotiated the tricky contingency of attempting to avoid classifying their mothers as a bad maternal figure while speaking about negative childhood experiences and feelings that

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pertained to their mother. The participants resisted classifying their mother as a bad maternal figure by shifting blame about their negative experiences onto their mother's diagnosis of a mental illness, thereby reducing their mother's accountability for her actions. In addition to this, the participants reflected on their own discourses. The participants were aware that relating their negative feelings and experiences is potentially problematic and evaluate their statements in accordance with this. The ways in which the participants manage their responses demonstrates the problematic nature of speaking about their difficult experiences while managing this tricky contingency.

The relationship between the perceptions of major depressive disorder and help seeking behaviours in the Hindu community in Johannesburg

B Daya

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 are connected to notions of religion, social principles and norms of relationships. With this in mind, this study explored the extent to which Hindu community members' knowledge of MDD, their beliefs about the aetiology of MDD, their attitudes towards people with MDD impacted on their perceptions on the care and management of MDD as well as their help seeking behaviours. The study also explored the extent to which Hindu religious identity mediates the relationship between aetiology, knowledge and attitudes towards MDD and the care and management of MDD and help seeking behaviours. A questionnaire consisting of a demographics section, a religious identity scale, a MDD knowledge, attitudes and practices scale and the Attitudes towards Seeking Professional Psychological Help scale was distributed to a convenience sample of Hindus from Johannesburg and surrounding areas. Data was analysed using descriptive statistics and multiple regression analyses. These results are discussed within the broader debates on depression and its manifestation across cultures.



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A situation analysis of Clinical Psychological services in South Africa's public rural primary care settings

J De Kock

The goal of our study was to provide a situation analysis of clinical psychological services in South Africa's public rural primary healthcare (PHC) sector. In this setting the treatment gap between human resources for- and the burden of disease for mental illness is as high as 85%. South Africa has been facing challenges in providing human resources for the delivery of essential public mental health services. The majority of its mental health specialists - clinical psychologists and psychiatrists - practice in South Africa's urban and peri-urban private sector. It is in the PHC areas of South Africa's public health sector where access to mental health professionals is the direst. The study was based the analysis of both primary and secondary data. Primary data was collected by subjecting the heads of 163 public hospitals classified as rural by the Department of Health to an interview schedule while secondary data comprised of a literature review. While the amount of clinical psychologists working in rural PHC areas show a serious shortfall, their numbers compare favourably to that of other mental health specialists. Since the National Mental Health Summit of 2012, strategies have been implemented to improve access to mental health care. These strategies have started to produce results in the case of human resources for clinical psychology with a substantial amount of the analysis' institutions reporting that clinical psychologists form part of their proposed future staff establishment, suggesting an expected growth in these services in South Africa's public rural PHC sector.

Psychology and unity: A critical reflection

D Den Hollander

The 2015 PsySSA Congress marks 21 years of unification for psychologists in South Africa. For a discipline to be united, it might be assumed, that it requires a shared focus and intellectual coherence within that discipline. Psychology is currently in a pre-paradigmatic stage due to difficulties in consensus in regards to demarcation. When there are difficulties in reaching consensus, diversity in approach and direction exists for that discipline. Diversity creates sites of complexity, which need to be negotiated with in order to maintain unification. To

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name a few such sites of complexity: On a Professional Board level psychologists are diversified on the lines of registration categories. University training departments resort under different university faculties. In 1994, PsySSA became the unification of a previous division of Psychology along racial lines. There is diversity in adopted psychotherapeutic modalities and the complexity in bringing together "Science" and "Practice". This paper will focus on the aforementioned sites of complexities using an introspective reflection of these sites. Further the paper will propose new ways to address the complexities that these sites pose for unification.

Working memory and reading attainment differences and their cognitive underpinnings in monolingual and bilingual children in South Africa

D De Sousa

Working memory entails the ability to temporarily store and actively manipulation information held in the mind, such as found in reading words or comprehending text. Unlike monolinguals, bilinguals have to learn, coordinate, and manage two linguistic systems which unequivocally affects their verbal ability, working memory, and cognitive development. In these domains, no study has examined the impact of proficiency in one or two languages and impact of bilingual proficiency on working memory and reading achievement. The present study aimed to (a) determine whether a bilingual advantage on working memory functioning emerged, and (b) to assess whether language proficiency and educational context underpin the advantage, if there is one. One hundred monolingual English children, 100 partial bilingual Zulu-English children, and 100 balanced-bilingual Afrikaans-English children in Grade 3 attending public schools in Johannesburg received working memory and reading ability tests. Monolingual and bilingual groups were equivalent on parental income and education, measured through a parental questionnaire. Results indicated that balanced bilinguals outperformed both monolinguals and partial bilinguals on all measures. Monolinguals outperformed partial bilinguals on verbal measures of working memory; the inverse was true on visual-spatial measures of working memory. Bilingual upbringing that is supported pedagogically has positive cognitive outcomes. This is the first study to suggest a mediational bio-ecological model that encompasses all three factors: bilingualism, working memory, and reading to understand the educational needs of children with diverse linguistic profiles in South Africa.

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Advocating for the need to introduce Technical Vocational Education and Training (TVET) at South African primary schools

B Diale

South Africa is currently struggling with social challenges such as juvenile crime, poverty and unemployment. These challenges have a negative impact not only on the economy of the country, but also on the education of children and youth in general and would lead to many of these children to be categorised as youth at risk. Most of all, the scourge of HIV/AIDS has left many teenagers in an unfortunate position of managing Child Headed Households (CHH). This has led to most of them having to either find part time jobs after school or leave school to go seek employment to support their sibling/s. They then find themselves in an unfortunate situation where they do not have any skills to support them to find any form of employment, leading to high rate of youth unemployment and possible involvement in antisocial and criminal activities as a form of survival. To address these challenges, South Africa needs to currently invest in efficient skills development programmes through technical vocational education and training (TVET) as one of the core means of strengthening sustainable economic development. However, starting TVET at grade 10 when learners exit the compulsory school going phase is rather late. There is therefore a need to investigate the importance of introducing TVET even at an earlier age, meaning we need to relook at how such interventions can be started as early as in grade 6 to reduce the challenges of youth unemployment and to improve the process of upskilling the nation.

Understanding traumatic bereavement within the context of torture

D Dix-peek, M Kotze, A Mlilo

Torture occurs in a context of multiple stressors. Amongst these are traumatic bereavement, loss and associated grief. Additionally, the bereavement and grief occurs in contexts of hostile environments, little social support, loss of employment and income and continuous trauma. With tortured and displaced individuals, this bereavement is particularly characterised by loss of social support and uncertainty in addition to aspects of complicated grief. Close to one-third of victims of torture who have received psychosocial support in the

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trauma clinic, have experienced some form of bereavement or loss. This is exacerbated by additional and compounding traumas and the psychosocial effects of the torture experience. This paper explores the complexities of traumatic bereavement experienced by refugees and asylum seekers who have received psychosocial support in the trauma clinic of the Centre for the Study of Violence and Reconciliation (CSV), an institution providing free counselling services to victims of trauma and torture in Gauteng, South Africa. Using qualitative and quantitative data from 107 client records in the centre's centralised monitoring and evaluation system, we attempt to understand the intricacies and complications of bereavement and loss given the uncertainties of displacement and adverse living conditions experienced in South Africa. We argue that bereavement in such contexts is characterised by uncertainty and a lack of closure. We further explore the effects of bereavement in terms of psychiatric conditions such as Posttraumatic Stress Disorder (PTSD), anxiety and depression, as well as the functioning of clients. The implications for providing therapy in such contexts are discussed.

Railway occurrence reporting in South African media

N Dos Santos, J Hutchings

This research report aimed to determine the role of the media in influencing public perception of railway occurrences in South Africa. In order to do so, a media survey on railway occurrences was conducted in various South African media sources. The collected articles revealed the frequency of reporting such occurrences, and the level of detail with which railway occurrences were reported on in South Africa. This research conducted thematic content analysis to determine the common themes portrayed in the media articles. It was found that operational occurrences, and in particular level crossing occurrences, were reported on the most. Reasons for this relate to notions of newsworthiness that is how unusual, timely, surprising, impactful and/or evoking an event is considered. Factors influencing newsworthiness are: the information covered, the amount of space or time devoted to the article, the use of words throughout the article, and the source of publication. Articles that reported greater detrimental effects (such as loss of life, environmental damage or vast expense) received the most media consideration. This research found that the media do report on railway occurrences however comparisons were made to the information available and compared to the statistics, very few media articles are actually written on railway occurrences. If the public are not informed, which one way is through the media

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about railway occurrences, then they are not aware of the safety dangers that they are prone to.

The meaning and experience of death among a selected group of learners in a primary school

K Duma, D Nzima

This study explored primary school children's meaning and experience of death. While a few international studies exist which have explored this issue, it was deemed useful to evaluate the perceptions of South African children. It seems that many researchers have not taken into account the importance of broader contextual experience in children's perceptions of death, and it was felt that the current high death rate in South Africa may impact on both or either the rate and level at which children start to engage with and understand the concept of death. The participants of the current study were between the ages of seven and twelve years, and were drawn from Empangeni Pre-Primary School. Individual, structured interviews were conducted on this cross-sectional population. The interviews contained questions adapted from Koocher's research in this area, and responses were analysed by means of a traditional content analysis. It was found that children had a basic understanding of death concepts by the age of approximately seven years old. It was also found that the youngest age group of children possessed an awareness of death, but tended to view it as reversible and not final. An understanding of the finality of death emerges around the age of seven. In general, the participant's responses showed a close relationship between stages of cognitive development and how primary school learner's learners reason about death.

The impact of broadcasting the Oscar Pistorius trial on individuals' trust in the South African legal system

K Dumont, M Brubacher, N Khumalo, S Maseko, F Silinda, A Vorster

Judge Dunstan Mlambo granted permission to South African media groups to broadcast live from the Oscar Pistorius trial. He argued that the justice system of the young democratic South Africa is still perceived by the majority of South

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Africans as treating the rich and famous "with kid gloves whilst being harsh on the poor and vulnerable". He further reasoned that enabling the South African society "to get a first-hand look at the trial would go a long way in dispelling these negative and unfounded perceptions." The paper will report on a longitudinal study that aimed to study changes in individuals' perceptions of and trust in the South African legal system by controlling for various psychological variables such as individuals' expectations about the outcome of the trial, the extent to which individuals followed the trial, social identity factors, individuals' beliefs in a just world and social dominance orientations. Moreover, the study tested two social psychological explanations for group differences in trusting the South African legal system: the construal level theory and the black sheep effect. The results of the present study provide not only insights into the impact of broadcasting live from such a high profile case on individuals' trust in the legal system but also extend our understanding about social psychological mechanisms that either hinder or promote this impact.

The perceptions of parents regarding substance abuse among coloured adolescents

D Du Rand, J Nel

The increase in substance abuse among South African adolescents is a major concern. Research indicates that there is a growing interest in engaging parents in the prevention of substance use/abuse among their pubescent children. Several national and international qualitative studies have attempted to assess the nature of individual perceptions regarding substance use/abuse among this specific group. However, these studies tend to focus primarily on the perception of adolescents, thus underestimating the importance of parents' and adults' perceptions when planning to develop a prevention programme aimed at substance use among individuals at this developmental stage. This qualitative study explored the perceptions of parents of adolescents regarding substances, substance use and abuse among coloured adolescents. The participants were selected based on purposive sampling. The sample consisted of ten participants and data was collected via semi-structured individual interviews. Hermeneutics as a method of qualitative data analysis was employed to identify themes. The paper will share findings from this study that will be used to inform psychosocial prevention programmes, aimed at addressing substance abuse among coloured adolescents in Eldorado Park, Gauteng.

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The Growing Great Girls Programme - The impact of Equine Assisted Logotherapy combined with psycho-education and mentoring on the lives of girls at-risk

C Erdmann, S Boyce

EAGALA model equine-assisted psychotherapy and personal development is an innovative approach incorporating horses. This unique therapeutic strategy combines the experience of equine-human interactions with therapeutic and counseling based processing skills such that participants gain increased awareness, insight and control of emotions, cognitions and behaviors. The theoretical framework of the programme is logotherapy and its constructs e.g., conscience, freedom to choose attitude, which provide the guideposts to self-discovery. The pillars of this intervention are equine-assisted logotherapy, psycho-education referring specifically to female topics like women's health and protective behaviour, and mentoring by women who have participated in this programme previously. The purpose of this study purpose was to investigate the impact of the intervention on the lives of the participants. Sixty-two girls attending an orphans and vulnerable children after-care facility, aged 13 to 18, participated in the 8-week programme. A mixed-method design was applied. Quantitative data was analyzed through pretest and posttest score comparison on the Purpose in Life Short Form, and the Hope Scale. Qualitative data was collected from personal experiences as shared in journals, letters to the horses, in-depth interviews and a 2-month follow-up. No comment on quantitative analysis Inductive thematic analysis of the qualitative data was conducted. The findings of this study contribute to the body of evidence verifying EAGALA model equine-assisted psychotherapy as a valid and powerful therapeutic approach.

A content analysis of themes emerging from published psychological literature on loneliness in the elderly

V Dweba, A Ntozini

Elderly loneliness has been a concern in literature. It is largely associated with increasing age and is also linked to health and psychological issues. This study is a content analysis of published psychological literature on elderly loneliness. It also sought to find out the relationship between the experience of loneliness and social support, as well as differences and similarities between loneliness in

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facility-living and home-living elderly people. This study uses a qualitative and quantitative mixed methodology. A total of 40 published journal articles were sampled for this study. Braun and Clarke's guidelines for a thematic analysis were used for the thematic analysis of the literature review and the 40 sampled articles. The initial thematic analysis produced the following deductive themes: loss, health, social support, alcohol and substance abuse, as well as religiosity. Health was by far the most frequently appearing theme, followed by social support, loss, religiosity and gender differences respectively. Social support was found to have a mitigating effect on loneliness; however, it is necessary that these social support networks be perceived as being of value and high quality for the elderly in order for them to have any positive impact.

Implementing the anti-gay law in Nigeria: Educational and counselling implications

J Ezekiel-Hart

In January 2014, the Nigerian President signed the Same-Sex Marriage (Prohibition) Bill into law. As is already known, the law criminalized same sex relationships and union, with penalties of up to fourteen years imprisonment for those convicted and other sanctions for membership of gay rights groups. Notwithstanding the global condemnation of this "draconian" legislation, the law enforcement agents of government have brought a total clampdown on the 'rights' and activities of sexual minorities in the form of arrests, torture and court arraignments in different parts of the country. Nigeria has had to face such consequences as the threat of, or actual suspension of aid by Western nations, in addition to the negative impact of the anti-gay laws on the treatment of HIV/AIDS. There are also other political, social, economic, educational and psychological implications of this homophobic law. From the educational perspective, studies show that LGBT students living under such conditions are often victims of segregation, bullying, severe harassment, physical harm, dropping out of school, declining academic performance and increased truancy. All these are as a result of discomfort with students who do not conform to traditional gender roles in their appearance or behaviour. The psychological effects on LGBT students could be numerous, ranging from the fear of insecurity, withdrawal, anxiety, depression, to suicide. This is the focus of this paper. It seeks to find out the educational and counselling implications of the implementation of the Anti-gay law on LGBT students and Nigerian schools, and how counsellors could help out.

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Attitudes, knowledge and experiences of menstruation among a sample of first year undergraduate university students

T Fennie, A Padmanabhanunni

Menstruation is a biological reality for women and more freely spoken about currently. However, culture-bound values continue to shape its meaning, experience and management. In many societies, menstruation continues to be culturally constructed as unclean, polluting and a source of shame. Culture-bound values also influence the extent to which girls are educated about menstruation and the nature of information provided to them. Positive experiences and attitudes towards menarche including seeing it as normal physiological process, are predominantly found among girls who have been adequately prepared for the experience and who have not been told a story of menstruation as dirty or polluting. For girls who are unprepared or who are told such stories, menarche can be a particularly difficult experience characterized by horror, shame and fear. In South Africa, there is a paucity of research specific to the topic of menstruation. This study aimed to address this gap by providing insights into the attitudes, knowledge and experiences of menstruation among female first year students (n=200) at a historically disadvantaged South African university. A structured questionnaire was distributed to participants and the results were analysed using SPSS. The questionnaire also included descriptive items that were analysed separately. The study provided significant insights into the impact of menstruation on university attendance and academic performance and the influence of menstruation on psychological wellbeing. The study emphasised that reproductive health education should not be limited to primary and secondary school but needs to be extended to undergraduate students.

The formation of academic identities and sense of citizenship: Implications for success in higher education

T Fish

Transformation initiatives implemented by higher education institutions in South Africa have broadened their focus to include both the provision of equal access and the facilitation of success. Increased access to higher education has resulted in an influx of Black students. However, the high failure and attrition rates amongst this group of students have become a concern. The current study

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endeavoured to investigate the learning histories of a group of high achieving Black university students from socio-economically and educationally disadvantaged backgrounds, in order to inform current transformation initiatives. Semi- structured narrative interviews were conducted with seven students who had previously participated in an academic development programme in the Faculty of Humanities at the University of the Witwatersrand: the Reaching for Excellent Achievement Programme (REAP), and thematic analysis was utilized as the method of analysis. The themes emerging suggest that higher education institutions play a key role in the formation of students' academic identities and citizenship, which are salient for success in higher education. Charles Taylor refers to this kind of institution as a 'defining community', as it provides its members with a language with which to understand the world and themselves. In addition, a defining community expresses its values and beliefs through its discourse and thus, the members come to understand their experiences through it. This finding has immense implications for higher education institutions as it suggests that the engagement of personnel with students should facilitate the successful formation of academic identities and sense of citizenship.

Registered counsellors: The hands and feet of a relevant psychology in South Africa - A systematic review of the literature.

L Fisher

This paper is built upon the premise that the practice of psychology has a preeminent moral obligation to be relevant and proactively responsive to the needs of its people. Due to tremendous psychosocial needs facing South African's there is surging demand for psychology to be applied and relevant. Furthermore, an inability to provide accessible psychological resources is a travesty and a human injustice. The relevance of Psychology to South African realities has been a great source of debate within the profession of Psychology in South Africa. One significant response to this debate is evidenced in the conceptualisation of the role of the Registered Counsellor. Registered Counsellors, are the hands and feet of a relevant psychology at work in diverse South African settings. Despite the high hopes envisaged for the Registered counsellor, it would appear that 15 years on from its inception, there is disparity, disillusionment, and high levels of de-motivation of Registered Counsellors. The paper provides a systematic review of relevant literature regarding the Registered Counsellor. This is critical to better understanding the actual status of the Registered Counsellor designation. If the Registered Counsellor is in some

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way hindered in their role, psychology in this country is hindered in its ability to be meaningfully relevant. The paper will reflectively explore common meanings, nuanced essences, dynamics and discourses, embedded within and conveyed through the literature. The paper will highlight insights that emerge from the findings that could assist in clarifying, consolidating and strengthen counselling, in South Africa, into the future.

The challenge of service delivery in South Africa for psychology

P Franks

Service delivery is a pressing problem in South Africa circa 2015 as clearly and unambiguously acknowledged by the National Development Plan (NDP) and vociferously underlined by the on-going and increasingly violent Service Delivery protests and the recent outbursts of 'xenophobia'. South Africa faces a critical moment wherein, if the challenges faced are not confronted at their root, that is radically, they will continue to undermine the technical efforts to deal with the symptoms and face increasing unrest from dissatisfied citizens. At the heart of the present situation are a number of confusions of values and conflicts of interest. The 1996 Constitution provides a clear idea of the kind of Public Servant that was envisaged. These goals are admirable in themselves but the implementation rests with the interpretation. Issues of implementation were raised as early as 1996 by Franks, Glass, Craffort and de Jager. This paper will provide a broad analysis of the current crisis of public servicing in South Africa, highlighting the so-called soft issues that have proved so intractable over the past twenty years. It will review some of the initiatives, which have attempted to correct the situation. Finally the paper will identify the issues at play and suggest ways in which psychology as a profession can contribute. Psychology needs to face these issues at degree zero, not falling into the traps of political correctness, what used to be called ideology, back when critical thinking had more traction.



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Corrective rape: A community psychology response

S Frederick

Within South Africa gender based violence has the worst known figures for a country not at war according to recent research. Gender based violence has become all too familiar, and is increasingly described as having reached epidemic proportions. Survey after survey suggest that within South African borders sexual violence is spiralling out of control, with the country having higher levels of rape than any other place in the world. Within the framework of corrective rape it does not only involve physical deprivation of the right to sanctity of the individual's body, but also serious psychological deprivation. Research has shown that assessment and treatment are of undeniable value for victims of trauma. Yet to focus solely on clinical intervention would be to neglect a variety of other opportunities to support individuals and communities who have been victimized by corrective rape, to build resistance resources among those at risk, and better still prevent them from becoming victims in the first place. This paper focuses on what type of response community psychology should provide, which includes a case study of intervention within a community context. It will also pay attention to both male and female corrective rape. The paper will consider the type of programs/resources that should be developed to assist these victims and empower them to prevent this from happening again.

Ethical principles for psychology honours students: First do no harm

S Frederick

The purpose of this paper is to consider the ethical challenges that are currently arising from therapeutic-based interventions by Honours Psychology students on a voluntary basis. As for the majority of these students they work towards gaining enough experience to apply for various professional master's programs with Clinical Psychology being the most popular choice. However at what cost? And who is paying the ultimate price? Although therapeutic-volunteerism has experienced tremendous growth and aids in providing much needed services, the ethical challenges inherent in this have been given insufficient attention among the various role players. The potential harm inherent in substandard therapeutic interventions is rarely acknowledged. The students do not form part of any regulated body outside the universities. Only those who have enrolled for

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the accredited post graduate program (BPsych) are under supervision. Due to the fact that various universities are moving away from offering the BPsych program, it should be raising alarm bells for the establishment. This paper discusses the various challenges but also proposes solutions such as the development of Ethical Principles and Code of Conduct that will guide (ethical codes) therapeutic volunteerism by Honours students within a community setting. Another proposal is that each Honours student at their final exam in either June or December write an ethical conduct exam developed by PsySSA which would strengthen volunteerism by Honours Psychology students. A description of these principles and their application is provided.

The phenomenological exploration of vicarious posttraumatic growth of non-professional volunteers.

V Grobler, L du Plessis

The phenomenological exploration of vicarious posttraumatic growth (VPTG) in a non-professional environment aims to gain a better understanding of the experiences of individuals that have experienced VPTG as non-professionals. Trauma is a set of events that causes challenges to an individual's adaptive resources, their understanding of their environment and where they are situated in this specific environment. Trauma has been categorised into primary and secondary trauma, and whether the event is categorised as primary or secondary it can cause psychological as well as physical impairment. Impairment creates an environment in which growth can follow. This growth experienced from a trauma is identified by Calhoun and Tedeschi as Posttraumatic Growth (PTG). Within the large framework of PTG some reports were found that individuals exposed to secondary trauma and have experienced Vicarious Traumatization (VT) can also experience growth. This growth, better known as Vicarious Posttraumatic Growth (VPTG), was defined as the growth individuals experience when they are faced with vicarious traumatization. VPTG has been extensively researched in therapist and trauma work settings, but the researcher could not find research that solely focuses on VPTG of non-professionals. By exploring VPTG in non-professionals, volunteers at a breast cancer organisation were interviewed and Interpretive Phenomenological Analysis was used to identify themes that explicate the experiences of these volunteers. Further research is necessary to better understand VPTG in a non-

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professional environment to allow a greater understanding of this relatively new construct in the greater framework of trauma as well as PTG.

Relating academic performance to first and second language learners' scores on the Stanford Diagnostic Reading Test and the Raven's Standard Progressive Matrices

N Gangat, A Vorster, Z Amod

Psychological testing is a controversial topic within South Africa, primarily due to its historical connection to our troubled past. Our multilingual landscape requires careful navigation to meet the needs of all South Africans, especially in education. The lack of appropriately normed tests for our unique context further exacerbates the situation. There is very little published research in South Africa that specifically focuses on how appropriate psychological tests are for the South African context, especially with school-age children. The proposed study aims to explore English first and second language Grade 8 learners' performance on the Stanford Diagnostic Reading Test (SDRT), which is a verbal measure; compared to the Raven's Standard Progressive Matrices (SPM), which is a non-verbal measure, to establish their appropriateness in predicting academic performance. This is an archival study, utilising data collected in 2006 and 2014, with a total of 319 participants, who were all assessed on the SDRT and the Raven's SPM. Academic marks were provided by the school for each group at the end of each year to use as a comparison. Correlation and regression analyses were used to determine which test, if any, is a better predictor of academic performance for the diverse South African context. The issues of fairness when using non-South African normed psychological tests must be urgently explored given their widespread use with school-age children.

Rhythmic resistance: Post-apartheid identity performance and the contribution of music

N Geemooi, K Whitehead

Post-apartheid South Africa as a country in transition presents itself as an excellent case study of attempts to re-establish collective stability and political

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order, and more importantly, to re-shape its identity. Previously, both South African music, and identity could once coalesce around action of resisting racial and other oppression and the goal of bringing about freedom. However, this socio-political shift places certain demands for post-apartheid democratic identity to be re-negotiated outside of its former understanding and identification as 'victims of the oppressed system'. One of the master narratives characterising post-apartheid South Africa is that political freedom has been achieved. However, apartheid-era freedom songs continue to be prominent in a context that lacks the key oppressive structures that previously shaped their meaning as well as their purposes. This has resulted in controversial debates about whether and under what circumstances it is acceptable to sing these songs. In light of these controversies, and following Goffman's concept of 'identity-as performance', this project will use a discursive psychological framework to study how participants taking part in debates concerning struggle songs mobilise certain identities in service of the positions they take. It asks the question of how the continued singing of struggle songs is discursively justified or condemned, and how particular identities are constructed in the process. A purposive sampling strategy will be applied to collect data from media sources, namely: newspaper articles and YouTube videos. These will be analysed using a discourse analytic approach.

Posttraumatic growth after breast cancer: An interpretative phenomenological analysis of women's corporeal experiences

A Gorven, L Du Plessis

Breast cancer is increasingly qualified as a trauma capable of eliciting posttraumatic stress disorder and other forms of psychological distress. In conjunction with this, there is also firm evidence that breast cancer can lead to posttraumatic growth, i.e., positive psychological change experienced as a result of the struggle with highly challenging life circumstances. Until recently, much of the theoretical and empirical work in this area has neglected to acknowledge that patients' corporeal (embodied) experiences may be fundamental to the psychological processes associated with their illness and subsequent growth. This study undertook to understand how women understand posttraumatic growth after breast cancer, with particular reference to their bodies. Four in-depth interviews with women recovering from breast cancer were conducted, and the data obtained were subjected to an interpretative

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phenomenological analysis. Several themes of 'corporeal posttraumatic growth' were identified. At a deep level, these related to both a heightened awareness of dependence on the body for life (and subsequent reconnection to and increased appreciation for the body) as well as, conversely, a sense of personal identity which is no longer as closely tied to the physical self as it once may have been. This phenomenological understanding of women's embodied experiences extends what exists in the current literature on breast cancer and posttraumatic growth. Furthermore, it contributes to the therapeutic knowledge of growth following breast cancer, which should assist mental health professionals in providing care for, and encouraging posttraumatic growth in women who must face the illness.

The lived experiences of professional dominatrices in South Africa - Literature review abstract

N Grupel

Professional dominatrices are women who charge a fee for the act of dominating a client through a variety of practices. One such practice being BDSM, which is an umbrella term referring to erotic behaviours such as bondage, discipline, dominance, submission, sadism and masochism. Prior international research has focused mainly on participants involved in BDSM, particularly on their psychopathological make-up and functioning, their demographics, the stigmatisations and generalisations thereof, as well as on the practice of BDSM and SM. It seems that much of this research has been done from a pathologising context, due to the historical beliefs about the deviance associated with BDSM, dating back to the 1880s. Authorities such as Krafft-Ebing and Freud pathologised individuals involved in these practices and it is possible that this has greatly influenced current views, resulting in a pathologised perception of BDSM practitioners, and therefore professional dominatrices. With limited research based on the psychology of professional dominatrices, it is possible that they are not being fully understood as individuals with their own stories and experiences, apart from those solely based on BDSM. Through a qualitative study, utilising semi-structured interviews and thematic analysis, I suggest a different approach to researching these individuals. By creating a safe and confidential context for professional dominatrices residing in South Africa, this will allow them an opportunity to tell their stories, yielding rich and detailed information, based on their personal and occupational experiences and the

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meanings attached to these experiences in order to address the possible pathological perceptions. The themes elicited from these interviews will be discussed in this paper.

South African Indian spiritual healers' construction of abnormal behaviour

F Haffejee, M May

Our constructs of what is normal behaviour and what is abnormal behaviour originates within our environment resulting in varying explanations for concepts such as illness and health in different cultures. The differences that exist between a religious group and its host culture are relevant to health behaviour and practices. The study of psychopathology amongst South African Indians was neglected as psychology was approached from a conservative stance. Previous studies have indicated that South African Indians seek western medical treatment in conjunction with indigenous sources reflective of their multicultural heterogeneous society. Literature on South African Indians only provided a descriptive model of what psychopathology is with most studies having an etiology and treatment focus. As we are in a state of flux and each generation defines what religion and spirituality should encompass, it is important to explore the current meanings South African Indian spiritual healers attach to abnormal behaviour. A hermeneutic research design and methodology informed this study. The purposive sample consisted of 3 South African Indian spiritual healers from either the Hindu, Muslim or Christian faith. Semi-structured interviews were conducted and the data was analysed using interpretive phenomenological analysis. The analysis generated two overarching themes, namely, a pursuit of wisdom and a world of magic. Emergent themes were nested within each overarching theme. Through these themes meanings of abnormal behaviour as it is lived and experienced by spiritual healers from a traditional South African Indian context will be provided and applied to a broader theoretical, historical and cultural framework.



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Gendered experiences of 12- to 14-year-old African male learners living in child- and youth-headed households in Soweto

L Hage, J Pillay

In the context of poverty, political turmoil and HIV/AIDS, it has become more difficult for parents to take care of their children accordingly. This contributes to the formation of child- and youth-headed households (CYHHS). Given the dominant position of boys in African cultures, they may be in a better position to take care of and provide for their families. The aim of this study was to describe the gendered experiences of 12- to 14-year-old African male learners living in CYHHS and to suggest possible interventions. A qualitative multiple case study design was used. Seven male learners, identified through a NPO, from the Soweto area participated in the data collection process. Data collection methods included individual interviews, collages, and essays which were analysed using qualitative content analysis methods. The study is explorative in nature and a social constructionist paradigm was used. The theoretical framework included the works of Erikson and Nsamenang. It was found that cultural practices and gender roles of boys are important aspects in the lives of the participants. It was also revealed that identification with an older male figure was significant. The participants viewed education as being important for their success. The participants were constantly exposed to violence and aggression in their communities. Family and friends form an important support system. The NPO that assisted the learners contributed positively to their development. Therefore, it is recommended that more NPOs that provide such support and positive role models for boys be established in relevant communities.

Factors contributing to men's use of corporate wellbeing programmes

H Haimbili

Workplaces have been identified as ideal settings for the promotion of health and wellbeing. This is because they are in a unique position to influence the physical, mental, economic and social wellbeing of individuals and communities. For this reason, corporate wellbeing programmes are increasingly playing an important role in addressing the health and social challenges of the communities in which they operate by providing opportunities for individuals to gain access to health and wellbeing interventions. Previous research, however, indicates that

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there are differences in the help seeking behaviour of men and women. Men have been shown to engage in help seeking behaviour less than women do. This could mean that there are potential barriers that prevent men from making use of services such as those offered by corporate wellbeing programs. This paper aims to discuss a proposed study on the factors that contribute to men's use of corporate wellbeing programmes. The conceptual framework of the proposed study will be discussed as well as the proposed research design and method. The outcome of this paper will, therefore, be incorporated into a research proposal for the study.

Evaluation of “tested” behavioural violence prevention interventions: Drawing from behavioural change theories

T Hassem, M Seedat, S Suffla

A substantial body of work within the field of violence prevention assumes a behavioural change focus. However, there appears to be insufficient analysis of the underlying concepts and assumptions that frame behaviourally oriented violence prevention interventions. Accordingly this paper aims to critically describe the theory of planned behaviour, theory of reasoned action, social cognitive theory, and the trans-theoretical model, and examine their underlying framing concepts and assumptions about change. The descriptions are used to evaluate and review the extent to which “tested” behavioural interventions, identified through a literature search, explicitly engage with concepts of change and change mechanisms. The review is used to raise a discussion about how best to support theoretically framed violence prevention intervention practices.

The effect of conscious sedation on attention and verbal working memory

T Hassem, S Richard, R Hadar, M Vrachionidis, A Ferreira Correia

Previous research on the effects of attention following conscious sedation highlight a significant decrease in attention, while the findings regarding its effects on working memory are inconsistent. However, the sleep that occurs during sedation is associated with normal sleep and therefore there is a

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possibility that this sleep may have a positive impact on these cognitive functions. This study investigated the effects of propofol and midazolam (and dosage) on attention and verbal working memory functioning of 31 endoscopic patients using a pre- and post-test design. The test battery used to measure these functions included the Colour-Word Interference Test (D-KEFS), Digit Span and Letter-Number Sequencing subtests (WAIS-III) and Mental Control subtest (WMS-IV). In cases where assumptions for normality were met, matched paired samples t-tests were run, otherwise Wilcoxon Signed Rank tests were used for analysis. Significant results were found between the pre- and post-test scores only on the D-KEFS and Digit Span Forward subtest. No significant effects associated with dosage were found. These results feed into the inconsistent and sometimes even contradictory literature on the effects of these drugs on attention and verbal working memory.

Narratives of value based leadership

M Haswell, D Naidu

The 21st century has been impacted upon by insufficient ethical and moral leadership practices by certain leaders in private and public sectors. There are copious amounts of Value Based Leadership (VBL) theories emerging as a result, without sufficient empirical research. This study therefore contributes to the research on VBL and provides further research for the VBL construct of authentic leadership and its development, particularly within a South African context. This research explored the formation of corporate leaders personal values and how corporate leaders remain authentic to their personal values when faced with difficult situations. Working within a qualitative paradigm, this study explored the manner by which values are formed within fifteen leaders from five retail companies in a large retail group based in South Africa. A narrative approach was used to understand the alignment of these organizational leaders personal and organizational values. An emphasis was placed on exploring leaders accounts of their ability to maintain VBL behaviours when faced with events that challenged their values. Thematic analysis resulted in the emergence of three key themes and eight sub themes. The themes that emerged were the formation of values, consistent leadership values and alignment of personal and corporate values. The study found that leaders values were influenced by upbringing, parental role models, overcoming hardship and being exposed to religion or

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spiritual practices. The consistent leadership values to emerge were those of equity, ownership and ambition.

Doing masculinities and femininities at home: Gender (in)equitable parenting in patriarchal and feminist families

R Helman, K Ratele

The family is a central site through which gender is constructed and within which children are exposed to gendered roles and practices, with substantial research documenting the ways in which parents' attitudes and behaviours shape children's gender in particular ways. However, there has been a relative lack of South African psychological research which has investigated the nuanced ways through which parents embody and transfer notions of gender (and gender (in)equality) to their children. This study has two main aims. First, we are interested in the ways in which gender is constructed in self-identified feminist and patriarchal families. Second, we examine how gender (in)equality is imparted in these families. Both parents and children will be interviewed about the meanings and practices of gender and gender (in)equality in their families. Interviews will be analysed using a discourse analysis. The study is intended to expand on the limited understanding of the ways in which patriarchal constructions of gender are reproduced within the context of the family, as well as the ways in which families may be resisting these constructions and making space for more equitable masculinities and femininities to emerge.

LGBT ageing and care: A literature study

N Henderson, K Almack

There is an increasing body of research on ageing and end-of-life care (EOLC) regarding LGBT people, particularly in the UK, USA and Australia, related to the recognition that those communities are now ageing. In contrast, in South Africa, despite the equality clause in the SA Constitution and legislation on gay marriage, there is minimal research in this area. This paper reports on work undertaken during a fellowship at the University of Nottingham, UK. It reports on a critical review of literature on ageing and EOLC of the LGBT community in the

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UK, USA, Canada, Ireland and Australia. Key themes identified include a greater need for LGBT older people to utilize support services but be less likely to access them alongside the need for awareness training of health professionals. Furthermore, fears were identified regarding living in retirement communities and the lack of inter-generational connections. Good practice guidelines have been developed by many third sector groups working with LGBT older people but are not wholly embedded in policy and regulatory frameworks. The paper concludes with a consideration of what can be learnt from this review to begin exploring and addressing the needs and experiences of the older LGBT community in South Africa.

Conceptualising the evolution of an adult street person in a South African context.

L Hendricks, T Mkhwanazi, C Gideon, K van Wyk, M Rodriguez

Homelessness is an evolving phenomenon worldwide with many countries experiencing the brunt of homelessness in their own subjective ways. Definitions of home and homelessness vary by region and agency and the variability of definitions calls for South Africa to contextualise this phenomenon within its own country boundaries. Drawing on the theoretical work of Patterson and Nooe; Milburn et al. and Karabanow this paper aims to develop a conceptual framework to understand the evolution of an adult street person, more specifically, the individual and structural risk factors for homelessness, the psychosocial process of moving onto the street, adaptation to street lifestyle, progression to chronic homelessness and the exiting process at the micro and macro level within a South African context. Data elicited from persons living on the street, those who have exited the street and an expert panel of those who work with street persons within the city of Cape Town are used to support the conceptual framework of the evolution of an adult street person. This paper calls on clinicians, psychologists, researchers, educators and the private and public sector to further address the causes, prevention and remediation of homelessness through research, advocacy and provision of interventions and services to those who are marginalised and underserved.



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The barriers faced and the compensatory strategies used by a participant with developmental dyslexia to pass Grade 12 and become a Pilot.

L Holmes, M Van Der Merwe, J Fourie, A Burke

Developmental dyslexia is a brain-based, lifelong disorder which affects 5-10% of the world's population. Although research has been conducted worldwide on the causes, effects and ways to assist people with dyslexia, very little research has been conducted with regards to how people with developmental dyslexia compensate for the barriers they face and how they manage to pass Grade 12 or further studies. Most published research has been conducted overseas, and I found nothing conducted in this area within the South African context. This paper will discuss the findings from a qualitative case study, investigating how the male participant with developmental dyslexia managed to compensate for the many barriers he experienced. The investigation explores what these barriers are, what compensatory strategies/skills he used on a cognitive, academic, behavioural, social and emotional level, as well as who or what assisted him to learn to read proficiently enough to pass Grade 12 and go on to further studies and finally qualify as a Pilot. The research makes use of the causal modelling framework (proposed by Frith) and the cognitive processing model as the underpinning theoretical framework, and I will attempt to expand and develop these models from the results of this investigation.

Migraines and headaches: The unconscious dynamics

D Howes

A psychological perspective of the unconscious origins of headaches and migraines are investigated relative to the underlying belief systems and emotional patterns. The interplay between the unconscious confusion, between truth and illusion as well as guilt and anger is illustrated relative to pain, migraines and headaches. A projective story-telling and drawing technique is outlined which serves to identify and reprocess these patterns. Case examples are cited.



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OCD a hypnotherapeutic case study

D Howes

In this paper the underlying unconscious dynamics of OCD are illustrated via a case study of a child who is 15 years old, who presented with typical symptoms of OCD. A projective storytelling and drawing technique were used as a means to desensitize and reprocess these dynamics. The interplay of the impacts of projected guilt as well as the confusion between truth and illusions are illustrated relative to the origins of OCD as well as the therapeutic management thereof.

States of being: “You cannot solve a problem using the same state of thinking used when it was created” Einstein

D Howes

By identifying and illustrating the depth of how an individual is fixated in a state of being, this paper illustrates the origins of the inability to embrace change for the better and achieve forward movement and release from repetitive behavioural and emotional cycles. Constructive management of problems and challenges is facilitated by both the awareness of the reactive, unconscious states of being that are instinctively operating as well as the ability to constructively shift to states of being that are more functional during challenging outer circumstances. The interchange of the three states of being of the mother / father and child as principles are investigated. Most people are unaware of the predominant state of being that they are functioning in, making it difficult to manifest ideal solutions to problems. Anger management is outlined as a key concept in this process.

Demographic factors in the prevalence of HIV/AIDS pandemic in Rivers State of Nigeria: Implications for sexuality education

B Ikiroma, T Kpai, J Kinanee

With the advent and spread of new and deadly diseases in West Africa recently like Ebola, HIV/AIDS seems to have been relegated to the background. This,

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however, does not translate into meaning that HIV/AIDS is having less of an impact on a country like Nigeria. This study undertaken in the oil-rich Rivers State in the Niger Delta region of Nigeria is in parts: the first part covers the period 2006-2009, the second part is ongoing. This study assessed the factors in the prevalence of HIV/AIDS among patients in Rivers State of Nigeria from 2006 to 2009, with the aim of identifying the population group at risk, the factors responsible for the spread and its effect on the society. Two research questions and two hypotheses were formulated to guide the study. The sample for the study comprised all recorded cases of HIV/AIDS as reported by the Rivers State Agency for the control of AIDS (RIVSACA). A sample of 6964 cases comprising 1694 males and 5270 females were used. Data obtained were analyzed using percentages and chi-square tests. The findings indicated that HIV/AIDS still has a high prevalence in the region and this is significantly associated with age and gender, females being more vulnerable. Governments at all levels, non-governmental organizations, individuals and other stakeholders still have a lot to do in reducing the current prevalence rate through increased sexuality education among others.

Supporting children taking anti-retro viral treatment for optimal learning

G Illsley, J Fourie

Children taking antiretroviral (ARV) medication to control their human immunodeficiency viral infection manifest with numerous side effects which influence their learning. This study examined the side effects related to school functioning in primary school pupils. Qualitative data was drawn from interviews with teachers, school reports and children's school work to determine academic difficulties manifesting in these children. Findings suggested developmental and cognitive delays which influenced scholastic skills. Reading was significantly below grade appropriate level; limited phonemic awareness compromised grade level spelling; handwriting became more illegible as fine motor skills deteriorated; attention and concentration worsened with lethargy and fatigue. Teachers knew that ARVs improved the children's life span; however, their knowledge of the proper administration and side effects of the medication was scanty which influenced their interpretation of children's functioning and behaviours. Children whose learning is negatively affected by ARVs could benefit from speech therapy focusing on auditory processing and phonemic awareness; occupational therapy assisting with fine motor development for

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handwriting and spatial difficulties; remedial support to help with reading strategies to access the curriculum. We recommend that teachers and support personnel are educated regarding the side effects of ARVs on children's scholastic skills to allow for careful support of these children to achieve academic success.

Examining the concept of homosexuality and lesbianism: Questioning the inclusion of these sexual orientations as paraphilias

P Iyegba

The determinants of sexual orientation especially homosexuality and lesbianism are currently the subject of debate in both the behavioural sciences and the public arena. The question that permeates the air is: "Is an adult's sexual orientation primarily determined by innate biological influences such as genes or by earlier life experiences?", bringing us to the nature-nurture influence and its controversies. Not long ago, homosexuality was considered a psychological disorder. The third edition of the DSM and its later revisions dropped all references to any form of homosexuality as a disorder. However, establishing a case on the premise of a genetic link exposes the following facts from studies of identical and fraternal twins. In a study of gay men who had twin brothers, it was found that fifty-two percent of their identical twin brothers were also gay compared with only twenty-two percent of their fraternal twin brothers. These patterns show that there is a correlation between genetic factors and sexual orientation. A correlation, however, does not necessarily imply that there is a direct cause-and-effect relation. Other studies have uncovered one major factor that predicted a homosexual orientation in adulthood for both men and women, which is childhood gender nonconformity. Such determinants of sexual orientation-homosexuality are not in tandem or are inconsistent with the major causes of paraphilias-fetishism, voyeurism, frotteurism, etc. This paper, therefore, sets out to critically address such arguments which are insufficient and inconsistent with the determinants of sexual orientation leading to homosexuality and lesbianism.



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'Being-romantic', agency and the (re)production and (re)negotiation of gendered identities in South Africa

N Jacobs, M Quayle

This study examines how 'being-romantic', in the post-structuralist sense, may provide an important site for the reproduction and maintenance of gendered power differences between men and women. Five middleclass, heterosexual South African couples were recruited to take part in this study. Each individual participant was asked to plan a 'romantic event' for their partner and participants were interviewed individually and as couples. Schippers reconceptualisation of Connell's work on hegemonic masculinity and emphasised femininity is used as a theoretical model for examining how romantic masculinity and femininity are co-constructed in the interview data. Preliminary analysis has found that participants were able to define and discuss romantic masculinity with ease, but struggled to operationalise romantic femininity in agentic ways. Some romantic feminine agency was in evidence across the data sets, but appeared to need more justificatory discursive work than the men's, and was constructed as requiring more effort in its execution when compared to romantic acts performed by the male participants. According to Schippers model, this suggests that the identity position of 'romancer' was constructed as a preferably masculine one and that the converse identity position, 'the romanced' must therefore be a feminine one. It will be argued that to be 'the romanced' is a disempowering identity position with costs and consequences for both men and women, and that 'being-romantic' is therefore a relevant issue relevant for gender researchers.

A study exploring Isi-xhosa women's experiences and meaning-making around the portrayal of menstruation and menstrual products in television advertisements.

L Jaffer, A Padmanabhanunni

Menstruation has been stigmatised across most cultures, and culturally constructed as something that needs to be hidden, hygienically managed, and a source of shame and embarrassment. Dominant cultural constructions around menstruation are reflected in the portrayal of the menstruating women in television advertisements. Advertisements convey the message that through the

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purchase of particular products, the woman will be “protected”, “fresh”, and thus the cultural beliefs of a hygienic crisis, concealment and secrecy are perpetuated. This study explored the meanings isi-Xhosa women attach to the portrayal of menstruation in television advertising, and how it relates to their experience of menstruation. Active audience theory, a branch of media theory, formed the theoretical framework for this study. This qualitative study made use of Interpretive Phenomenological Analysis (IPA) to explore participants' experience. Three focus groups were conducted in English, consisting of 5 participants per focus group. Participants were shown two television advertisements of two major South African companies (Kotex and Always) who sell menstrual products, as a means of stimulating discussion. The findings indicated that there were major discrepancies between what was portrayed in menstrual product advertisements and the reality of participants' experiences. There was an exaggerated emphasis on checking behaviours. Menstrual product advertisements avoided displaying the discomfort associated with menstruation. Advertisements heightened the fear around leaking and emphasised hygiene and remaining clean. The positive finding to emerge was participants' view that menstrual product advertisements served as a means of education, in the context where they were often provided with minimal or no information.

Female facilitator in an all-men's psychotherapy group

S Jansen, K Ratele

This paper focuses on the tacit support by a female group facilitator of the masculinity project that underpins the psychotherapeutic engagement of participants of all-men's therapy group. By masculinity project it is meant men's search for a more viable masculinity. I use the theory of the revised hypothesis of male gender identity development to unpack the parallels between the mother figure who facilitates the young boy's turning towards father during early male identity development and the female facilitator as masculine affirming female in all-men's psychotherapy groups. The window period to re-work male identity concerns remains indefinitely open for life. Men may at any point of their life span intervene and modify their masculine identity. The all-men's psychotherapy group thus becomes a natural consciousness raising opportunity for men to achieve a more mature masculinity. The female facilitator in a men's group is ideally placed to affirm masculinity while simultaneously serving as a

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transference object for the working through of female related conflicts that interfere with the acquisition of positive masculine identities.

Skills development pathway for sustainable empowerment in Africa: The case of Nigeria

J Jiboku, A Ntozini

The emergence of the 21st century economy that is technology and knowledge driven increases the demand for skills. Increasing scholarly work illustrates the centrality of skills development to socio-economic transformation. Skills, transform lives; skills drive economies, and facilitate empowerment and inclusive growth. Skills empower both individuals and nations and create job opportunities that help to reduce social and income inequalities. Yet, in spite of the positive benefits accruable from skills development, it is an issue of concern that Africa, a continent with enormous resources and manpower, has remained on the lower rung in development path as the shortage of skills abound. It is against this backdrop that African countries have attracted MNCs through liberal incentives. The hope being that the establishment of MNCs will crowd in skills and create avenues for locals to acquire these needed skills, a form of spill over. Ironically, while the MNCs continue to rake in profits, skills development by the locals remains a dream despite several years of MNCs' operations. This paper therefore examines the discourse on skills development as a pathway for sustainable empowerment of the teeming population of African states. While the paper draws from interviews conducted in four distinct skills development and utilisation constituencies in Nigeria, it reflects also on the skills development challenges in Southern Africa. The argument is that more focused policies and strategies towards skills development have become imperative for achieving sustainable empowerment of the people and address the socio-economic challenges of the vast majority of the population.



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Men's experiences of participating in the silent protest

C Johnson, A Padmanabhanunni

South Africa's high rate of gender based violence (GBV) is influenced in part by traditional forms of masculinity supportive of male domination and female subordination. Organisations, such as the One in Nine Campaign and the Silent Protest, formed to raise awareness of GBV. These movements had minimal involvement from men, but a recent trend has been to include men as Social Justice Allies. The change is a result of recognising the link between GBV and hegemonic masculinity and the importance of transforming masculinity and femininity in order to bring about a more gender equitable society and reduce GBV. The research focused on men's involvement in the Silent Protest, an anti-rape protest held in Grahamstown, South Africa. The protest supports women and men are primarily involved as Social Justice Allies. The aim of this project was to explore men's experiences whilst participating in the protest. Eight men were interviewed using a semi-structured interview schedule to explore their experiences during the Silent Protest and Walgrave's model was used to explore their motives for participation. Interpretative phenomenological analysis was performed and peer debriefing, member-checking, thick description, external audit and reflexivity enhanced confirmability, transferability, dependability and credibility. The research conformed to the ethical standards and requirements of the University of the Western Cape and informed consent was obtained from all participants. Confidentiality and voluntary participation were assured. Men have a crucial role in creating gender equality and understanding their experiences in the Silent Protest can help to identify how to extend their involvement.

"We don't have it!": Violence, lesbians and some political contestations

M Judge

Violence against black lesbians has become a dominating specter in the democratic imaginary of post-apartheid South Africa. Despite legal and constitutional recognitions and protections, lesbians continue to experience multiple and intersecting forms of marginalization and violent exclusion. Homophobia-related violence and its race, class and gender coordinates impact on lesbian lives in differential ways. I approach violence as a 'way of knowing and seeing things', and as an effect of power that is both material and

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discursive. Violence also serves as a powerful mode of queer interpellation. Drawing on data from focus groups with a diverse set of lesbian-identified women, the paper explores how meaning is made of the causes of violence, and how participants variously situate themselves in relation to these. It also interrogates the investments participants make in positioning themselves either outside or inside violence and its associated politics. Participants' talk about violence against lesbians both reproduces and resignifies apartheid discourses of sexuality, gender, race and class. Contending notions of agency are advanced, illustrative of the divergent political positions taken on how violence is to be countered. The paper also reflects on the queer exclusions at work in the discourse of violence, and how these are resisted in ways that productively challenge how violence is dominantly known and seen.

Stigma facing transgender individuals in Tanzania

L Kajula

Most Tanzanians do not understand LGBTI issues. Lack of understanding has led to numerous stigmatizing actions that have led to extreme violence towards transgender individuals. While the Tanzanian law criminalizes homosexuality (Penal code Cap 16), very few individuals have been sentenced as a result of the law. However, some individuals have been engaging in stigmatizing acts against and sometimes hurt. The stigma has been exhibited in the form of social, emotional and physical acts. These acts are sometimes reported to be carried out by families, acquaintances or customers for individuals who are also sex workers. Social stigma for transgender individuals in Tanzania includes denial of employment, which has sometimes led some individuals to live as one gender during the day and a different one when they are home. Emotional stigma includes being embarrassed publicly by questions, being stared at or sometimes being denied services. Physical manifestations of stigma have sometimes included beatings, rapes, and even murder. In conclusion, the stigma that transgender individuals face in Tanzania has sometimes led them to feel a sense of not belonging. Increased awareness of LGBTI individuals and their rights in Tanzania would improve their quality of life.



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The social construction of “deafness”: Explored through the experiences of mothers of deaf children

N Kara, C Harvey

Individual realities and perceptions are embedded in a web of dominant social and cultural views which shape the individual. Mothers of deaf children therefore cannot be understood in isolation; neither can their experiences, perceptions and well-being. This paper explores how deafness is constructed through the life of the mother of the deaf child. It will illustrate how these constructions impact on the mother’s well-being and her relationship with her child. This study explored the experiences of six South African, Black hearing mothers of deaf children between the ages of three and eight years. Through an interpretive theoretical framework this qualitative study found an emergence of seven key themes: foreign Deaf nature and the lack of awareness; increased awareness and the realisation of Deaf ability; acceptance of what God has provided - religion over tradition; external pity and the rejection of it; the superiority and encouragement of speech and hearing; communication barrier and the mother-child relationship; and attribution of cause and the emergence of blame. It will become evident in this paper that there is a significant lack of awareness surrounding the Deaf nature and this creates misinformed perceptions surrounding deafness which impact negatively on both mother and child.

Doing research with indigenous communities: Contextual influences on research ethics.

G Katide, B Semanya

University based research is accepted as authentic and an adequate way of creating knowledge. Oftentimes western values are at the foundation of these research undertakings, and as a result they are rooted in colonial and relational power structures. Research in indigenous communities urges the researcher to critically consider ethical issues as they extend beyond issues related to information consent and confidentiality. They are culturally determined and are geared toward giving ethics a human face. This is especially true in studies oriented towards exploring phenomena that involves cultural issues and are spatially localised in traditional cultural settings. This paper will explore the culturally determined ethical codes paying particular attention to challenging the

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conventional notion of ethics in order to allow the cultural construction of knowledge. To gain entry into women's initiation schools required following cultural protocols peculiar to Batswana traditional leadership as well as reflecting on issues of intellectual property.

“Fuck you, I'm starving!": Narratives of resilience by LGBT students in South Africa

G Khan

The promise of non-discrimination etched in South Africa's constitution is met by a reality of a country still defined by discrimination based on sexual orientation and gender identity. While in educational institutions homophobia and transphobia is present; lesbian, gay, bisexual and transgender (LGBT) students navigate this environment in creative and inspired ways. In environments where the threat of discrimination and violence is present, LGBT students not only endure but resist injustice. In this paper I draw upon my work as an activist and facilitator at organization GALA (Gay and Lesbian Memory in Action). I aim to unpack the use of a visual-participatory workshop dubbed Art for Advocacy to empower LGBT youth. The workshop was implemented with LGBT student groups in Bloemfontein, Cape Town and East London. My analysis is based upon my own written reflections, workshop plans, recordings of workshop sessions and feedback from workshop participants. The paper aims to unpack three critical questions: (1) what possibility does the Art for Advocacy workshop offer to LGBT students? (2) What are the challenges LGBT students encounter at university? (3) What are the strategies that can be used to empower LGBT students at universities? In answering these questions I will explore the intersecting challenges of being an (often poor) student, LGBT and the expectations of family. In reflecting on this I argue that student led approaches which harness collaborative, embodied and affective methods can be powerful tools to empower LGBT youth and transform universities.



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

N Khumalo, K Dumont

The concept of identity performance refers to people's expressions of their social identity through symbols, physical appearance, language and collective action. According to this theory, performing group identity has two interrelated functions: identity consolidation and identity mobilisation. The former refers to the individuals' or groups' expression of their social identity in order to be recognised and acknowledged by outgroup members; while the latter refers to collective action by group members, which aims to maintain or improve the group's status position. These two functions do not happen in a social vacuum but they are orchestrated and coordinated by group leaders. The social identity approach to 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. This 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: (1) identity prototypicality, (2) identity advancement, (3) identity entrepreneurship, and (4) identity impresarioship. The social identity approach to leadership has been mainly tested within organisations and sport teams. The present paper will report on a study that aimed to extend its application to social movements and political groups in order to improve our understanding of the role of the social context in moderating the relationship between the leadership dimensions and collective action

Stakeholder expectations on the provision of school psychological services in Zimbabwe

D Kent

The study was aimed at investigating the expectations of principals and teachers on the delivery of school psychological services by Educational Psychologists (EPs) in Zimbabwe. This investigation was prompted by observations of trends in international school psychology surveys that indicated that EPs wished to diversify their professional functioning by reducing the amount of time they spent in assessment activities and increasing the amount of time they spend in

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alternative roles. Currently there is little or no public empirical data in Zimbabwe on teachers and principals expectations with the services they are getting from EPs. This lack of adequate research on school psychological services may be preventing EPs from providing an equitable and efficient service. The theory that steered this study was the gap model of service quality. A two group exploratory design was conducted using the mixed research approach. Both the self-administered questionnaires and face-to-face interviews were used as a means of data collection. The quantitative data processing was done electronically by computer using SPSS version 22. Inferential statistics, produced results from which discussions were derived. Most of the Chi-Square tests done between the identified groups produced results which showed non-significant differences in expectations. The results show that generally, teachers and principals expectations on the provision of psychological services are fairly randomly widespread. The study concludes by making some recommendations for further research and structural changes to Schools Psychological Services and Special Needs Education (SPS &SNE) department to improve school psychological service delivery.

Psychosocial well-being of adolescent males committing rape in Ntselamanzi Village, Eastern Cape.

J Kheswa

Self-determination theory postulates that healthy psychosocial functioning implies adequate satisfaction of the needs for autonomy, competence and relatedness, and is linked to a system of congruent and coherent goals. However, a disproportionate number of African adolescent males end up in prison because of rape and impaired psychosocial well-being. Literature documented that adolescent males committing sexual crimes have low self-esteem and self-efficacy, lack empathy and conform to peers. The aims of the study were; to determine how the psychosocial well-being of adolescent males is affected by environmental stressors (socio-economic status, parent-son communication and drugs abuse) and investigate its role towards sexual crimes among South African youth. In a qualitative study conducted at one secondary school in Ntselamanzi village, Eastern Cape, twelve sampled Xhosa-speaking male participants between the ages of sixteen and nineteen years were interviewed. This study employed purposive sampling. To safeguard the dignity of the participants, the ethical considerations that were adhered to, during the

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interview included informed consent, confidentiality and privacy. The following themes were identified; insecure attachment, violence, risky sexual behaviour, traditional male circumcision and imprisonment. Based on the findings, this study recommended a collaborative approach as there is no single model of best practice that will appropriately and effectively improve the psychosocial well-being of adolescent males. Finally, the government should engage parents and educators in programmes that promote mental health and crime- prevention to equip youth with communication skills regarding sexuality and gender-violence.

The use of music therapy in managing depression among women in Nigeria: Implications for counselling

J Kinanee, T Kpai

Depression is one common psychological problem reported among women globally, and in Nigeria in particular. Studies indicate that in Nigeria, up to one in four women will likely suffer from major depression at some point in their lives. Several factors account for their depression, ranging from marital stress, economic and socio-political problems, to security challenges in the region. In seeking for care, most women adopt traditional methods, while others resort to medical and psychological strategies. This study investigated the efficacy of music therapy in managing depression among women in Port Harcourt, Nigeria. The sample in this study consisted of 40 women diagnosed with depression at a neuropsychiatric hospital in Nigeria, whose records indicated their marital status, age, employment and educational status. The Becks Depression Scale and a self-developed Socio-demographic and Music Preference Questionnaire were used for data collection. Independent samples t-tests and one-way analysis of variance were used to analyse the results. It was found that the use of music therapy in treating depression was efficacious irrespective of age and other identified characteristics of the women. There was a significant difference in the clinical status of depressed women who used music and those who did not. Based on the results of the study, it was concluded that music therapy should be recommended in counselling sessions as a complementary or alternative treatment for depression.



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The construction of childhood depression in South African women's interest magazines

A Kloppers, A Prinsloo

Childhood is generally accepted as the cornerstone of adult wellbeing and considered a vital and vulnerable period in development. However, in my brief experience in working with the caregivers of children with depressive symptoms I have found that caregiver understanding of childhood depression is often limited. Furthermore, when doing a preliminary search on childhood depression in the lay media, it appeared limited compared to adult depression. Few scientific studies also inquire into constructions of childhood depression in the media, with similar studies being more abundant when concerning adult depression. Media not only reflect knowledge but also contributes to the construction of knowledge and reality. Caregivers are informed by lay media, and we need to inquire what the portrayals about childhood depression are as conveyed in popular lay media. Gaining insight into how childhood depression is constructed in the lay media will help us understand the treatment population better as clinicians and policy makers. This study will be approached from a critical social constructionist perspective. Thematic analysis will be employed to analyse selected women's interest magazines concerning articles on childhood depression. Results will be presented and discussed.

A case study exploration into criminal mutilation in the South African context

H Knibbs, M Dhlomo-Sibiya

The Investigative Psychology Section of the South African Police Service focuses on the investigation, evaluation and understanding of psychologically motivated crimes. Criminal mutilation is one element seen in crimes of this nature and can be defined as the act of depriving an individual of a limb, a member or any other important part of the body, or the deprivation of an organ or severe disfigurement. Distinct typologies of criminal mutilation are used to highlight the difference in the motivation and the behaviors involved in the process of criminal mutilation. The aim of this paper is to compare current theoretical understanding of criminal mutilation to the South African context. South African case studies involving criminal mutilation are discussed and juxtaposed to the theoretical typologies of

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the behavior facilitating an understanding of criminal mutilation in the South African context. This understanding can better equip psychologists working in the forensic context in South Africa.

Queer identity, queer space and the LGBT rights movement

E Kotze

Lefebvre defines space as one part of the interaction between subjects and their surroundings, linking the nature of a particular “social space” with specific functionality in terms of broader political sphere in which it functions. The tactical use of space has always been a hallmark of the LGBT rights movement, creating what Pile calls “an emancipatory politics of location”. So-called “gay districts” are widely publicised and even leveraged for economic gain. Pride marches ensure the congregation of people identified as lesbian, gay, bisexual and transgender (LGBT) in otherwise heteronormative spaces worldwide for a few days each year, and LGBT clubs, churches, book clubs and hiking groups exist and flourish even where non-heterosexual sexual practices are not sanctioned by law. Even the birth of the LGBT rights movement is often ascribed to a single space - the Stonewall Inn in New York City, which was the epicentre of a series of riots by LGBT-identified Americans in 1969. Drawing on a narrative literature review, this paper will provide an overview of the development of the lesbian, gay, bisexual and transgender (LGBT) rights movement in relation to its tactic of queering space and its employment of the notion of queer identity, with a specific focus on the movement in South Africa. It will also explore the roles and functions of such spaces, drawing from feminist and queer theory.

Developing a psychosocial response to gender-based violence in Diepsloot

E Kotze, A Hodgeson

Gender-based violence has been recognised as a global problem reaching epidemic proportions, and is the focus of a wide range of research outputs, ranging from the systemic causes of gender-based violence to its psychosocial effects on individual victims. While research on the efficacy of gender-based

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violence programmes is limited, it has been argued that the most effective interventions offer relief for victims' immediate needs, while at the same time addressing the root causes of the problem. Lawyers against Abuse (LVA) is an organisation providing integrated legal and psychosocial services to victims of gender-based violence in Diepsloot, Johannesburg. This paper provides an overview of the development of LVA's psychosocial response to gender-based violence in the area. Grounded in empowerment theory, the response aims to provide relief for individual victims' immediate needs, through legal and psychosocial counselling services, while also addressing systemic issues that are contributing to the high prevalence of gender-based violence in Diepsloot.

The Psycho-social well-being of victims of xenophobia in a clinical setting in Gauteng, South Africa

M Kotze, D Dix-peek, A Mlilo

The recent increase in xenophobic-related violence in South Africa highlights the trauma many refugees and asylum seekers face as they attempt to build a life for themselves in this country. This trauma may take on a cyclical form as refugees and asylum seekers who experienced trauma in their countries of origin are re-victimised by xenophobic-related violence perpetrated at a personal and institutional level. This is aggravated by the stress of immigrating, adapting to a new environment and general life stressors. Individuals who experience repeat trauma of such a nature are at greater risk for the development of PTSD, anxiety, depression and other adjustment related difficulties. This has important implications for the psychological and social well-being of victims of xenophobia and the support services provided to them. This paper explores the psycho-social impact of xenophobic attacks on refugees and asylum seekers who received psychological support services at the trauma clinic of the Centre for the Study of Violence and Reconciliation in Gauteng, South Africa during 2014 and 2015. Quantitative and qualitative data from 113 client records in the clinic's centralised monitoring and evaluation system were used to inform this study. Close to 22% of individuals who attended the clinic reported being victims of xenophobia. A preliminary analysis reveals clinically significant levels of PTSD, anxiety and depression in this sample. The complexities of their trauma as well as the implications it has for psychological interventions are explored.



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Moral development and the Child Justice Act: Justice or injustice?

A Kramers-Olen

The Child Justice Act No. 75 of 2008 has set the minimum age for criminal capacity at 10 years of age with a rebuttable presumption of criminal responsibility between the ages of 10 and 14 years. The legislation requires that expert evidence be led (by clinical psychologists or psychiatrists) in order to assist the court to determine whether accused children and adolescents between 10 and 14 years of age can be held criminally responsible. The Child Justice Act requires an examination of the cognitive, moral, emotional, psychological and social development of the accused child/adolescent. This paper critically examines the literature on moral development in children and adolescents as it relates to legal prescripts inherent in the Child Justice Act, in particular with regard to accused children and adolescents' understanding of the wrongfulness of an act, and an ability to act in accordance with that understanding.

Pitfalls and problems in expert evidence

G Labuschagne

Disciplinary complaints against psychologists venturing into the courtroom are on the rise. This paper will look at common pitfalls and mistakes made by those entering into the forensic arena. The presenter has testified over 90 times in the higher and lower courts of South Africa and often advises prosecutors on the cross-examination of psychologists. He brings this experience into the presentation with real examples of mistakes made in the courtroom. This presentation will be beneficial to those new to the forensic arena and those with experience in this arena. The presentation will span contracting for a forensic assessment up until giving evidence in the courtroom.

The role of the investigative psychology section of the South African Police Service

G Labuschagne



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The Investigative Psychology Section of the South African Police Service has a mandate to assist investigators dealing with Psychologically Motivated Crimes. These crimes include serial murder, serial rape, intimate partner murders, sexual murders, child sexual offences to name a few. Within this mandate the Section also provides training to law enforcement agencies, prosecutors and other agencies regarding these crimes. The Section also provides expert evidence in the courts relating to these issues. Finally the Section also has a research mandate to improve the SAPS understanding of these types of crimes. The Section has a mixture of Clinical Psychologists, Research Psychologists and Detectives. This paper will highlight these various tasks performed by the Investigative Psychology Section.

Psychological autopsy on murder-suicide in South Africa: Implications for practicing Psychologists

G Labuschagne, A Managa, M Dlomo-Sibiya

Intimate Partner Murder-Suicide is one of the emphases of the Investigative Psychology Section of the SAPS, which investigates psychologically motivated crimes. It is considered one of the most extreme forms and consequence of intimate partner violence. South Africa is regarded as the epicentre of intimate partner murder-suicide. The main aim of this paper is to sensitize practising psychologists to the prevalence of this phenomenon. While the predictability of suicidal action and murder-suicide action is very uncertain, psychologists have a duty to protect patients from themselves and to protect others from the patient. Therefore they should know how to assess risk of murder-suicide in their patients. A psychological autopsy method was used to investigate the circumstances of Murder-Suicide in 10 cases from police files. This study will assist in improving knowledge of risk factors of this phenomenon and help in developing prevention strategies.

Exploring barriers and enablers to ARV treatment adherence for men who have sex with men

S Laverack



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This research uses a qualitative methodology, using semi-structured interviews, carried out on nine participants who frequently use a Johannesburg support group aimed at MSM living with HIV. In terms of analysis, thematic content analysis was used identified the enablers and barriers to treatment adherence. These were broken into biopsychosocial factors with the main outcomes of this research suggesting that adherence is complex and influences are far beyond just biological. The majority of the elements raised by the participants indicate the significance of psychological and social factors. This makes the development of adherence interventions aimed at MSMs more detailed than simply following medical provider directions. There appeared to be consensus that although some participants of this research would prefer to not take antiretroviral therapy because of the side-effects, the alternative for them was something that they wanted to consider, such as illness and death. The belief that the medication is keeping them healthy, improving quality of life and allowing them to focus on day-to-day living seemed to dominate over the psychological effects of the condition or the medication in terms of adherence. Due to the way that HIV is perceived within society, the threat of discrimination is real and for many of the participants shape the way they see themselves and the world and this in turn guides their thinking when it comes to issues, especially with regards to disclosure. This research explores the antiretroviral adherence factors specifically associated to MSM.

The gendered experiences of South African adolescent girls from child-headed households within their educational and social contexts.

C Leatham, P Pillay, D Dunbar-Krige

The researched focused on the gendered experiences of South African adolescent girls from child-headed households in Orlando-West, Soweto. A qualitative research approach was used and the study was conducted by means of a hermeneutic phenomenological case study research design. The study was conducted from an endarkened/trans-national feminist theoretical perspective. The following major themes emerged: the influences of patriarchal cultural practices and traditions from the past on the gendered experiences of the girls; their daily struggles; and the participants taking pride in being female. The research raised an awareness of the inner strength and resilience the participants had in terms of their daily living and utilising their resources within the community. The research contributed to endarkened/trans-national feminism theory and knowledge development in relation to the gendered experiences of

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the participants. In particular it led to the identification of five transitional phases that children from child-headed households are faced with from the time their parents fall ill until after their deaths. Furthermore, the study highlighted the impact of cross-cultural and indigenous knowledge systems on the gendered experiences of African teenage girls from child-headed households. Conducting research within diverse communities provides a richer perspective of South Africa's diversities as well as instils a cross-cultural respectfulness and competence. Finally, a major original contribution of the study was evident in the intervention programme that was designed to support South African adolescent girls from child-headed households in terms of challenging their gendered experiences within their schools and local communities.

Goal setting and potential obstacles in the lives of students: A hope lens

K Leburu, T Khumalo

Students are faced with a number of challenges related to their developmental tasks. Among others, they have to master course content and maintain a fulfilling and meaningful life, while navigating through obstacles that could hinder their future aspirations. Therefore, in line with the Hope Theory, goal-setting, and agency-and pathways-thinking are important components for a successful student life. We therefore explored students' levels of agency, the nature of their goals, and potential obstacles on their way using a mixed methods approach. 155 university students (101 females and 54 males) aged between 18 and 34 years participated. In addition to socio-demographic variables, agency thinking (motivation component of hope) was measured, and open-ended questions about goals, goal priority and reasons, and obstacles, were posed. Quantitative findings showed that age, gender and relationship status did not result in any difference on hope-agency. Qualitative findings showed that educational, career and personal/family aspirations were identified as primary goals. Obstacles were financial problems, laziness, lack of family support and apprehension about finding a job. In conclusion, students' goals and aspirations are congruent with their contextually relevant tasks as emerging adults. However, the experience of distress stemming from external factors such as financial restrictions, poor family support and unstable employment sphere, as well as internal goal-related obstacles that include poor discipline and focus, pose significant stress and stumbling blocks in their goal achievement paths.



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Relationships were never meant to be easy: Robben Island Diversity Experience (RIDE) 2014

L Ley, M May

The Robben Island Diversity Experience poses invaluable opportunities to form an in-depth understanding of South African diversity dynamics. This research described the researchers' personal journey during a group relations training event (RIDE 2014) with specific reference to their experiences during the here-and-now events. Qualitative, auto-ethnographic design, allowed the researchers (a member and staff member of RIDE 2014) to delve into their experiences of diversity dynamics during the event. Hermeneutic phenomenology, using the systems psychodynamic perspective, allowed for the description and interpretation of diversity dynamics. Thematic analysis was used. A broad theme was the disconnection amongst members, viz. disconnect across the generations, a spat between language, transformation and culture, power struggle between management and members leading to disconnection. Regardless of these apparent disconnections, there was a wish amongst members for a unified culture without differentiation based on pseudo-connections. However, members defended against the difficult work required to make authentic connections because of the disability of dealing with the messiness of authentic relationships. The research highlighted the importance of understanding diversity dynamics to inform consultants and (diversity and transformation) managers about how to effectively deal with these dynamics to ensure connectedness (unity) across differences. The study has the potential to add value to understanding diversity dynamics not only through concepts such as the anxiety and social defenses, but also the struggle to find authentic connections across difference in an era of turbulence, great disarray and unpredictability in global markets.

The relationship between spiritual well-being and grit in individuals in romantic relationships.

D Louw, M Van Dijk

The importance of both spiritual well-being and grit to personal achievement is well established, but less is known about how these two constructs influence

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people engaging within romantic settings. This study investigates the relationship between spiritual well-being and grit in individuals in romantic relationships. The sample includes data from 43 individuals obtained using a non-probability convenience sampling method who have been involved in a romantic relationship for at least 12 months. By using a non-experimental correlational quantitative research design a positive moderate correlation between the two variables ($r = .480$) was found. The results suggest that grit might act as intrinsic motivation to sustain an individuals' spiritual outlook, therefore increasing the possibility of interpersonal success within a romantic relationship. The findings indicate that spiritual well-being might not be the only success-factor in a romantic relationship, but that grit may act as a key moderator to relationship success.

Resilience in gay and lesbian parent families

C Lubbe-de Beer, L Kruger

Research on the experiences of children raised in Gay/Lesbian Parent Families reveal that the children often feel exposed and/or threatened by the societal heteronormativity they are faced with. In addition to this, Gay/Lesbian Parent Families often have to work hard and diligently to create a comfortable familiarity, or sense of belonging, within the society they live in. However, the above findings do not disprove the acknowledgement by Gay/Lesbian Parent Families that they are happy and effectively functioning in society. In many psychological and sociological family studies, the family's bonding with society has often been ignored or only dealt with in general terms and we have found very little literature relating to modern day society, especially to South African populations or GLPFs specifically. The aim of this paper is to explore the social ecological factors that facilitate resilience in Gay/Lesbian Parent Families living in a predominantly heteronormative society. By assuming that Gay/Lesbian Parent Families experience challenges living in a heteronormative society, the objective is to understand how (and if) the families' interactions with society influence this process in a reciprocal way. This study is situated in a qualitative research approach, using unstructured interviews and thematic content analysis in relation to resilience theory.



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The relationship between second language achievement and language learning strategies in English first and second language learners.

N Lutz, A Vorster, Z Amod

All learners in the current South African setting, according to the Curriculum Assessment Policy Statement (CAPS) document and government legislation, have to learn a second language. Whilst taking this into consideration, this study aimed to look at the relationship between second language achievement and language learning strategies in English first and second language learners. The sample consisted of 128 English first and second language learners in Grade 6 and 7 from a primary government school in Johannesburg, Gauteng. The learners completed the Strategy Inventory for Language Learning (SILL) which provided information on the language learning strategies they use most readily. The data collected from the SILL was then analysed in relation to the learners' marks in the second language they were studying to ascertain the relationship that the strategy use may have with second language achievement. It was discovered that there were significant relationships between metacognitive, memory and affective strategy use and second language achievement. Alongside this, certain learning strategies were found to be correlated with each other and due to this relationship, may also impact on second language achievement. Given the role that language has played in South African society and the impact it has had on the schooling system, understanding what may impact on language learning may serve to enhance this setting.

Access strategies used by LGBTIQ+ individuals

F Mabogoane

Accessing mass media in order to reach mass audiences to educate and inform the public on issues of importance is always a battle to achieve. This is predominately prevalent by groups who are considered to be in the minority or inferior to the norm. Consequently, this paper will look at how a minority group such as the LGBTIQ+ (Lesbian, Gay, Bisexual, Trans*, Intersex, Queer, Asexual and any other sexual orientations and gender identities) try to employ media access strategies in order to be considered newsworthy and form part of public discourse and debates. Drawing on theoretical contexts on access strategies and using engagements from students and lecturers who analyse the

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media and who are also involved in LGBTIQ+ activism or are LGBTIQ+ identified, this paper will look at how people engage and are affected by coverage or lack thereof about sexual orientation and gender identity and the methods used to be at the crux of the information hub. This paper will close on experiences and reflections of being LGBTIQ+ and engaging in LGBTIQ+ work and the ways the media can better reflect and integrate issues of importance surrounding sexual orientation and gender identity advocacy.

The distinct treatment algorithms in the Mastersonian approach to the various disorders of self

D Macklin, L Daws

The work of Dr James F Masterson (March 25, 1926 - April 12, 2010) has spanned for over five decades and has led to multiple publications on the disorders of the self. Unique to his developmental, self and object relations approach are the various algorithms aiding clinicians in both diagnosing and treating various painful psychological states of mind. It will be the aim of the current paper to synoptically focus on the borderline, narcissistic and schizoid algorithms and their therapeutic implications. Clinical examples will illustrate how the clinician can enter the unique intra- psychic world and language of each disorder of self.

The impact of childhood sexual assault vs the disbanding of families

L Madileng

Sexual assault in South Africa is affecting 10-20% of the community with 5% being children younger than 5 years. These children grow with the problem. Most of the time sexual assault crimes are committed by someone known by the family or the family member. Theoretical perspectives often focus on the physical problems of the victims and adaptation at the moment. Therapy with the victims mostly addresses adaption and adjustment with the problem. Families get broken due to the effect of the crime. Offenders of the crime often serve their sentence but restoration process becomes challenging especially if the crime is committed within the nuclear or extended families. A convenience sample of ten

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participants from age 5-12 years who were victims of sexual assault and 15 offenders who were arrested for the crime were interviewed. These were participants who have been referred for psychological intervention. Thematic analysis was used to analyse the results. Victims of crimes often find themselves in the middle. They mostly get ambivalent about the action to be taken with regard to family placements. The offenders are also rejected by their families and the community even after their sentence.

Ethnic/cultural stereotyping in business ethics vignettes

B Magagula, N Eccles

In 2014, the Journal of Business Ethics published a paper by Birtch and Chiang entitled: "The Influence of Business School's Ethical Climate on Students' Unethical Behavior." The paper presented an empirical study of the influence of students' perceptions of the ethical climate of their business school on the students' behaviour and in so doing aimed to make a contribution to the teaching business ethics discourse. However, for us, the most striking feature of this paper was the seemingly unnecessary negative ethnic/cultural stereotyping contained in the vignette presented in the paper's introduction. Given the relatively frequent application of vignettes in the literature on teaching business ethics, we were prompted to wonder whether this was an isolated instance or a more widespread occurrence? To investigate this question we conducted a search of the peer reviewed (scholarly) literature for papers containing the string "vignette" and "business ethics" using the extensive EBSCO Host databases to which our institution subscribes. This search yielded a total of 166 papers. Nearly a quarter (40) of these contained some form of negative ethnic/cultural stereotyping. In this paper we describe the character of this apparently widespread practice, noting the role of seminal papers as stereotype formation events and the perpetuation of the stereotypes through methodological replication. Ultimately we conclude with a plea to authors, editors and reviewers to be on guard against this practice.



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A comparative study on the self-concept of learners with learning disabilities in different educational settings

S Makhubu, S Govender, M Hlongwane

This study examined differences in self-concept among learners with learning disabilities in mainstream and full service and well as resource centres in the KwaZulu-Natal region. A total of one hundred and twenty six learners with Learning Disabilities (LD) in mainstream (Inclusive Education) and special education classes participated in the study. This includes 52 learners with varying degrees of learning disabilities in regular schools and 74 from full service schools and resource centres. The Piers Harris Children Self-Concept Scale II was used to attain the objective outcome in the present study. The findings indicated that there was a difference in terms of global self-concept of learners attending full service school and resource centres compared to those in mainstream schools, with learners from the special education group obtaining higher global self-concept scores. These results are contrary to most studies conducted comparing self-concept of learners with and without LD. However, the discrepancy between the scores was not that significant. Learners with LD in a special class group obtained constantly but non-significantly high scores on five of six subscales when compared to the other group of learners with LD in a mainstream school setting. The non-significant higher score for mainstream class learners was observed only in the "Behavior" sub-scale. In conclusion the present study's contributions as well as shortcomings are discussed, along with recommendations for future research.

Method effects and dimensionality of the Rosenberg Self-esteem Scale with Black and White university students

M Makhubela, S Mashegoane

In this study, the factor structure and cross-cultural validity of the Rosenberg Self-esteem Scale (RSES) were examined with a sample of 862 university students (67% = Black). Students completed the original 10-item RSES as part of a study on depression. Alternative CFA models: unidimensional, bidimensional and unidimensional models containing either latent method factor (LMF) or correlated residual uniquenesses (CU) were evaluated. Consistent with previous research, results showed that a bidimensional factor structure had a superior fit

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to the data, with the best fitting models being those that accounted for method effects among negatively worded items. Findings also demonstrated that while method effects in the RSES were predominantly associated with negatively worded items across the two race groups, they were more evident among black students. Thus method effects have important implications for conclusions concerning cross-cultural variances in self-esteem and the utility of the RSES across cultures.

Religiosity and spirituality on health risk behaviours: Testing for mediation

M Makhubela, S Mashegoane

This study seeks to establish the conceptual relationship between intrinsic religiosity and spirituality by evaluating their capacity to mediate one another. Path analysis was used to test two models with cross-sectional data from university students: 1) in which Intrinsic religiosity was hypothesized to influence health risk behaviours in paths mediated by Religious well-being and Existential well-being, and 2) in which Religious well-being and Existential well-being were hypothesized to influence health risk behaviours in paths mediated by Intrinsic religiosity. Intrinsic religiosity was significantly, directly associated with participants' marijuana use ($\beta = .16$), sexual behaviour ($\beta = .12$) activity (effects mediated by Religious and Existential well-being were not significant. Similarly, Religious well-being accounted for exclusive variance in marijuana use ($\beta = .17$), while Existential well-being only accounted for variance in sexual behaviour scores ($\beta = -.154$). The mediational effects of Intrinsic religiosity were also not significant in both measures of spirituality. Results showed that intrinsic religiosity and spirituality dimensions are independent constructs in this particular sample, since they failed to mediate each other. Our results support the putative bifurcation of the two constructs in the literature and findings of distinct independent roles they have on health.



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Using a meaning-centred leadership model to develop personal efficacy amongst young leaders

S Makola

The aim of this paper is to share information about a new book the author published through Unisa Press. The purpose of writing the book is to teach youth about Viktor Frankl's philosophy of finding meaning and purpose in life, irrespective of circumstances. The book is divided into five main parts, (i) What is meaning; (ii) Factors that impact on academic performance; (iii) Research evidence for sense of meaning; (iv) Finding meaning in daily activities; and (v) The way forward. In each section there are chapters which discuss respective issues relevant to the segment. The reason for dividing the book into five parts was to make it easier for readers to distinguish the general theory from empirical studies conducted in the field, as well as the practical everyday application of the theory. This paper focuses on a study which explored whether teaching student leaders about the Meaning-Centred Leadership Model resulted in a significant improvement in their leadership potential. The participants are two groups of student leaders from a satellite campus of a university of technology in South Africa. The research utilized mixed methods. Quantitative data was collected using the Purpose in Life Test (PIL) and Youth Leadership Test (YLT). In addition, qualitative data was collected on the participants' subjective experience of development in leadership potential. The findings indicate that it is possible to inspire youth leaders in their leadership development by means of a meaning-centred leadership model, and that this helps in their transformational self-knowledge.

An exploration of the psychological effects of disclosure of an HIV positive status to children on anti- retroviral treatment at Dr George Mukhari academic hospital

L Makua

With South Africa's high Human Immunodeficiency Virus (HIV) prevalence and incidence rate, it is not surprising that many children are prenatally infected with HIV. The South African department of health has over the years been working diligently in trying to prevent the transmission of the virus from infected pregnant women to their unborn children, through the launch of a program called

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Prevention of Mother to Child Transmission (PMTCT). However, one of the greater challenges currently faced by South African parents or caregivers is that of dealing with the issue of disclosing a positive HIV status to children who were infected by their mothers at birth. Parents usually consider factors such as age of a child, socio-economic status, culture, fear of stigma and the impact on the child when contemplating whether to disclose to the child or not. The study was qualitative in nature and used a transcendental phenomenological design. Nineteen participants were purposefully selected and interviewed through semi-structured interviews and focus group interviews which were conducted in their mother tongue. Interpretative Phenomenological Analysis (IPA) was utilised to make sense of the data. The results indicated that parents and caregivers find it difficult to tell the children that they (children) are infected with HIV. Fear of stigma, judgement and rejection were cited as reasons for not disclosing. Furthermore, the findings revealed that disclosure does not have overall negative psychological effects on children.

“I am no longer afraid to talk...”: Youth reflections on engagement in an African Photovoice project

N Malherbe, S Suffla, U Bawa, M Seedat

A pivotal goal of participatory action research - and Photovoice in particular - is to foster the agentic capacity of the community voice, as well as to promote critical reflection and ownership of meaning-making processes among participants. Drawing on interviews conducted with youth who participated in an African-centred, multi-country Photovoice project which focused on representations of safety, this study aimed to explore participants' experiences of Photovoice, their discursive constructions and reflections of agency, as well as their depictions of the merits and limitations of 'empowerment' as supported by their engagement in the project. This research contributes to the evident dearth of literature which examines young people's location within and engagement in participatory research processes such as Photovoice, and also to the appraisal of Photovoice methodology from the perspective of the disenfranchised voices that it aims to recognise. It is hoped that the findings of this study will further extend the ambitions of critical participant reflection within Photovoice studies, as well as provide a significant, yet largely ignored, form of critique directed toward Photovoice methodology.



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Case linkage analysis of a paedophile serial rapist's modus operandi: A case study.

A Managa

This paper examines the modus operandi behaviour of a paedophile offender (serial rapist) in South Africa who had raped 36 victims. The offender's victims were mostly young girls between the ages of 10 - 14 years and two other victims who were in early adulthood. It further analysed the behavioural patterns of the offender and geographical proximity to determine similarities that can link the offender to other similar crimes in the same area. Data collection was done by reviewing the relevant docket case, court files and investigators diary transcripts. The entire transcripts were studied to identify significant and similar features across all crimes and analyses were derived from common themes. The findings revealed that there were sufficient similarities in the modus operandi behaviour exhibited that linked the series of rapes to the same offender. The modus operandi used was mostly a con story to either get muti (traditional medicine) for someone sick in the area or an accusation to the victim that they used fake money to buy items at a nearby shop. The modus operandi corroborates DNA evidence found in some victims with high probability that the series have been perpetrated by the same offender.

A comparison analysis of foreign object insertions in sexual homicide crimes: South African context.

A Managa, N Khumalo

Although foreign object insertion is a rare occurrence worldwide, South Africa is seeing a frequent occurrence of these serious and violent crimes in sexual homicide. However, detailed data on these events are not routinely collected for analysis. As a result, there is scarcity of data regarding the incidence or prevalence of this phenomenon. The foreign object insertion phenomenon is usually associated with / often seen as an indication of sexual murder signature. Therefore, the study is set out to determine the typical victim and offender profile, modus operandi as well as the rationale behind the behaviours. The study will analyse a total of 38 cases from police files, which comprise of 17

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offences (that were committed prior to 2007) and recent cases (from 2008 until 2013). This comparison will determine whether there is shift on mentality from how these crimes used to be committed and how it has been occurring in recent years. The finding of this study is intended to assist in the profiling of these cases in the future.

Symbolic suicide & manifestation of depression in Africa

A Mankayi, T Naidu

Depression is the most common of all mental health conditions yet the identification and treatment of depression continues to present a challenge to mental health practitioners. This is complicated by the fact that the well established mainstream psychological conceptualization of depression as a cognitive behavioural construct precludes the understanding of depression as it may manifest in its diverse cultural expressions Using an illustrative composite case study as well as footage from a popular local public television show, the presenters portray an alternative representation of depression as having strong socio-cultural components. They propose that cases of women, who abandon their homes, families and communities as illustrated in the television reality show Khumbul' ekhaya could represent a form of social or cultural suicide.

Eliciting advice from within: using three early recollections to facilitate career counselling and therapy

K Maree

A storied approach promotes the construction of new realities, acknowledges past experiences and is aimed at dealing with a painful and traumatic past and transcending hard times and lack of resources. While accepting that conscious and subconscious motives and behaviour acquired in social contexts continue to influence human behaviour long after the early childhood years, this approach draws from the existential-phenomenological belief that people should be enabled to advise themselves. Earliest recollections often signal the sequence of events that constitute clients' career-life stories. Considering the three earliest recollections technique from an individual psychology, person-centred

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perspective, there are no 'chance' memories. Clients often remember or repeat stories to themselves in the process of reflexive constructing, deconstructing, reconstructing, and co-constructing themselves. In this paper, the use of early recollections in career counselling and therapy is demonstrated. A case study will be presented (working with a participant in a one-on-one research setting and incorporating an integrated, qualitative+quantitative, interpretive paradigm). The participant was selected purposively, with the selection criteria calling for an adolescent with an impaired sense of self who had sought career counselling. After the intervention, the participant demonstrated an enhanced sense of self, including an enhanced self-concept and self-esteem as well as an increased sense of personal authorship and hope for the future providing support for the use of early recollections in career counselling and therapy.

I knew it wasn't supposed to go there": A queerfeminist analysis of materialities when coming out for a group of self-identified gay South African men

J Martin

This paper offers preliminary findings from retrospective accounts of coming out for 7 South African (self-identified) gay men. Data were generated from 7 unstructured individual interviews with each coparticipant and an unstructured focus group interview with 4 of the coparticipants. The guiding directive for the interviews was: "my body, coming out". Data were analysed using a material

interesting identity-constructing performatives which play with and transgress heteronormative and binary embodiments of gender, sex, and sexuality. Amongst the coparticipants shared and contested experiences of coming out were evident, but these were often marked by embodied performances of queerness and gayness. These included, the new found flexibilities of a limp-wrist and bent postures, tongue-twisting with activity and passivity during man-on-man kissing, the bitter/sweet tastes of seminal fluid, sensory shifts from speaking straightness to listening for gayness, re/de/centralising the phallus as the site of auto-eroticism, as well as the pleasure and pain of anal sex. For African coparticipants skin colour was constructed as an active participant in (re)definitions of a queer self during coming out. Lastly, bruises and injuries from homophobic violence were sites through which hurt and pain were (re)materialised as marks of pride.

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“How ethical can I be naked?”: A diffractive analysis of an embedded military psychologist’s ethical dilemmas.

J Martin

The purpose of this paper focuses on how boundary crossings were experienced and resolved by a military psychologist embedded in the Democratic Republic of the Congo, during a 12-month deployment. Military mission areas and deployed military units are unique places to render psychological expertise and services because their very geography (given operational demands) predisposes psychologists to experiencing potential boundary crossings which are difficult to detect and more frequent, compared to civilian practice. It is the very unique materiality of an embedded mission area which leads the author of this paper to posit a diffractive analysis of boundary crossings in the mission area, following the work of Karen Barad and other new materialist feminisms. In doing so, the author diffractively reads auto-ethnographic insights, from a daily “war diary” written over 12 months, through auto-photographs, captured during the course of the deployment. The analysis offered is two-fold. First, the author traces which non-human materialities, unique to the embedded military environment, are actively involved in constituting boundary crossings. Special attention is paid to retheorising boundary crossings as entangled through multiple material turns to the usefulness of a diffractive research methodology as a means of enhancing an embedded military psychologist’s attentiveness to the nuances of boundary crossings in the mission area. Special attention is paid to the data itself as constitutive force in producing new possibilities for the psychologist in managing boundary crossings.

“Muscle Matters”: An intra-active analysis of the entanglements that matter muscle for competitive male bodybuilders.

J Martin, F Boonzaier, D Foster

In this paper the author offers some preliminary findings from doctoral research into the materialities of muscle in South African men’s competitive bodybuilding. With a post-constructionist bent, and the aim of decentring the anthropocentric

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gaze of existing critical studies of bodybuilding, the author asks how muscle is materially constituted in men's competitive bodybuilding. In so doing the author follows Karen Barad's diffractive research methodology and reads empirical data, collected from 30 competitive male bodybuilders, through the insights of new material feminists. In particular, the author plugs Stacey Alaimo's transcorporeality; Jane Bennett's thing-power; Nancy Tuana's viscous porosity; Susan Hekman's mangle; and Donna Haraway's becoming-with, into competitive bodybuilders' autophotographs and photo-elicitations. Through a diffractive reading of the data the author excavates the active participation of fleshy muscle in its own materialisation. Additionally, the author explores how muscle comes to matter through intra-active entanglements with non/human materialities in competitive bodybuilding practices, namely, bronzing crème, high protein foods, steroids, and a leg-press machine.

Queer identity politics: What's in a name?

J Marx

I was taken by surprise when the reviewer of an abstract that I had written for a paper at an international conference informed me that I should not use the term 'homosexuality'. The results of a quick Google search confirmed that the reviewer's opinion reflected a current trend in the Global North. This is according to articles published in the New York Times and the Huffington Post, and the most recent edition of the Publication Manual of the American Psychological Association. This paper presents a critical discussion of the arguments that have been put forward in support of censoring the term 'homosexual' and considers the implications of these arguments for a queer politics of (re)appropriation. The paper concludes with a brief consideration of a range of preferred signifiers and the signaling of a return to identity politics.

The moderation function of hierarchy-attenuating ideologies on the relationship between Social Dominance Orientation and support for affirmative action

S Maseko, K Dumont



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Earlier studies have examined the indirect effects of hierarchy-enhancing ideologies on the relationship between people's desire for inequality amongst groups (social dominance orientation) and support for redistributive policies. However, studies examining the moderation function of hierarchy-attenuating ideologies on the relationship between social dominance orientation and support for redistributive policies amongst groups affected by social change are sparse. Based on social dominance theory, the current study sought to fill this gap by testing the moderation function of group relevant hierarchy-attenuating ideologies on the relationship between social dominance orientation and support for affirmative action. Using a sample of black South African participants, results from an online survey indicated that colourblind ideology and Ubuntu, respectively, moderated the relationship between social dominance orientation and support for affirmative action - whereas multiculturalism did not. Specifically, when colourblind ideology or Ubuntu were endorsed, higher social dominance orientation levels predicted support for affirmative action. However, when these hierarchy-attenuating ideologies were rejected, higher social dominance orientation levels predicted opposition towards affirmative action. In line with social dominance theory these results highlight the role that ideologies such as colourblind ideology and Ubuntu play in undoing group-based inequality.

Attachment dimensions predict internalizing and not externalizing behaviours in an African context

S Mashegoane, N Ramoloto, S Moripe

The study explored the attachment and problem behaviour sets' association using a cross-sectional, convenience sample of 135 learners (age range = 11-14 years; females = 79/58.5%) in Mankweng, Polokwane. Parents and guardians also supplied supplementary ratings of their children's internalizing and externalizing behaviours. To begin with, the effect of gender on all the primary variables of the study was determined, and then the variables were correlated against each other. Finally, multivariate analysis was conducted to evaluate the shared relationship between the sets of attachment dimensions and internalizing and externalizing behaviours. Internalizing and externalizing behaviour ratings of parents and guardians were mostly unrelated to learners' self-ratings, and attachment dimensions failed to predict any of the problem behaviours. On the other hand, internalizing behaviours reported by the learners were predicted by attachment anxiety and avoidance. The study showed that attachment

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dimensions are only related to internalizing behaviours in this particular African context.

Exploring the experiences of adolescents of HAART in Tembisa

M MaseTshaba

The decision to study adolescents' experiences of HAART was inspired by the changing nature of the global AIDS epidemic and the recognition that adolescents have distinct needs. In addition to dealing with standard developmental processes, HIV positive adolescents must also confront a number of extra challenges. For these young people, the transition from childhood to adulthood is interlaced with concerns about medication regimens, doctor's appointments, life expectancy, disclosure, and transmitting HIV to others. The extensive changes that characterise adolescence make the second decade of life particularly unique. This study employed a qualitative methodology to capture the experiences of adolescents on HAART, as they personally experienced the treatment. This was an exploratory design using a phenomenological approach. In-depth interviews formed an integral part of data collection. A combination of non-probability convenience and purposive sampling methods was used to draw a sample of 5 participants from a population of adolescents who have been on HAART for at least a period of two years. Thematic analysis was used to analyse the results. It was evident from the results that experiences of adolescents living with HIV/AIDS are influenced by numerous factors across individual, family, peer relationships as well as the health care system. The issue of disclosure came up as having a significant bearing on acceptance of HIV status and later on, on adherence to HAART. Parents and/or guardians form integral part of the adolescents' lives, therefore equipping the parents and/or guardians would help them understand issues around disclosure and support.

Exploring the experiences of adolescents of Haart in Tembisa: Professional health care perspective

M MaseTshaba



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Health care professionals have an essential role to play in the treatment and management of HIV-infected adolescents. This study sought to research adolescent-centred services that may enable the multi-disciplinary team at Masakhane Clinic, Tembisa Provincial Tertiary Hospital to design suitable interventions to address the specific problems of non-adherence. By increasing adolescent-focused treatment and care services, adolescents and young people may be more likely to be better engaged in care and treatment, thus reducing morbidity and mortality in this population. The various professionals involved in the treatment of the HAART patients were asked to provide information on their observations of the HAART adolescents they were assisting in the hospital. This study hoped that there would be collective contributions from the various categories of professionals that could provide information of importance for improving practices in HAART treatment of the HIV/AIDS adolescents.

Understanding the experiences of mothers of children with cancer

I Masisi

In South Africa, one in 600 children is affected by cancer before the age of 16. A cancer diagnosis is not only devastating for the patients but for the family as a whole. The family members' roles and responsibilities change. As the primary caregivers, mothers undergo the most drastic change and have to walk through the cancer process with the child. Mothers might have to adjust their work schedules, take unpaid leaves of absence, or quit their jobs in order to care for their child with cancer. In addition to caring for the ill child's needs, mothers also have the responsibilities of caring for other family members during the diagnosis and treatment periods. When a child is hospitalised, the mother has to be with the child, which might have an impact on her relationship with the other family members (spouse or other children). Research has focused on the patients of cancer and how the family can care for the patient and less research has been done on how mothers are affected by their child's illness. Most of the studies that have been conducted were quantitative in nature, measuring quality of life and/or psychological distress experienced by parents. The proposed study aims to explore the experiences of mothers of children with cancer and the impact of cancer on their lives. This paper aims to provide a holistic view of the impact of cancer on the mothers of children diagnosed with childhood cancer.



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Experiential accounts of intimate partner violence (IPV) among young people from Soweto, Johannesburg

Matamela Makongoza, Mzikazi Nduna and Janan Dietrich

One of the greatest challenges facing young people in intimate relationships is violence. A South African study conducted in the Eastern Cape amongst 70 rural participants estimate that 31.8% of young men aged 15-26 years perpetrated sexual and physical violence against their intimate partner. Prevalence of Intimate Partner Violence (IPV) in South Africa is estimated from 10 - 50.5% in general. A study conducted among 16-44 year old women attending antenatal clinics in Soweto reported high incidents of IPV from adolescents at the age of 15 years old. The aim of this study is to explore how young people (15-20 years) perceive and experience IPV from Soweto, Johannesburg. A convenience sampling approach will be used to conduct in-depth interviews with participant's aged 15-20 years. Participants will be recruited through snowball sampling from Pimville in Soweto. Face to face and unstructured interviews will be used to explore how young people from Soweto perceive and experience IPV. Discourse analysis will be used to analyse participant interviews. The study will report on young people's perceptions and experiences of IPV. The study will demonstrate how young people's perceptions and experiences of IPV are socially constructed and maintained through their particular discourses.

Consulting psychology: The intersection amongst the different psychology categories

M May, A Barnard, S Bvuma, S Henning, M Pretorius

UNISA's Doctorate in Consulting Psychology is a collaborative programme presented by the departments of Industrial and Organisational (IO) Psychology and Psychology. This research describes the researchers' personal journey during and after the doctoral consulting psychology programme. The doctoral degree in Consulting Psychology allows IO, clinical and counselling psychologists the opportunity to create an awareness of how the different categories can add value to each other's fields of inquiry, and how much psychologists from these different categories can learn from each other to enrich

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their learning contexts and practices in their work environments. Qualitative, auto-ethnographic design, allowed the researchers to delve into their experiences of the doctoral consulting psychology programme. Hermeneutic phenomenology allowed for the description and interpretation of these experiences. Grounded Theory analysis resulted in broad themes, working hypotheses and a research hypothesis. Broad themes manifested, namely, the intersection between individual, group and organization; the intersection between IO, clinical and counselling psychologist; reluctance swayed by co-operation; developing the field of consulting psychology; career change through doctorateness; and networking opportunity. Based on these themes a research hypothesis was formulated. The research highlighted how the different psychology categories combined in this flagship programme can add value to the continued development and shaping of consulting psychologist in particular, and the discipline of psychology generally. The study could add value to understanding how consulting psychologists use the intersection between the different categories to enhance their and their clients' competitive edge in an era of turbulence, great uncertainty and unpredictability in organisations.

Factors influencing levels of teacher motivation at schools in Uthungulu District

N Mbatha, D Nzima

According to the need-based theories, motivation arises from unsatisfied human desires or needs attempting to describe the collection of motivational factors in a content perspective. Based on the central role that teacher motivation plays in the schools system this study aimed to investigate factors influencing levels of teacher motivation at schools in UThungulu District. A purposive sampling design was adopted to draw a sample of 120 teachers from 8 primary and 7 high schools falling under the uThungulu district. The researcher used a questionnaire to collect data from the respondents. A mixed methods approach was used to analyze data from close- and open-ended questions. Descriptive statistics was used to analyze quantitative data, whilst content analysis was used to analyze qualitative data after identifying and grouping together similar themes in the protocols. The results of the study showed inter alia that low salaries, learner discipline, lack of security at schools, political interference in the education system, ever-changing education policies, and lack of recognition were the most important factors which impacted on the level of teacher

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motivation. There was a general agreement among the respondents that the employer needs to address the workers concerns as one way of improving the working conditions in the teaching profession.

Technology integration in teaching of life orientation to second year university students: A motivating factor in academic performance

N Mbatha, D Nzima

The change in the education system has advocated for the integration of information and communications technology (ICT) in teaching and learning. The White Paper 7 on e-Education outlines five levels of knowledge in ICT: entry, adoption, adaptation, appropriation, and innovation. The ICT knowledge and skills were transmitted to student teachers from the University of Zululand, who will also transfer such knowledge to their prospective learners. The University of Zululand has a high student/ lecturer ratio which limits individual or small group attention. In large groups students may hesitate to ask questions. Furthermore, the high student/ lecturer ratio results in vast amounts of paperwork, including marking of assignments, tests and examinations. These problems faced by lecturers and students could be alleviated by the use of technology in the classrooms. The University of Zululand had adopted Moodle and Testmoz as a virtual learning management system (LMS) to aid in teaching and learning challenges faced by the lecturers and students. This study investigates the effect of the Moodle quizzes on the academic performance of Life Orientation student teachers, and its impact on student-centered learning. Students' perceptions and learning content mastery were evaluated by pre- and post-assessments administered online. The study involved 150 second year students. Data was analysed by comparing pre-and post- test results using Pearson's correlation coefficient (r). The results in student performance indicated that the ICT method had a positive effect on content mastery. The use of Moodle made the module interactive and motivated students.



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Que(e)ring healthcare trans and gender non-conforming people's access to healthcare within South Africa

C Mclachlan, J Nel

Transgender and gender non-conforming (GNC) people experience various challenges within the South African healthcare system. Not only are their healthcare needs compounded, but they also tend to be complex. The South African Constitution and Bill of Rights protects Lesbian, Gay, Bisexual, Transgender, Intersex and Queer (LGBTIQ) people from discrimination and stigmatisation. Many transgender and GNC people, however, find it difficult to access appropriate medical treatment and care. They still battle medical prejudice and face societal marginalisation, discrimination and pressure to subscribe to socially constructed gender stereotypes. For transgender and GNC people it is a struggle against patriarchy, heteronormativity and the healthcare system's focus on the needs of the majority healthcare user; thus not always ensuring equal access for minority groups. South African-based research that informs this paper, concludes that the healthcare offered to transgender people is sub-standard, among others, due to trans*-care incompetence. Also, currently only two government trans* health-specific clinics exist within South Africa. Furthermore, no South African practice guidelines are available. Healthcare providers also lack training in the trans* health field. These factors could contribute to incompetence when treating GNC and transgender individuals. Accordingly, recommendations include the need for the development of South African practice guidelines in order to inform the psychology professional in the treatment of transgender and GNC clients.

Queering 'trans* children: Is psychology's treatment of gender non-conforming children benevolent?

C Mclachlan, J Nel

The study that informs this paper focused on pre-pubescent children dealing with gender diversity and/or presenting as gender non-conforming. Aversion therapy has periodically been recommended in the treatment of such children. This study investigated the impact this treatment method could have on the child and questions whether aversion therapy can be considered ethical. Furthermore, the current diagnoses of Gender Identity Disorder of Childhood (ICD-10) and

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proposed diagnoses of Gender Incongruence in Childhood (ICD-11) are queried, as they tend to be based on the child's gender expression and/or gender identity. Similarly pubertal children are still in the process of developing and establishing their gender expression. Pathologising their gender diversity could have a negative impact on their development. Research also indicates that in most children presenting with gender dysphoria, the dysphoria did not persist into adulthood: Most identified as homosexual, instead of trans*, in later life. The gender binary is thus queried and the possibility of a more fluid view of gender proposed. This paper proposes age appropriate treatment possibilities and how the psychology professional can contribute to the non-pathologising treatment of children presenting with gender atypical behaviour. Treatment should, instead, focus on reducing the child's, as well as caregivers', distress related to the gender dysphoria. Similarly, any other psychological difficulties ought to be attended to as most children with gender dysphoria also present with symptoms of anxiety and/or depression.

Career support needs of learners with historical disadvantage: An exploratory study

C Mensele, K Nel, D Bongani

This study explored the career support needs of learners from a historically disadvantaged rural South Africa school setting. Participants were a convenience sample of 20 high school learners (females =60%; Males 40%; age range 15 to 17 years; schools grades 9-10). They completed focus group interviews relating to their career awareness and needs. The data were thematically analysed. The results suggested learners have significant in-school career awareness and support needs. Learners' accessed career related information informally from social networks they were involved in out of school rather than in the educational setting.



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ADHD: Diagnosis, assessment, interventions and outcome

A Meyer

Attention-deficit/hyperactivity disorder (ADHD) is the most common neurobehavioural disorder of childhood. Contrary to previous beliefs, it has become clear that, in most cases, ADHD does not resolve once children enter puberty. The disorder can profoundly affect academic achievement, performance in the workplace, well-being, and social interactions of children, adolescents and adults. The diagnostic process is discussed and differences between DSM-IV and DSM-5 are pointed out. Both psychosocial and pharmacological interventions are reviewed. Research results indicate that for children a parent training programme combined with pharmacotherapy is most effective, while a combination of pharmacotherapy and cognitive-behaviour therapy is associated with significant improvements on all clinical measures in adolescents and adults.

Attention-deficit/hyperactivity disorder (ADHD): From genes to clinical practice

A Meyer

Attention-deficit/hyperactivity disorder (ADHD) is a neurodevelopmental disorder that affects between 3%-7% of primary school age children, 4%-6% of adolescents and 3%-4% of adults. Inattention, overactivity and impulsiveness are regarded as the main clinical symptoms. This paper will address the current understanding of the neurobiological bases of ADHD, genetic and environmental factors, psychopathology, comorbidities and gender differences. The transition into young adulthood of children with the disorder will also be discussed.



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The subjective experience and understanding of “depression” of one group of South African low-income adolescent girls

K Meyer

Informed by the feminist social constructionist approach, this study aimed at exploring the subjective views on and experiences with depression in a specific group of low-income South African adolescent girls. Using social constructionist grounded theory, the focus was on participants' unique opinions and voices, rather than on existing literature. There seems to be a current lack of research on depression in South African adolescent girls as well as on South African women's subjective experiences of depression. This study aimed at narrowing this gap in research. Nine group participants between the ages of 12 and 14 were sampled from the community of Kylemore, situated in the Western Cape, South Africa. Participants were divided into two focus groups, and data from these focus groups were collected and analyzed in order to generate a grounded theory. The study's findings suggest that participants view depression as a complex, multi-dimensional phenomenon, and associate depression with anger and aggression, mothers, and relationships. It seems then that participants showed familiarity with depression and situated it within the relational domain. These findings hold implications within the South African context. As participants situated both, the cause and cure for depression in relationships, this study supports the use of therapy as treatment for depression. Due to a perceived lack in current research, any future studies investigating the relationship between the phenomenon of depression and South African adolescent girls is recommended.

Progress and preliminary findings of Hate and Bias Crime Monitoring Form Project

Y Mitchell

Hate crimes are criminal acts motivated by prejudice. The Hate and Bias Crime Monitoring Form Project is a five year (2013 - 2017) longitudinal study on the nature and impact - including the psychological impact on individuals, communities, and society - of hate crimes as they occur, for the purpose of informing appropriate pro-active and reactive responses by government and service providers. It is a project of the Hate Crimes Working Group (HCWG), a

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multi-sectoral network of civil society organizations that cover a cross-section of vulnerable sectors and people at risk of becoming victims of prejudice-motivated attacks, and is being conducted under the auspices of ethical clearance from the University of South Africa (Unisa). This paper reflects on the progress of this project at its halfway mark. Challenges experienced in the data gathering process are described and efforts at overcoming those challenges, such as community education initiatives, are detailed. Findings of the data gathered by mid-2015 are presented and discussed, with specific focus on the relevance of the findings for legislative, advocacy, and intervention purposes. In conclusion, the possible role that psychologists can play in interrupting violence motivated by bias is considered, with emphasis on 'strength in unity'.

Understanding the role that South African's collective trauma plays in the current scourge of collective violence in South Africa

N Mogapi

South Africa has seen an exponential increase in collective violence (xenophobia, service delivery, vigilante attacks, and strike action) since 2009. In responding to this violence, the tendency has been to only respond to the factors that perpetuate the violence and not the underlying causes. Whilst there is now an increasing acknowledgement of socioeconomic exclusion as one of the underlying causes of collective violence, there has been little understanding of the psychological factors that drive this violence. One of the key psychological factors that drive this violence is collective trauma. This paper will draw on CSVSR research in 2011 on understanding collective violence in South Africa. The research was conducted in 8 communities over a period of months. The paper will also draw from CSVSR's 25 years' work on violence and trauma including the work done in responding to the xenophobic violence in 2008 and 2015. The paper will highlight the theory behind collective trauma and highlight how it can be used to explain and address collective violence in South Africa. The paper also aims to encourage psychologist to engage more actively in using their knowledge to shape public discourse around some of the social ills, such as violence, that our society is facing.



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Reflections: Policies in higher education in relation to queer experiences on campuses

A Molema, F Mabogoane, T White

This paper reflects on the experience of three policy authors in a Johannesburg university in their path to translate the lived experiences of queer students into effective and exemplary policy documentation. The paper draws on literature that examines industry best practice in anti-discriminatory policy in South Africa and abroad, and highlights trends in higher education policy. The authors describe their roles as leaders in LGBTIAQ+ structures (Lesbian, Gay, Bisexual, Trans*, Intersex, Asexual, Queer and any other sexual orientations and gender identities) who were called upon to write policy for a Johannesburg university. The reflections close with an interrogation of the nature of a heterosexist and cissexist institutional culture which takes brave steps towards including sexual orientation and gender identity in working and learning spaces, setting national precedents in the process.

“...ba re bitsa bo mabujwa.”(They call us Bourgeoisie’s) racial identity of African black, female students in contemporary South Africa.

B Mophosho, N Pillay

This study explored the racial identity of African, female, tertiary students in South Africa in order to understand the position of Black identity in higher education. Through exploring the racial identity of African female students in South Africa the interplay between being Black and being educated was unpacked. Two focus group discussions were held and 17 African students from the University of the Witwatersrand were recruited to participate. It was found that conflicts of identity unique to their experience arise. This is induced by a number of pressures, most pertinently that of being labeled and stereotyped. A multiplicity of identity was found in that the participants moulded their identities in response to views held of them by others. Through exploring the constituencies of Black racial identity, bringing to attention such elements as internalised oppression, the covert workings of the labels and stereotypes held of those in these positions are brought to light. This process of their negotiation of identities needs further investigation to garner a better understanding of the identity construction of African, female students.

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The psychometric properties of the Multifactor Leadership Questionnaire in a South African military sample

O Mthembu

The need of having a reliable, valid and acceptable instrument that could be used to assess how subordinates view their leadership has long been argued. A quantitative study using Bass and Avolio's Multifactor Leadership Questionnaire (MLQ) was used to gather data in a military unit. Pearson Product Moment correlations, Cronbach alphas, Exploratory and Confirmatory factor analyses were used to analyse the data. The results showed high correlations amongst the 4 subscales of the MLQ. The eigenvalues and scree plots did not support the unidimensionality of 3 subscales and factor loadings of exploratory factor analysis did not confirm the content and discriminatory validity of the MLQ. The results of this study showed that the MLQ in its current form may not be the most appropriate instrument to measure the subordinate-leader perceptions in the South African military context. Recommendations are made for refining the MLQ for use in this context.

'Not just a glass of wine': A multi-professional approach in the treatment of sexual pain disorders

E Mulder Craig

Sexual pain is a silent dis(order) and a growing epidemic affecting women throughout the world. More than 20 million American women alone -will experience painful sex in their lifetime. Previous research indicates that nearly 60% of these women report visiting three or more health-care providers to obtain a diagnosis and an astounding 40% remain undiagnosed. In South Africa a similar tendency has been noted. This implies patients experiencing secondary trauma in their quest for treatment and that this first needs to be dealt with in the therapeutic process and a need to end the stigma, shame and isolation of these women as well the need for more specialized training of health-care professionals in terms of a multi-professional approach to female sexual pain disorders. A total of 15 patients seeking treatment for sexual pain was selected as part of the study. Qualitative intervention research was undertaken. The

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success of the treatment programme was astounding even with secondary trauma present. A new multi-professional treatment modality and protocol for dealing with female sexual pain was developed. A multi-professional approach to the treatment of female sexual pain incorporating (where indicated) psychotherapy, hypnotherapy, sexual medicine and physiotherapy appears to be a feasible, emotionally safe and effective approach. Further research will be undertaken to expand and streamline the approach and modality.

Sex[d]uality+: The impact of experiential training in sexology

E Mulder Craig, D Van Dyk

This paper reflects on responses received from feedback for a sexology workshop conducted with practitioners. The workshop introduced the field of sexology and introductory aspects of human sexuality, to registered health care practitioners, including psychologists, social workers, clergy and medical practitioners using an experiential learning model. Experiential learning techniques were used to sensitize and equip practitioners with the basic information to address client's sexual wellbeing and needs and to evaluate the effectiveness of such training. Topics ranging from historical aspects of human sexuality, sexual anatomy and physiology, male and female sexual dysfunctions to sexual and gender identity and fluidity were addressed. Anonymous post workshop evaluations were completed, assessing immediate responses of participants regarding knowledge, attitudes and perceptions. A follow-up online survey was conducted three months post training to investigate the longer term impact of the workshops. Lessons learned and suggestions on how this valuable and unique programme can be up scaled to increase the impact on sex positive and affirmative practice even more successfully, will be presented. Some being that experiential learning is a successful method to sensitize and educate health care professionals in the field of sexuality. More so, that there is an enormous need in South Africa for professional and accredited additional training in the field of sexuality.



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Healthy behavior means healthy lives, is cancer an exception?

E Munatswa

In recent health research, there is evidence that following healthy lifestyles reduces diseases, or speeds up recovery when diseased. For instance, it has been suggested that up to 50% of mortality from the leading causes of death is due to behavior: tobacco consumption accounts for 30% of all cancer deaths, alcohol 3% and diet 35%. That being said, the debate exists insofar as cancer is concerned. Mortality from cancer is very high, averaging between 55-75% of all diagnosed cancers. What's surprising about these statistics is that, it affects almost everyone and the survival rates for unhealthy and or healthy individuals remains uncertain. Questions that arise from such establishment point to the fact that healthy behaviors may only be contributory to healthy seeking practices and not necessarily determinants of treatment outcomes. To provide context to this paper, the focus will thus be on healthy individuals who have been subject to cancer, failing to recover despite being overly healthy individuals as presented in the media. The data will be collected through an analysis of media articles on sportsmen that died of cancer despite being healthy. From analyzing these reports on these sportsmen, the paper will present therefore that despite healthy lifestyles, cancer is an exception and therefore there shouldn't always be pressure to lead healthy lifestyles. In conclusion the paper seeks to suggest looking at health as a holistic approach and not only on enhancing healthy behavior and health seeking practices when diseased.

Stakeholder's perceptions of school readiness within the South African context

E Munnik, M Smith

South African legislation requires children to enter formal schooling at the age of seven. Social development initiatives actively attempt to expose children earlier to rich academic environments. School readiness has different connotations for different role-players and there is no consensus on what constitutes school readiness and emotional - social competence. Thus there is a need to develop a concept map that captures the various views on school readiness to contribute to a more nuanced and contextualized understanding of the construct of school readiness. This paper aims to report on the perceptions of stakeholders about

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the conceptual and operational definitions of school readiness, especially within the domain of emotional-social competence. The study used Concept mapping to distil the perceptions of many different stakeholder groups into one matrix. Purposively selected participants included 19 professionals, 10 primary care givers and 10 teachers (Gr. R and 1) that participated in either a focus groups or an interview. Transcriptions were thematically analysed. Four core themes emerged: 1) participants gave prominence to developmental aspects in their understanding of the construct, 2) central aspects agreed upon across stakeholder groups, 3) patterned conceptualizations of school readiness, and 4) contextual considerations in the conceptualization of school readiness and emotional-emotional readiness that reflected race, culture and SES. Existing operational definitions as contained in assessments and policy documents do not adequately reflect stakeholder perceptions resulting in reduced buy-in and cooperation across stakeholders. Construct validation is contingent on wider consultation with stakeholders and cannot only be legislated.

The holistic student: Student success at university

R Naik, S Pahad

South Africa, in comparison to global statistics, has been found to have a low graduation rate and a disproportionately high national higher education dropout rate, reflective of one of the lowest graduation rates in the world. While there are many possible factors that influence university dropout, South African literature indicates four prominent reasons; lack of financial resources (as related to socio-economic status), academic failure and poor career guidance, institutional culture, and personal and family reasons. This is further exacerbated by the broader inequalities and disparities that are present in the South African higher education environment. The combination of academic and psycho-social factors influencing success at university has developed a need for institutions to shift their focus to the holistic student. The Student Equity and Talent Management Unit (SETMU), based at the University of the Witwatersrand, coordinated and implemented the BALE Scholarship which aims to provide students with holistic support that focuses on addressing the student as a whole providing them with academic and psycho-social skills to navigate tertiary education. The BALE Scholarship provided undergraduate female students with financial, academic, and psycho-social support needed throughout their studies up to Honours level. The findings of the Scholarship programme indicate that the majority of students

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benefitted from the support provided with 70% of the first and second cohort and 100% of the third cohort successfully completing the degree for which they were funded. Therefore, it is of utmost importance that institutions begin focusing on the holistic student to ensure greater success at a tertiary level.

The psychological impact of adjusting to university on first entering students at the University of Venda.

L Nekhavhambé

There are many challenges students entering university experience. These challenges arise because of the transition from high school to university. Students struggle to cope and adjust to the demands of the university. These challenges impede students from progressing and ultimately result in high drop-out rates. Not completing a qualification has implications for the student, institution and country. Students who do not graduate reduce their options for employment. Universities do not receive funding and the country's economy suffers because of a lack of adequately skilled professionals. This study was conducted at a rural based university which has a predominantly "black African" population. Research focusing on the experiences of "black African" students is absent from the literature. This study aimed to explore the psychological effects of adjusting by first year university students while at the University of Venda. The research approach was qualitative and exploratory in nature. Purposive sampling was used and eight students participated. Students were interviewed and data was analyzed using thematic analysis. All ethical principles were adhered to during the research process. The research found that adjusting to university was an extremely challenging experience. Students experienced many psychological difficulties. More specifically, depression and withdrawal from social activities were common amongst the participants. Support from family aided students to cope with the demands of adjusting to university. It is recommended that more research be conducted to further explore the psychological effects of adjusting to university.



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Self-efficacy, academic behaviours, key cognitive strategies and academic performance

G Nicolaou

South Africa is a country with a history of socio and political change, injustice and inequality and as a result, the state of teaching and learning has suffered. Mathematics and science particularly have had a low enrolment, negative learner outlook and poor performance in the past. These two subjects have thus been of great concern and therefore focusing on variables that could be handled in favour of these academic advances will be beneficial for the future of the South African education system. This study aimed to examine the relationships between self-efficacy, academic behaviours, key cognitive strategies, and academic performance in mathematics and science. These learner-specific constructs are also simpler to address and more susceptible to change than other factors previously explored. The sample comprised of 120 matric learners who had completed their National Senior Certificate final matric examinations and were a part of the Targeting Talent Development Programme at the University of the Witwatersrand. The instrumentation used consisted of a brief demographic questionnaire, the General Self-Efficacy Scale and the Personal Development/ University Readiness Scale. Neither self-efficacy nor academic behaviours correlated with mathematics or science matric results; however key cognitive strategies were significantly, positively and weakly correlated with both mathematics and science matric results. This study contributes to the understanding and knowledge of the factors relating to academic performance in the South African context, which may lead to the development of more effective intervention programmes to assist learners in improving their academic outcomes before entering a university setting.

Am I my brain? The Body-Brain-Mind problem

S Nortje

Who is this "I" that can make decisions, create connections, make memories and change brain structure? This paper seeks to critically examine the forgotten use that Philosophy of ontology may contribute in the examination of the 'self' in Psychological Sciences. The "I" discussion will indefinitely alter the way we view, not only ourselves or clients as organic entities but also mental entities. This has

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its inquiry: Where does the body and mind meet? Do I think of my brain as me? Or do I think of my brain as an "it"? We do know that brain structures react according to experiences, but it is not mechanized like that of a computer - it is how different neurons connect to one another to form experiences and memories and these too are all subjective. We must then consider how these future discoveries of perception-to-neuron-to-brain-to-body dynamic will influence issues of therapy and treating neuronal degenerative disorders such as Alzheimer's - where neurons atrophy and this "I" cannot connect through perception to form memories to form this "I". Who do I then become? The paper concludes by establishing possible intersections of the brain-mind connections in perception, neural plasticity and memory formation paramount for the formation of the "I"

The muscled body: Am I muscular enough? - The role of muscularity in male self-concept

S Nortje

This paper seeks to critically examine the emerging trend of muscle building and the effect it has on young men's masculinity and self-concept. This will be achieved by case study and interview data collection methods from males aged 18-24. These qualitative methods were chosen considering that an in depth knowledge of the subject is required. The data will be explored in relation to current research on self-concept, masculine identity and socialization and how muscularity becomes an addictive key of access into socialization. This paper will address why muscularity is important for self-validation as well as group validation for young men. It will also touch on the possible addiction to exercise and elements of narcissism that may develop within the social and self-validation period through introduction into fitness and muscle building.

The hidden me: A psychodynamic approach to eating disorders

S Nortje, E Schroder

Our bodies can be seen to be an extension or materialisation of our minds - one's inner and outer world living in a constant vibrant dynamic. Considering eating disorders through a psychodynamic lens this paper will examine the

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internalising and externalising of the internal world and how both responses reflect through the bodily manifestation into the outer world. It will consider the unconscious processes of the internal world and how this plays a role in not only the inner world, but linking the inner and outer world to form a formation loop, we call habit. The paper will also briefly address the corresponding neurological factors in habits formation. The paper concludes with recommendations in helping healthy individuals maintain good habits and for overweight/underweight individuals to recognize their personal inner and outer world dynamic.

Perceptions of traditionally initiated Xhosa male students on the causes of ritual circumcision related deaths

A Ntozini

In South Africa, particularly among the amaXhosa, male circumcision is practiced as a rite of passage to manhood. This study investigated perceptions of nine traditionally circumcised Xhosa male university students on their view on the reasons that lead to ritual circumcisions-related deaths. Open ended individual interviews were conducted among first year psychology students in the department of psychology. Respondents in this study accused initiates, care givers as well traditional surgeons for initiate's deaths at circumcision school. They particularly gave initiate's immaturity and young age as reasons that leads to death at circumcision school.

The relationship between religion/spirituality and the psychological well-being of the institutionalized elderly population in South Africa

A Ntozini, K Walton

Psychological well-being has a number of known benefits and is important for the quality of life of the elderly in particular. South Africa can be considered a religious country with the majority of citizens identifying with some religious orientation. Studies have shown a positive relationship between psychological well-being and religiosity/spirituality. Since the elderly are considered to be a more religious segment of the population, a comparative quantitative study was undertaken in order to ascertain whether a correlation exists between

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psychological well-being and religiosity/spirituality in the white and African elderly institutionalised population of South Africa. The General Psychological Well-Being Scale and ASPIRES was administered to a convenience sample of 336 elderly participants in the Eastern Cape Province. A positive correlation was found between psychological well-being and religiosity. A difference was also found between White and African participants' level of psychological well-being.

The scope practice: Are we bridging the gap or widening it? The implications for psychology practice

K Nyewe

There have been some debates surrounding the scope of practice by the Health Professions Council of South Africa for psychologists and the inevitable overlap among the different specialties within psychology. This has, to a certain extent, created confusion and unresolved identity issues within the profession of psychology. Some commentators have argued that the current scope of practice lacks clarity and this might negatively affect the kind of clients that are seen by psychologists and the number of psychologists available to provide those services. Revisiting the scope of practice for psychologists is necessary in the evolving primary care environment with goals to provide timely access, improve quality, and contain cost. This paper will open a platform for psychologists to discuss the barriers and facilitators to their scope of practice.

Attitudes of Grade seven learners towards sexuality education in the Delft area, Cape Town

D Nzima, N Mphahlela-Citwa

Adolescents experience intense and vigorous physical changes, and have a natural curiosity about sexual matters. The purpose of this study was to help the education department, in particular the Western Cape Education District, to enhance its role in the fight against high teenage pregnancy and HIV and AIDS infections of learners. For this reason the aim was to investigate the attitudes of grade seven learners towards the teaching of sexuality education in primary schools. The primary focus of this investigation relates to four Objectives:

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1. To find out if grade seven learners have a positive or a negative attitude towards the teaching of sexuality education.
2. To find out what are the factors that influence attitudes of learners towards teaching of sexuality education, and to establish if there is a need to teach it.
3. To find out if there are any communication patterns between teachers, learners, and parents about sexuality education.
4. To find out the role of teachers and parents on empowering learners about sexuality-related matters.

A questionnaire was used to evaluate attitudes of grade seven learners towards the teaching of sexuality education in primary schools. The sample consisted of 140 grade seven learners from two primary schools in Delft. The questionnaire was also used to find out if learners would like to be taught sexuality education so that they could be helped to make informed choices in future. The results indicated that learners would actually prefer to be empowered with the teaching of sexuality education in the schools.

The impact of women's career on attitudinal disposition towards street children

C Oduaran

This study investigated the attitudinal disposition of women in Botswana towards street children using the variable of career background. In order to achieve the set goal, a stratified random sample of 618 women was drawn from the Southern Region of Botswana. The ex-post factodesign was used to explore the possible effects of the independent variable of career background on the dependent variable, specified in this research, as attitudinal disposition towards street children. The questionnaire used reliable (Cronbach alpha = .95). The data were analyzed using One-way ANOVA. The mean scores for women in all career groups were quite similar ranging from 96.7 to 106.7. no significant difference (P-value = 0.058). The tests have consistently revealed that the career groups are homogenous. To a large extent, therefore, I propose that the career groups of women did not seem to affect their attitudinal disposition to street children. Based on this finding, the counseling psychology implications were distilled for improvement of relationships.



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Differential item functioning of the Locus of Control Inventory across ethnicity

S Olivier, B Morgan

Locus of control theory explains that people will expect certain reinforcements based on their behaviours. Depending on an internal or external orientation, people will accept that reinforcement of their behaviour is determined by their own achievements, abilities, and dedication, or by random events and certain influential people. Rooted in social learning and attribution theories, the South African developed Locus of Control Inventory (LCI) measures internal and external orientation through the following constructs: Internal Control, External Control, and Autonomy. To date research has only examined the factor structure of the LCI across ethnicity. However, no research exists on differential item functioning (DIF) across ethnicity. It is important that DIF studies are conducted to ensure that inventory items are not biased against any particular group (as stipulated in the Employment Equity Act). The purpose of this paper is therefore to address this gap in the research by investigating DIF across the Black and White ethnic group. The LCI was completed by 656 working adults (Black = 379, White = 277). DIF was investigated within the framework of the Rasch partial-credit model by subjecting standardized residuals to a two-way ANOVA with ethnicity and trait level as independent variables. The results indicated that there were 23 items that demonstrated statistically significant DIF. However, only three of these 23 items had meaningful DIF. This implies that the LCI is generally free of bias at the item level for Black and White ethnic groups. Implications of these findings for practice and research are discussed.

Learnings from a preliminary standardisation of the Stroop Test in South Africa

M Oosthuizen, W Phipps

The standardisation of tests is a highly challenging, intricate endeavour particularly in a multi-cultural society such as South Africa. There are at present many tests which do not have appropriate norms and therefore the meaningful application of them is significantly limited. Appropriately standardised measures

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can yield powerful insights into the intricacies of human functioning and are therefore integral to the field of assessment. One such component of functioning necessary for survival and adaptation as it relates to neuropsychology is selective attention or concentration and a powerful measure of this important cognitive mechanism is the Stroop Test.

The Stroop Test has to date not been standardised for use in South Africa. As such, this study sought to establish preliminary normative data for a Setswana-speaking population. To this end, a computerised version of the Stroop was administered to 102 Setswana-speaking students. Students were stratified by age and gender and results indicated that the older age group (22-30 years) exhibited a significantly increased propensity for selective attention however performed unexpectedly poorer than the younger age group (18-21 years) on word-reading and colour-naming. In addition it was also discovered that the females outperformed the males on the colour-naming subtask. Ultimately the study demonstrated that normative data for the South African Setswana-speaking population should be stratified according to age, gender and level of education. Finally the study highlighted the importance of considering context when interpreting data.

A systematic review of the transportability of cognitive therapy for the treatment of PTSD among South African survivors of rape

A Padmanabhanunni

Trauma-focused cognitive-treatment (CT) models are among the most efficacious in treating PTSD arising from exposure to rape. However, these treatment approaches are severely under-utilised by South African mental health care practitioners owing to concerns around whether treatments developed in Western clinical contexts are transportable and applicable in routine clinical settings. One way of promoting the use of these efficacious treatments in local contexts is by identifying and appraising the evidence from local outcome studies. This paper presents the findings of a systematic review of research evidence from local outcome studies on the effectiveness of CT in the treatment of rape-related PTSD in South Africa. The study found that whilst limited research has been published in South Africa on the outcome of CT in the treatment of rape survivors, the studies that are available afford insights into the effectiveness of CT.

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Identifying barriers to the adoption of evidence-based practice (EBP) in the treatment of PTSD in South Africa

A Padmanabhanunni

The South African population is exposed to extremely high rates of the types of traumatic events that can lead to the development of post-traumatic stress disorder (PTSD). In treating PTSD, psychology practitioners in the country are tasked with ensuring that their practice is evidence based. This means using the best available research evidence from treatment outcome studies to inform their clinical practice. Existing evidence indicates that the rates of adoption of evidence based practice (EBP) in psychology are poor but the reasons for this remain unclear. This paper clarifies some of the issues underlying the poor adoption of EBP in the treatment of PTSD in South Africa by presenting the results of a study investigating practitioner attitudes towards the use of EBP. Participants (n=120) completed the Attitudes Towards Evidence-Based Practice Scale (EBPAS), which was adapted to assess for attitudes toward the adoption of EBP for PTSD. The scale assessed the intuitive appeal of EBPs for PTSD, perceptions around the differences between academic clinical research practices and real world practices and practitioner receptiveness towards adopting EBP for PTSD. Qualitative in-depth interviews were conducted to supplement the data from self-report scales. The study provides insights on some of the barriers to the adoption of evidence based psychological interventions for PTSD in this country and offers recommendations for promoting EBP.

Professional black South African women: Body image, cultural expectations and the workplace

B Papakyriakou

This study explored the body image of professional Black South African women, cultural expectations, and their experiences in Westernised working milieus, utilising a phenomenological approach and qualitative exploratory design, located within Constructionism. Data were collected through purposive sampling (and snowballing) through individual face-to-face voice-recorded semi-

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structured interviews with 11 participants in/around Gauteng. Analysis was done through content analysis utilising thematic networks (Attride-Stirling). The major findings were: Western values have influenced participants; Lower weight and thinness do not automatically correspond with assumptions about HIV/AIDS, instead correspond with healthier lifestyle choices; Body shape not weight or size was the prominent area of focus for most participants; Clothes size determines perception of overweight; Overweight has consequences. Forty-five per cent of participants were content with their bodies, 18% dissatisfied/unhappy, 18% satisfied, one happy, and one apathetic. Tswana women were generally regarded as smaller-figured whilst Zulu, Northern Sotho/Pedi and Xhosa women in general traditionally expected full-bodied women. Overt expectations in the workplace were not found.

An exploration of final year student's perceptions of personal/career branding and its relationship with career aspirations.

F Peters

The employment market has become increasingly competitive and difficult to maneuver for graduates in South Africa. The days of reviewing newspapers and faxing curriculum vitae to future employers has been replaced with a fast paced digital online world. Increasing numbers of graduates competing for positions results in only those who demonstrate the highest level of skills finding employment. Career opportunities are limited and mitigated by a lack of knowledge and experience resulting in a high unemployment rate among university graduates. The ability to clearly communicate a coherent message in the form of a brand can facilitate to improve employment prospects for graduates and differentiate them from the pack. Understanding final year students' perceptions of personal/career branding, as a tool to increase their employment trajectory and improve their career aspirations, is what this paper seeks to investigate because of the evident dearth of information. This research paper seeks to utilise a qualitative exploratory framework in interviewing final year students completing the Bachelor's of Psychology degree. Data will be analysed using thematic content analysis. The information obtained regarding the manner in which students brand themselves will facilitate to enhance the general understanding of personal and career branding. Additionally the information could assist to highlight areas that can be improved to enhance students' career branding in order to facilitate improved employability.

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Interactional pattern analysis: New developments in psychodiagnosis

W Phipps, L Ernst

Interactional pattern analysis (IPA) represents a new development in psychodiagnosis. It was pioneered by Charl Vorster and it is based on the integrative, interactional approach in psychotherapy. With the IPA, psychopathology is considered a function of the interaction between the client and the (interpersonal) environment. The IPA requires that the therapist first conduct a person-centred interview. Following this, the therapist then systematically documents the client's interaction-both in the therapeutic relationship and the primary/family system-on 15 specific interpersonal variables, ranging from, for example, clarity of self-presentation, definition of relationship, and emotional distance to control, degree of flexibility/rigidity, and the potential to elicit acceptance/rejection. Next the link between the client's pattern of interaction-according to these various interpersonal variables-and the client's presenting problem is explained. In so doing, the client's psychopathology becomes visible as an expression of his or her pattern/s of interaction. Finally, the therapist formulates the goals for therapy and a unique psychotherapeutic treatment plan is detailed. The significance of the IPA is that it considers the individual's psychopathology from within their unique context, that is, the interaction and patterns of interaction within the individual's given primary system. This paper will provide an introduction to IPA and illustrate its value for psychodiagnosis.

Effective functioning of institutional level support teams

C Pienaar

Policy documents derived from the South African Constitution and the South African Schools Act state that all learners are entitled to support. Support should be rendered at school level within a well-established Institutional Level Support Teams (ILST). ILST's at primary schools seem to be problematic, since parents, the school and the community do not realise that they should work together with each other to enhance the effective functioning of the ILST. The aim of this study was to formulate guiding principles for the effective functioning of the Institutional Level Support Teams. A qualitative research design using a phenomenological

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strategy was employed. The researchers used a combination of convenience sampling, purposive and judgement sampling. The sample group included educators, members and co-ordinators of the Institutional Level Support Teams, School Principals, community members and District Based Support Teams (DBST). Data were collected by means of semi-structured interviews, participant observations and questionnaires. Tesch's eight-step data analysis process was employed. Findings indicated that parents, schools and communities, do not provide sufficient support to learners experiencing barriers to learning challenges, therefore the study provides supportive guiding principles to parents, the school and the community, for the effective functioning of the ILST, based on Bronfenbrenner's eco-systemic theory, which is the theoretical framework of this study.

Holding 10-14 year olds criminally responsible for rape

A Pillay

Considering the high rate of rape crimes, and the relatively large numbers of juveniles accused of such offences, society is growing increasingly, but understandably, intolerant and impatient in its calls for justice. Amidst community calls for swift justice and harsh sentences it is critical that the legal and justice systems are adequately informed by child development specialists, neurodevelopmental sciences and the general body of evidence-based research regarding the cognitive, moral and behavioural development of children and adolescents. While it is quite apparent that boys over 10 years have the capacity to engage in sexual behaviour, the question is whether they possess the requisite capacities for rape convictions. The paper explores this issue in the context of the psychological development theories, current neurodevelopmental research evidence and the South African and international legislation relating to children's criminal responsibility.



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Where is psychology's voice in public service practice? Silent gaps in participation, communication and policies

S Pillay, T Naidu

In this paper we call attention specifically to psychology as a mental health specialisation to elucidate how psychologists can participate more actively in the upscaling of mental health services in public hospitals and clinic settings. We argue that the profession has hitherto maintained a relative silence in the realm of public mental health resulting in the range of skills and specialised role and contributions of the profession being overlooked. There is also poor uniformity and standardization of services between institutions which leads to inconsistent clinical protocols and operational norms and idiosyncratic packages of care. We illustrate this argument through examples of how psychology has been relegated in planning and policy, by reviewing key national and provincial policy documents, and drawing on our own experience of work within the public service system. We provide specific recommendations on how the role and contributions of psychologists can be maximized in the upscaling of mental health service in the context of global mental health and task-sharing debates.

Students making an impact where it matters most

S Pretorius

The South African College of Applied Psychology (SACAP) prides itself on an educational philosophy that emphasises the integration of counselling and interpersonal skills with robust theoretical knowledge. To this end, SACAP's Fieldwork module provides students with the opportunity to apply their knowledge and skills in the real-world context, with supervision, guidance and support from the College. The College has established mutually beneficial partnerships with over 100 Placement Sites nationally and it is at the tail end of a qualification that students are placed at one of these sites. The sites included in this paper cover a broad range of application areas, such as: community mental health; children's services; school counselling; the corporate workplace; addictions; higher education; crisis and trauma; and loss and bereavement. Fieldwork is one avenue through which SACAP lives out its vision of a society knitted together by empowered individuals in healthy relationships with themselves, their families and their communities. This aim of this paper is to

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review the social impact (both quantitatively and qualitatively) made through the Fieldwork of 61 graduating students who affected the lives of over 1 600 individuals through their practical. Interventions undertaken and captured through this paper included screening, counselling (one-on-one as well as group) coaching and referral. A key focus area of the paper is that of the personal impact working in the field has had on the students involved.

Resilience as a self-regulatory skill among the students in the teacher education environment

S Ramapela

Studies on resilience provide a vivid indication of the plight for higher education institutions to become proactive on the guard against the risk of students failing to cope with academic demands and pressures because of the lack locus of control. Diversity in students' demographics therefore presents a multi-dimensional nature of how students respond to these demands on daily basis. Resilience refers to the adaptation needed to cope skilfully with demanding circumstances hence self-regulatory skills to adapt are quite vast and situational. The process of adaptation can be influenced by varied socio-economic factors within specific backgrounds. Self-regulation forms the basis for strong foundation of morals and values which embraces strong intrapersonal skills required for personal growth. Self-regulation is an act of one's long-term best interest, with one's deepest values. It underlies the mindful, intentional and thoughtful behaviours of younger and older children and their capacity to control impulses. The constructivist explanation of resilience develops from various cultural and social contexts. This paper explores the various resilience patterns which the young adults develop as self-regulatory protective means against demanding academic circumstances. The postmodernism cultural constructions of students will be critically analysed and revealed. The constructivist discourses that inspire the foundation of these concepts will be detailed to uncover their intensity in enhancing self-knowledge and management together with the conceptualisation of resilience as a process.



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Research psychology as a HPCSA registration category

C Rascher

Research Psychology is the smallest of the five registration categories that fall under Psychology within the HPCSA, with a mere 3% of Psychologists being registered as Research Psychologists. There are currently approximately 230 registered Research Psychologists, which is less than half the number of graduates who would have been eligible to register. The aim of this paper is to highlight the reasons for this discrepancy, as well as opinions regarding the relevance of the category. This topic forms part of a Masters research report, where responses from 125 research psychology graduates were obtained using an online survey. Both open and closed ended questions were used to gain an understanding of why the respondents had or had not chosen to register with the HPCSA as a Research Psychologist, as well as their opinions regarding the relevance of the category. Results showed that the main reason for registering was the professional status it provided, while the main reason for not registering was due to problems experienced with the HPCSA. Approximately half of the respondents thought that the category was relevant, while a quarter thought that it was not, and the remainder were unsure. As so many respondents chose not to register, yet still obtain employment, it does not seem that registration with the HPCSA as a Research Psychologist is necessary to conduct the type of work that research psychology graduates are employed to do, thus questioning the suitability of having a research category falling under a health professions organisation.

Adolescent-parent attachment style, perceived support, and family functioning: Risk or protective factors for depression in South African youth

N Rawatlal, B Pillay, W Kliewer

South African youth experience various psychosocial ills such as poverty, family breakdown, single parent families and child-headed households amongst others on a daily basis. There is evidence that adolescent-parent attachment style, perceived support, and family functioning may increase risk for depressive symptoms or may reduce such risk. Grade 7 (n=175) and Grade 10 (n=31) youth and their caregivers, recruited via low socioeconomic schools in the

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Durban area participated in this study. Data were collected through home interviews and the following psychological measures: The Self Report of Family Inventory (SFI); Experiences of Close Relationships Scale (ECR); Network of Relationships Inventory (NRI); Children's Depression Inventory (CDI) and Child Behaviour Checklist (CBCL). Two models were examined: one with adolescent report of depressive symptoms as the outcome and a second with parent report of adolescent internalizing symptoms as the outcome. Positive family communication, cohesion and support were predictive of a secure parent-adolescent attachment relationship and reduced the risk of a depressive symptom outcome. Secure adolescents were able to regulate their emotions knowing that they could seek out secure base attachment relations within their family and from friends during times of stress, buffering against the development of depressive symptoms.

South African students' constructions of lesbian, gay, bisexual, transsexual, intersex and asexual sexualities

M Reeves, G Mitchell, K Gordon, S Uren

Despite there being an inclusive constitution and legislated policy in South Africa, many persons who identify as Lesbian, Gay, Bisexual, Transsexual, Intersex and Asexual (LGBTIA) are still subjected to stigmatisation, subjugation and even violence. A mixed methods study was conducted in order to better understand the bases for these views of, and negative actions towards, LGBTIA sexualities. Students enrolled at a private tertiary institution in Johannesburg, South Africa, were invited to share their knowledge and beliefs regarding LGBTIA sexualities, as well as the sources of this information. The investigation's findings point to associations between participants' ethnicities, genders, religions, fields of study, as well as sexualities, and either positive or negative constructions of LGBTIA sexualities. Further differences across these groups concerning the origins of these constructions are also delineated. It is believed that the findings of this study could be used to inform the development of psycho-educational interventions, which will encourage deeper acceptance and understanding for persons who identify as LGBTIA amongst the South African student population.



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A brief description of smartchoice parenting: A phenomenological perspective of guiding the child to adulthood.

K Resnick

It is a fact that every child has potential and in order to develop this potential to its fullest, the child has to be guided to adulthood by an adult be it parent, caregiver, teacher or any other adult who is prepared to take on this responsibility. Yet in the training of all professionals qualified to assess, educate, and therapise children, this very important aspect which often has huge ramifications for the child's development and self-esteem, is virtually ignored. The parent-child relationship at the core of the Smartchoice parenting that I describe fills this much needed 'gap' that is missing in the training of these professionals. The programme preserves the dignity of everyone involved and allows a child to progressively display the characteristics of normative adulthood such as respecting the human dignity of oneself and others, independently choosing and acting responsibly and identifying with what is highly valued, and in the process encouraged to be independent and self-motivated. The parent-child educative relationship at the core of Smartchoice parenting programme should be re-created in schools as a more formal and planned teacher-pupil educative relationship. If this relationship is not established in school, it will likely remain a place where children are competently instructed but not educated. Educative teaching in school requires more than subject matter instruction. It should have the same aim as parenting-helping a child become a morally responsible and independent adultjudging from the encouraging feedback received by both teachers and parents who have participated in the programme.

Developing high potential employees: Effectiveness of a multiplicity leadership development model

C Robertson

Developing employees to effectively assume leadership roles within a business is not only considered vital for business continuity, but believed to create competitive advantage in the market. Leadership development programs differ in their design, but often focus on development of individuals with specific pipeline positions in mind. In addition, evaluation of program effectiveness is either rare or where evaluated, results produced are less than expected. This

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paper describes the design of a multiplicity leadership development program at a South African company, as well as the design of a model in order to evaluate program effectiveness. The multiplicity program design focuses on measuring and building leadership capability in order to take on a variety of leadership positions in future, instead of development for specific pipeline positions. The leadership attributes of high potential employees (n=33) were measured using a combination of manager ratings and results from a battery of personality and cognitive assessments. Development actions were tailored for each individual based on leadership attributes showing the most opportunity for development. Development actions included; executive coaching, mentoring, virtual leadership content and stretch assignments. Development actions are currently on-going. Program effectiveness will be measured by the following; low attrition rate among program participants, measured improvement in leadership capability, movement into and performing successfully in critical and leadership roles, as well as survey ratings of perceived program success. Preliminary results show a 1% attrition rate with 33% of participants being promoted into senior or critical leadership positions and positive ratings of program success thus far.

Would modern day psychology benefit from the use of Christian, biblical principles?

E Schroder

As the ages of humanity progresses, the body of Psychology evolves -with the foundation of Psychology staying consistent: To study the human being and its essence, would it be considered ethical and beneficial to use a "belief system"-one that could be applied as a common psychological approach? More specifically, would it be considered ethical and beneficial to use Christian principles found in "Holy Scripture" to understand the underlying factors of the human being? To this day, psychology in itself can be observed as a "non-religious" phenomenon, which in turn places a greater emphasis on secular theories and the many different schools of psychology; consequentially isolating religious perspectives, where none of these secular schools emphasize theological belief. The purpose of this paper is to explore the possibility of incorporating Christian perspectives into the secular body of psychology, and to conclude if it would be considered beneficial to place more emphasis and focus on theological belief. Consequently, it will aim to close the gap between individuals in need of psychological therapy but find themselves rooted in

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Christianity and the secular psychological body. Therefore, its objective is to remove the common misconception that Christianity and Psychology are opposing forces.

Industry, social and personal challenges faced by South African taxi drivers

N Scullard, R September, A van Niekerk, S van As

The taxi industry in South Africa plays a vital role in this country's public transport sector. Taxi services continue to be relatively inexpensive, widely accessible and enables access to employment for the majority of the urban poor. Despite some acclaim of the taxi industry as a success story of emerging black small business, there has been widespread concern about the industry's exploitative labour practices, the poor quality and safety of vehicles and the inconsistent and unsafe driving practices, with complaints rife from commuters and the general public. Commuters have highlighted unsafe driver behavior, attitudes and driving habits. The research scholarship on driver knowledge, attitude and behaviours towards road safety is however limited. There are some indications from the international general driver research that only 1 in 10 drivers have sufficient knowledge to drive cars, with e.g. significant proportion of drivers, about a quarter, who don't use seat belts, despite the vast majority recognizing the importance of seat belt use. Driver attitudes towards drunk driving, compliance with traffic regulations and rules (e.g. seatbelt use, answering telephones while driving), driving a technically unacceptable vehicle and driving experience, have a significant impact on the driver, traffic situation and injuries. This study will combine an analysis of media reports, interviews and a small scale Cape Town survey to report on the circumstances and challenges within which taxi drivers work. It is expected that this will include a range of industry demands including pressures from taxi owners, traffic authorities and difficult passengers.



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Power of oneness in a community

T Seabi

Sense of Community is defined as a feeling that members have of belonging, a feeling that members matter to one another and to the group, and a shared faith that members' needs will be met through their commitment to be together. The aim of this study was to know the reported experiences of the child support grant recipients. However, this paper will focus on the agreement for participants to take part in the research based on the recommendation by a familiar person. Data was collected from 10 participants from a village in Limpopo Province. Snowballing was used as a method of sampling and interviews were used to collect the data. Thematic analysis was used to analyse the data. It was found that there was formation of societies called stokvels that assisted each of the members in their different needs. It was gathered that the formation of the stokvels built unity and thus influenced community members to cope and have a sense of belonging and community. The participants also reported that they would not want to be part of the research, had it not been that they have been recommended by someone they know and within their community. In studying these participants, it has been learned that there is a certain oneness that they possess amongst each other which is the power that they have as a community.

"She is a man!": On the discursive violence framing identities of transgender people

B Semanya, L Ramphele

Bodies are portraits with cultural and historical inscriptions. As such, people's bodies are read with expectations to behave and perform a particular gender. However some people's gender identity and expression vary from the assumed ideology that anatomical sex is the determinant of gender identity. This is often problematic for transgender people; as it fosters trans-erasure and resistance to the recognizability of transgender people's identities. This paper argues that the reading of gender is not always congruent to the person who is being read, particularly transgender and other gender variant people. Often transgender women are mistakenly referred to as "gay men" and transgender men are referred to as "butch lesbian". This emanates from the idea of biological sex as the determinant and the representation of gender identity. Although Transgender

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people may choose to undergo transition to modify their bodies, pervasive discursive violence still persist that deny any opposition to prescribed forms of sexual representation and identification. The denial to see transgender women as women and transgender men as men is a form of violence to their identities. Through the use of Foucauldian discourse analysis; this paper will highlight what constitutes as a human being, a sexed being, and the notion of othering.

Charity begins at home

O Sepeng

South African youth are faced with many challenges ranging from unemployment, teenage pregnancy and school dropout. These factors are mostly contributed by socioeconomic factors that young South Africans have, but the great influence is the child's family background. In South Africa, having both parents is a privilege that only a minority have. National and international research has shown that the absence of both parents is associated with negative impact on children compared to families where both biological parents live together. Research has indicated that children from stable families have better educational success because of the emotional and practical support they receive from their parents. The children are at a low risk of dropping out of school, becoming teenage parents, and tend to value marriage. A child from a fractured family has high chances of teenage pregnancy, dropping out of school and becoming unemployed leading to poverty. Statistics from the Department of Education states that 39% of girls surveyed in 2001 cited having a baby as the most important reason for leaving school before matriculating. School drop-out as a result of pregnancy is not an issue facing girls only, because 54% of 14-22 year-old young men surveyed in KwaZulu- Natal said that they had left school because of fathering a child. Clearly the family background of a child will mostly determine the upbringing of a child.



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Deconstructing psychologized discourses on gender and sexual violence in contemporary South African contexts

T Shefer, F Boonzaier

Psychology as a profession and discipline has played a dominant and authoritative role in the generation of theory and practice related to gender-based violence (GBV) and has arguably contributed to pervasive and influential popular knowledge on all forms of violence against women and children, from interpersonal domestic violence to sexual abuse and rape. Psychologized language and concepts, such as 'learned helplessness', the 'cycle of violence' and 'rape myths' as explanatory frameworks for GBV have gained purchase in popular language, shaping understandings and public responses to these violences. Yet, as many feminists have argued, psychologically based theories have tended to reproduce individualized accounts of gender and sexual violence which also frame such violence in pathological and non-normative ways. Such dominant understandings serve to 'other', exceptionalize and abnormalise such violence and obfuscate the normative power relations and practices that make such violence possible and imaginable. This paper presents a critical account of dominant discourses on GBV in mainstream psychology and draws on some recent high profile local cases of GBV that illustrate the salience of some of these dominant discourses in shaping thinking and responses, both public and state, to gender and sexual violence in South Africa. We argue that public narratives on GBV tend to both reflect certain dominant psychologized notions as well as reinscribe these in ways that further deflect more radical challenges to normative practices of gender and intersectional power inequalities.

Misconceptions surrounding child sexual abuse

P Sibaya, E Rahm, D Sibaya

The main purpose of this study was to investigate the existence of misconceptions surrounding child sexual abuse (CSA) amongst the general public of Durban in South Africa. A further purpose was to explore differences in rates of myth endorsement in this context, firstly between males and females, and secondly between two levels of education. The research design was conceptualised within a positivist paradigm with the use of quantitative data

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collected through questionnaire method. The research instrument was developed by the researchers. The sample consisted of members of a public library; clothing factory workers; staff from elementary schools and employees in a retail outlet. Although previous studies have indicated high rates of myth endorsement amongst the general public and gender differences in rates of myth endorsement, the present study did not yield significantly different results in myth endorsement and gender differences. Findings indicate a higher rate of myth endorsement among participants with lower education levels.

The resilience of Somali refugees: Empowerment despite displacement and resettlement

J Sigamoney

South Africa attracts more asylum seekers than any other country in the world. Since 2012 there are more than 295,676 refugees in the country and more than 230,442 pending cases for asylum seekers. According to UNHCR, Somalia was the second largest country of origin for refugees in 2012. Somalis form one of the most visible refugee minorities in South Africa. In many instances refugees are perceived as a burden to the host country and face constant humiliation. The media abounds with reports relating to the mistreatment of foreigners in South Africa. The majority of foreigners in this country are in fact refugees from various parts of Africa. Since there have been various studies conducted into the mistreatment and the psychological effects of this mistreatment on refugees, this study aims to investigate a more positive aspect of refugee resilience, as a result of culture and community support. It was possible to identify a Somalian Refugee Population in Fordsburg, South Africa, who have empowered themselves and become self-sufficient. This study explores the factors that gave rise to the empowerment and self sufficiency of this small refugee population. The method of data collection was through the use of face-to-face in-depth interviews. In order to conduct this study the factors of education, religion, language, employment culture, and community were examined.



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Social identity factors and academic persistence

F Silinda, K Dumont

Although undergraduate enrolments of historically underrepresented groups have increased in universities, their throughput and retention rates remain relatively low. Only 20% students of underrepresented groups complete their qualifications while 42% drop out. These low throughput and retention rates may be linked to the legacy of apartheid involving structural inequalities and inefficiencies in education resulting in students' lack of preparedness for university. This paper examines the role of social identity factors in predicting academic adjustment and academic persistence. This relationship was examined using a correlational survey among 388 Black and White undergraduate students. The results showed a significant link between social identity factors and academic persistence - a relationship which is mediated via adjustment to university. Moreover, this mediation is conditional on membership in either historically under- or overrepresented groups at university. These results provide not only insights into the different realities and needs of social groups at universities but also highlight the impact of the traditions of structure and practice at universities on the social identities of historically under and overrepresented groups.

The treatment of Tourette's disorder: A literature review

J Smith

Tourette's Disorder is a Neurodevelopmental disorder that has historically been treated through the use of pharmacological drugs which often have severe side effects on the individual (typically a child) concerned. Other forms of treatment include cognitive-behavioural therapy, family therapy, deep brain stimulation and alternative treatment modalities. There is variance in the perspectives of authors on advantages and disadvantages associated with each particular treatment. Further this incongruence is also aggravated by the complexities associated with the symptoms of Tourette's Disorder and the varying individual presentations. Provision of effective and timely treatment, can allow for the successful management of the disorder, and also assist both the client and their families from encountering further distress. Unifying professionals to delve deeper and expand this growing knowledge pertaining to the treatment of Tourette's

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Disorder, particularly within a South African context, can be beneficial to individuals diagnosed with Tourette's disorder and their families, as well as future professionals who are faced with the disorder in practice. This paper will explore the literature available on current methods of treatment that are being utilised for Tourette's Disorder.

Ethics transgressions amongst Psychologists and Registered Counsellors: An archival study

M Smith, T Magodyo

A code of ethics guides psychologists in behaving respectfully, competently and appropriately when engaged in practice, teaching and research. This further entails the role of codes in providing support to the profession and protection to the clients. Such provision might solely be insufficient in upholding of ethical conduct and exercising control over professional behaviour. Sustaining ethical conduct is contingent on self-regulation and reflection on personal values, motives and behavior. Psychologists continue to face ethical dilemmas that are more complex than the linearity reflected in ethics codes. Alleged professional misconduct is reported to the HPCSA and if indicated will proceed to a formal hearing. Outcomes of these hearings are published on the website of the HPCSA in the public domain. However, few practitioners access these public records and thus fail to learn from these cases. The proposed study is an archival study that aims to establish a profile of findings and consequences on alleged misconduct amongst psychologists and counsellors.

Couples in crisis: Development of working images for the counsellor

F Snyders

Couples present the counsellor with reductionistic descriptions of their relational problems during the first session. The main initial task of the counsellor resides in amplifying these reductionistic presentations to form useful working images of the problem in the counsellor's mind. The most important central themes to be considered are: 1. The referral process; 2. Genogram information; 3. Reciprocal double binds; 4. The larger ecology of the relationship; 5. Couple boundaries

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and spaces; and 6. Energy and passion for living in close proximity, commonly known as “love”. Each one of these nodal themes will be discussed briefly, culminating in an idiosyncratic “model” for each specific couple. The counsellor needs clear working images of the couple’s dilemma(s), since the counsellor has to define an incisive relationship with the couple relationship.

The psychological impact on mothers raising a child with Cerebral Palsy.

N Soames, C Harvey

There is extensive research which shows that the outcomes of a neurodevelopmental disorder such as Cerebral Palsy (CP) are not only challenging for the child but also for the parents. This study therefore aimed to explore how a mother’s psychological well-being is affected by raising a child with CP. Factors that have helped mothers cope with raising their child with CP were explored with a particular focus on the significance (if any) for the mothers of belonging to a support group with other mothers whose child also has CP. Individual semi-structured interviews were conducted with seven mothers who have children with CP. The seven mothers revealed they are the primary caregiver for the child and that this disability affects the rest of the family. Thematic analysis of the interview transcripts revealed that there are numerous challenges these mothers are faced with on a daily basis, which have affected them psychologically. The mothers thought these challenges would change as their child grew up but in some cases, the mothers reported the challenges getting harder. Majority of the mothers did not take time for themselves or worry about their health. Regardless of the challenges, each mother raised positive experiences they have had with their child with CP. Although none of the mothers were in a support group at the time of their interviews, a clear need for a support group was evident among all of them. This was in addition to the support they received from their spouses, families and friends.



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Family murder committed by youth offenders in the South African context

B Stollarz

Familicide (the murder of one's family) is considered internationally to be a rare phenomenon, even more so when committed by youth offenders. The presenter will explore the psychological and academic literature available with regards to these types of offences, South African case studies, and the importance of psychological evidence at sentencing in these matters. The presenter is a Clinical Psychologist working in the Investigative Psychology Section of the South African Police Service. Her role is to assist in court proceedings by providing expert testimony, and provide support to prosecutors with regards to the evidence of defence mental health experts. Our section provides investigative support to detectives investigating psychologically motivated crimes and gives training to both detectives and prosecutors with regards to investigative/forensic psychology. This experience will be drawn on in the paper to enrich the discussion on working with such cases in the South African Police Service.

The relationship between sex role identity, perceptions of social support and strength of support network.

C Sugden, C Bernstein

There is very little research on the relationship between SRI and SS despite the abundance of research on each variable separately. The literature that is available is predominantly on biological sex and SS, and where SRI has been studied only the socially desirable identities were examined in relation to SS. The current study was aimed at investigating the relationship between sex role identities (SRI) and the perceptions of social support (SS) and network strength amongst first year South African university students. The differentiated model was used to examine this relationship. This model examines whether or not undesirable traits of masculinity and femininity differ from the desirable traits. Five hundred and five first year students from two different faculties at the University of the Witwatersrand were studied to determine the significance of this relationship. Three self-reported questionnaires were administered to the students to measure the variables. The 59-item Extended Personality Attributes

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Questionnaire- Revised was used as well as a combination of House's Social Support Scale and Bernstein's Social Support Scale, both of which were modified and reworded to fit the current study. Additional items were added to the scale to assess the extent to which support has been actually enacted and to assess the strength of the support. While none of the findings were significant they have added to the literature with regard to how such studies need to be administrated in the South African context.

Understanding the existential meanings of women with breast cancer

S Tsarafi, P Basson, L du Plessis

Research on breast cancer primarily focuses on the physical and biological aspects of the disease, but cancer confronts many emotional and existential issues, that heighten and greatly contribute to patients' distress. In oncology care there is a need to address all aspects of a patient's suffering. This includes the physical aspects such as pain, mental aspects such as depression, social aspects like financial strain and existential aspects such as mortality anxiety. This study provides a qualitative description and interpretation of the existential concerns and meaning making processes of breast cancer patients. To achieve this, a qualitative design with a constructionist epistemology was utilized. The study was guided with Yalom's existential theory which highlights four main domains of existential experience (death, freedom, isolation and meaninglessness). These domains were explored during semi-structured interviews and the data was analysed using thematic analysis. The findings are presented in a narrative format providing insight into Yalom's four existential domains. A fifth domain; transformation was added that explored the participants experiences of growth from existential experiences. These included the finding that many of the breast cancer survivors within this study have experienced increased mindfulness and authenticity in their lived experience. This study adds to the current existential literature on breast cancer within the South African context.



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The psychological foundation of discrimination: The role of identity formation in a xenophobic South Africa.

R Tehini

The purpose of this paper is to explore the psychology of identity and the role it plays in xenophobic attacks in a South African context. "Umntu ngumntu ngabantu" - a Zulu proverb which loosely translates to "We are who we are because of other people" illustrates the collectivistic nature of the African Ubuntu philosophy of thinking. This paper looks at how this collectivist thinking could, through socialisation, enforce social psychology's concepts of an ingroup and outgroup - which forms the foundation for xenophobia. Through the process of socialisation into a collectivist culture a feeling of belonging and loyalty is instilled in the individual. Thus there is a strong sense of unity in the ingroup, but less potential for including an individual of an outgroup. The member is socialised to think like the group and through this process the individual identity is lost in the murky waters of the collective. This socialisation forms a breeding ground for the collective hatred or fear of an outgroup, should they cause any "injustice" to the ingroup. Within the South African context this is a dominant cause of xenophobic violence. The paper concludes by illustrating the importance of developing an individual identity because when the concept of Ubuntu is internalised and thought of individually, not through the group identity, it can be applied to the many, and not just the ingroup - thus minimising the fear/hatred of the outgroup.

Spiritual healing experiences of rape survivors

G Thwala, P Msomi-Bele, S Edwards

This paper is based on experiences of eight rape survivors who claimed to have received spiritual healing. These participants presented how they benefited from spirituality in healing their rape trauma. The majority of the South African rape survivors are more likely to be unsupported due to shortage of psychologists working for the public sector and psychologist in private sector are not utilized by certain classes due to their high consultation fees. This research focused on rape survivors in the Nkangala district of Mpumalanga province. The incidence of rape in this district is one of the highest in South Africa. Only eight (8) of the survivors met the criteria for inclusion in the study. These eight (8) participants

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considered themselves to have experienced post-traumatic spiritual healing and were able to articulate their experiences in a fluent and comprehensive manner. Seven participants appear to have received full spiritual healing and one participant indicated that her healing was associated with symptom alleviation rather than cure. Most participants declare their healing as having occurred through prayer, reading Holy Scriptures, support from the congregation and through that they managed to forgive perpetrators and move on with their normal life. In reference to participants experiences of spiritual healing, the psychologist together with church leaders can work together to help rape survivors. Such an intervention will close the gap of shortage of psychologists and will enhance holistic recovery for rape survivors.

Between dignity and humiliation: Experiences of refugees in post-apartheid South Africa.

B Tshili, K Dumont

On paper, refugees in South Africa benefit from one of the most progressive protection regimes in the world. In reality however, they face endless human rights hurdles, which international research suggests can be humiliating. This paper reports on an exploratory study, which seeks to explore humiliation amongst refugees and the impact it has on the ability to adjust and acculturate to the South Africa context. The data for the study involved an online survey and semi-structured interviews conducted with refugees at refugee shelters in the Johannesburg area. It is argued that the study contributes to understanding of the consequences of the experiences of refugees, and the cultivation of an appreciation for their rights and dignity in an African context.

Sexting: Contraceptive to early sexual debut or, lubricant to youthful psychosexual harm

L Ubisi

Sexting has sparked some interesting debates amongst individuals, families and communities for its ability to contribute to constructive or detrimental sexual conception. While sexting opens the gateway to psychosexual preparation, its

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mostly young consumers remain unmindful of its extensive implications. Research posits that interrupted sexual make-up, online-harassment, felony charges related to creation of child pornography, as well as a heightened risk to partake in other self-destructive activities are amongst the ramifications that may follow for active and passive participants of sexting. This paper provides a background to sexting and traces its development over the years. The technique of systematic review is used to raise critical arguments for the censorship of sexting. The findings from the review are also used to make other recommendations for further intervention in the research and practice of sexting locally and internationally.

Successful entry, adjustment and further development in the workplace: Growth factors for persons with impairments

L Ubisi

South African organizations have many exceptional individuals who transcend traditional pre-defined work roles for people living with impairments. Exceeding disabling obstacles imposed by an ignorant society, unreasonable working environments, and their conditions themselves, one wonders which favorable traits position this select proportion of noteworthy figures to continue to outstep occupational barriers. Research proposes that proximal indicators (realistic career objectives, positive mindfulness and self-actualization) as well as distal pointers (equity committed employers, supportive work colleagues, and reasonable work demands with a disability-friendly workplace structure) are necessary. Following a comparative case study of five actively employed persons living with impairment in various fields, the author aims to contrast this group with five unemployed jobseekers also living with some form of disability. Findings obtained will be utilized to review, isolate and further construct a conceptual model of positive factors contributing to resilience in working individuals living with disabilities.



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HIV prevention and the contemporary society - The urgent need for combination of intervention programmes

P Ukotije-Ikwut, A Aseminaso, K Akpevwe

HIV prevention programmes are interventions that aim to stop the spread of HIV. They are launched to either protect an individual and their community, or endorsed as public health policies. The initial stage of HIV prevention programmes concentrated primarily on preventing sexual transmission of HIV via behaviour change. This gave birth to the ABC approach, which took the centre stage in Sub-Saharan Africa as a way of responding to the growing epidemic. However, it became clear in mid 2000s, that effective HIV prevention requires intervention programmes that will take into account the underlying socio-cultural, political, legal, economic and other contextual factors. This paper is a review of the milestones, challenges and the way forward for each intervention programme and placing it side by side with the others. It equally looked at their similarities and differences, the pros and cons from 1990 till date. The articles consulted gave a clear picture of the strengths and weaknesses of each intervention programme, hence, we recommend a combination of intervention programmes. Combination prevention programmes unify various HIV interventions into an all-inclusive (single) programme, which includes a range of initiatives from condom promotion to legal reform and blood screening. This recommendation if adequately harnessed will serve as a road map to actualizing one of the dreams of UNAIDS - encouraging relevant bodies to adopt combined approaches to HIV prevention, which will help to reinvigorate the global response and make a sustained impact on global HIV incidence rates.

South African tertiary students' constructions of sexuality

S Uren, K Gordon, M Reeves, G Mitchell

Discourses regarding sexuality have changed profoundly over the last several decades. In South Africa homo/bisexuality is legal and protected by the progressive South African constitution and yet the country continues to experience widespread incidences of attacks on homo/bisexual individuals, which have become increasingly hostile and violent. Research highlights that young adults in South Africa are still exposed to patriarchal culture and traditional, rigid constructions of masculinity that influence and shape their

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constructions and perceptions of sexuality, in turn reinforcing mainstream heterosexist discourses. Understanding these perceptions is important if we are to gain insight into constructions of sexuality, particularly considering aspects specific to the South African context. This may equip researchers, educators and/or activists to appropriately intervene in this area. This study explores tertiary students' constructions of sexuality, in particular their constructions of gay, lesbian and bisexual orientations. The research analysed data obtained from focus groups conducted with students at a tertiary educational institution. The study employed a qualitative design, utilising discourse analysis as a means of exploring discourses around gay, lesbian and bisexual orientations. The study's findings delineate the current discourses regarding sexuality and gender in which South African students engage.

Evaluation of an intervention to address relationship power and sexual risk behaviours in a sample of young South African women

Z Vally

Young women in South Africa are especially vulnerable to sexually transmitted diseases (STIs) and HIV infection as they face a multitude of risk factors associated with sexual ill health. As a result, an emerging public health priority is strengthening women's ability to protect themselves from HIV and STIs and to negotiate safer sex behaviours with their partners. Prevention research has often highlighted the importance of women's perceived relationship power as a major factor influencing women's safer sex practices. This study reports the results of two investigations. In the first, a convenience sample of young women resident at a university campus were recruited and surveyed using two measures: the Sexual Risk Scale and the Sexual Relationship Power Scale. Analyses between these variables revealed a statistically significant positive association between relationship power and avoidance of risky sexual behaviour confirming women's perceived power in sexual relationships to be an important protective factor. In the second study, an intervention was designed that included self-esteem training; emotional intelligence; and, as a result of the first investigation, a specific emphasis on understanding power dynamics in relationships. A sub-sample of those who completed the first set of questionnaires were invited to participate in the intervention program and post-intervention analyses revealed statistically significant increases in emotional intelligence and perceived relationship power. These results emphasize the need for intervention

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approaches that address patterns of dominance and control in relationships while promoting agency in young women.

Influences on the performance and intention to leave of teachers: The importance of effective school management

P Van Der Merwe

A school where the values and focus of the school management centre around enhancing the learners' knowledge and life skills, where the staff members accept, support and encourage one another, and where the principal is leading and protecting his/her teachers and managing the school as a well-oiled machine, is a challenging issue for teachers, school principals and governing bodies, and has also attracted the attention of researchers. This study is an attempt to contribute afresh with a new perspective to the field of human resources and behavioural sciences, with specific reference to organisational and social support in school systems. This research was conducted to examine the relationship between human resource practice, organisational support, social support, performance and intention to leave of teachers in South Africa. Three hundred teachers at different schools were invited to participate in this research. Using a quantitative research approach, six standardised questionnaires, including a Biographical Questionnaire, a Human Resource Practice Scale, Organisational Support Scale, Social Support Scale, Performance Scale and Intention to Leave Scale were used. The findings revealed that a positive significant relationship with a medium effect exists between human resource practices, organisational support and intention to leave, but a negative significant relationship exists between human resource practices and intention to leave of teachers. Furthermore, a positive significant relationship with large effect was found between organisational support and social support, but a negative significant relationship with a medium effect exists between organisational support and intention to leave.



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Returning to effective group psychotherapy with in-patients diagnosed with severe mental illnesses

S Van Der Merwe, D Hoffman

In the early 1970's and 1980's, authors like Foudraine (1971), Ludwig (1971) and Yalom (1983) provided very specific guidelines for effective group psychotherapy programmes for in-patients diagnosed with severe mental illnesses. However throughout the years it seemed that many psychotherapists no longer take into account the specific population that they are working with and they often make use of Yalom's later work which describes the Process Group aimed at patients with less severe psychopathology. The purpose of this study was to investigate the impact of a psychotherapeutic programme that was implemented in a ward consisting of state patients with severe psychopathology that rested on the pioneering work of the above-mentioned authors. The researchers investigated the impact of the programme on the quality of life of the patients as well as on the general ward atmosphere. The programme that was implemented as part of the psychotherapeutic intervention consisted of structured group activities including creative art therapy groups. Structural changes were also made to the ward environment in order to improve emotional wellbeing. Qualitative research methods were used to gather and interpret data regarding the impact of the specific intervention. The theoretical background of the programme, design and implementation of the programme as well as results obtained from the qualitative research methods will be discussed in this paper.

Trauma releasing exercises (TRE): A self-care tool for the psychology profession

E Van Der Walt

Trauma Releasing Exercises (TRE) is investigated as a self-care tool to psychologists who, due to the nature of their profession, are vulnerable to vicarious trauma and potential burnout. Dr David Berceli's TRE process is based in part on Dr Peter Levine's work on Somatic Experiencing®, the Polyvagal Theory of Dr Stephen Porges, and on his own trauma relief work in several countries. Dealing with the emotional stress of psychotherapy clients can result in build-up of vicarious trauma in therapists. Somatic balancing the stress activation may be helpful to prevent therapist burnout and to enhance the quality

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of therapy with clients. TRE is based on the premise that humans, like mammals, have an innate mechanism to complete and discharge the stress response through a muscular shaking initiated by the nervous system. This natural process can be truncated by a freeze response or deliberate suppression, leaving the system in an activated state. Through a specific combination of exercises with the leg and pelvic muscles this mechanism is activated intentionally and allowed to neutralise the stress activation and related muscular contractions. TRE can be facilitated individually or in groups. Group sessions enhance the human connection among even diverse participants. TRE is also taught as a self-help tool. TRE may assist therapists to experience relief from personal stress and vicarious trauma, allowing them to achieve their ethical responsibility to fulfil their therapeutic role optimally.

'Sweet and naughty, with pearls': Afrikaans white heterofemininity in postapartheid South Africa

C Van Der Westhuizen

This paper examines sexual and gender prescriptions for the fulfilment of normative Afrikaans white heterofemininity in postapartheid South Africa. The rationale for this focus is: while this identity previously straddled contradictory positions as both 'oppressor' and 'oppressed', it was at the centre of apartheid power. Despite this positioning, it received scant research attention beyond reiterations of the culturally hegemonic 'volksmoeder' (mother of the nation) model. While feminist authors recently began filling this gap, a dearth in critical analysis of the identity continues in the postapartheid context. Therefore, this study traces whether the 'volksmoeder' regime, heavily infused with sexual and gender dictates, retains its purchase after the demise of official apartheid in 1994. Focus group and individual in-depth interviews were conducted with informants who self-identified as white, Afrikaans, heterosexual, middleclass women. Texts sourced from media and generated in the interviews were subjected to discourse theoretical analysis to surface whether and how Afrikaans white women have re-imagined the 'volksmoeder'. The study finds a reworking of 'volksmoeder' sexuality with postfeminist and neoliberal elements. 'Volksmoeder' directives of silent sexual accessibility as service to accomplish motherhood gain new traction from postfeminist sexualisation. Sexualisation is restricted, however, by the enforcement of a particularly ethnic variety of middleclass respectability. This ethnicised respectability prescribes not only an 'intrinsic'

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connection of female sexuality with reproduction, but adds a racial curtailment that renders this sexuality in service of white reproduction. The entwinement of motherhood and heterosex voids the possibility of lesbianism.

Discursive psychology in relational ontology

V Van Deventer

This paper takes the conference theme, strength in unity, to the subject matter of psychology itself, in particular discursive psychology. The divide between the psycho-social and the physical has always been an obvious angle from which to attack the validity of a constructionist approach. Physical events are real, more valid than constructed ones, and thus the limit of any construction. Discursive practice would certainly be strengthened if it could be embedded in a psycho-social-physical reality that does not suffer from the ontological divide between the psychical and the physical. However doing so entails a shift in mindset. We have to embrace a relational ontology instead of an ontology of things. Karin Barad's theory of agential realism is an attempt to establish discursive practice as psycho-physical action and an example of a relational ontology. The present paper presents discursive practice in light of relational ontology. The paper does not require familiarity with Barad's work or pre-knowledge of relational ontology.

Grassroots interaction and the socio-political norm in sexuality and gender

V Van Deventer

At grassroots level where the helper meets the client the primary focus is on improving the client's wellbeing. It is a realm of practical action with little time for theoretical and political reflection. But this basic interaction is the seed of theory and the place where policy germinates. Without such reflection basic action remains isolated and difficult to translate to other and broader contexts. The strength of grassroots interactions lies in theoretical and political frames of reference that unify across events and contexts. This paper explores this take on strength in unity in the context of sexuality and gender. In particular the relationship between grassroots interaction and the socio-political norm is

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considered. This relationship is interactive, with both grassroots interaction and socio-political norm effecting each other. The paper uses practical examples to show how in the domains of sexuality and gender grassroots interaction relate to socio-political norm. Knowing what to ask, and what to listen for in the client's response, help the practitioner identify and act upon the socio-political norm that governs the interaction.

The expiration of motivation - Reasons for having to motivate ourselves continuously in order to reach our desired destination

M Van Hattum

Motivation is an internal process that makes a person move towards a goal. It is what causes us to act whether it be eating to satisfy hunger or studying to obtain a degree. Motivation involves biological, emotional, social and cognitive forces that activate behaviour. It is a cycle in which thoughts influence behaviours, behaviours drive performance and, performance impacts thoughts, and so the cycle begins again. However, what seemed to have motivated us previously, may not motivate us presently. Motivation is fleeting, it is situational, it is everywhere and it works differently for every individual. Motivation appears to have an "expiry date". Demotivation is the use of negative imagery and self-talk, as to why one cannot do something well. The purpose of this study was to identify the relationship between what motivates us and what demotivates us. Research on the different psychological theories and models, such as Maslow's hierarchy of needs, Alderfers ERG theory and the self-determination theory, together with the types of demotivation (fear, lack of clarity, goal setting, values conflict, lack of autonomy, lack of challenge, grief, loneliness, burn-out, and not knowing), was conducted in order to identify this relationship and to determine the reasons for having to keep motivating ourselves in different ways.

Performance of rural South African adults with compromised educational opportunities on the Tower of London test

F Van Heerden



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Despite advances in structural and functional imaging, neuropsychometric assessment directed at profiling cognitive strength and weaknesses remains an integral part of neuropsychological practice. The legacy of the political past, in conjunction with present socio-cultural and economic specificities, culminates in questions relative to the validity of international knowledge for the interpretation of psychometric test performance in South Africa. The aim of this research study was to determine the role which compromised educational opportunities have on the performance of the Tower of London Test (TOL). The TOL is primarily directed at an assessment of executive function with a specific focus on planning, working memory, and inhibition. These components of executive functioning hold significance for everyday functionality, especially within a dynamic environment. These abilities allow one to quickly and effectively adapt to inconsistent and unanticipated challenges but also inhibit responses, which would either be ineffective or unsuitable. Thus, these functions are ultimately important in ordering responsibility and effective adult behaviour. Contextualizing the data, this study forms part of a larger study, which was primarily aimed at mapping the cognitive profile of adults with low levels of education from rural Mpumalanga. This given, performance on the TOL will be interpreted in the light of the same individuals on subtests from the Wechsler Adult Intelligence Scale - Fourth Edition (WAIS-IV), the Rey Auditory Verbal Learning Test (RAVLT) and the Rey Osterrieth Complex Figure Test (ROCFT).

The psycho-social profiles of South African jockeys in academies.

R Van Niekerk

The training of jockeys for flat-racing conditions has been done in academies for some time in South Africa. Although the focus is holistic, the psychological preparation and training of jockeys is still a challenging issue, with limited to no indication of the psychological profiles of jockeys. A convenience sample of 69 jockeys from three academies in South Africa completed the Sport Competition Anxiety Test (SCAT) and the Mental Skills Inventory (MSI). The results indicated that most jockeys have a low level of competitive anxiety and most of their mental skills are only moderate. Significant differences were found between apprentice and professional jockeys. The results indicated that jockeys could benefit much from mental skills training. The results further indicated that women are still highly under-represented in the sport.



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A framework to assist senior managers in the development of middle manager integrity: insights from practitioners

A Van Niekerk, M May

A framework was developed illustrating the interrelationship between middle managers' definition and experience of integrity, and middle managers' perception of senior managers' definition and experience of integrity, and subsequently the way senior managers' impact on middle managers' experience of integrity. The aim of this research was to obtain insights from practitioners about the application and potential value-add of this framework in organisations. A hermeneutic qualitative study was performed and criterion-based sampling was applied. Participants included industrial, counselling and clinical psychologists from within the place of work. A listening post was conducted with the primary task stated as: In your role experience explore the application and potential value-add of the framework in organisations. The data obtained were analysed using a grounded theory method. The findings of this study suggest that organisations can utilise the framework effectively through customising it according to their specific needs and in line with the organisation's strategy, vision and mission. Such a framework can assist senior management in positively influencing follower behaviour with integrity, in the organisation. The framework will furthermore assist middle managers to gain a better understanding of the impact of senior management on their experience of integrity. On an organisational level, this study emphasised the important role organisations play towards creating and establishing an ethical work climate that will ensure corporate integrity. This, in turn, will enable organisations to provide value to their corporate stakeholders and society at large.

The career development of André P Brink

R Van Niekerk, P Fouché

The aim of this study was to interpret Brink's career development according to an existing theoretical model and to contribute to psychobiographical research focusing on extraordinary South Africans. Career development is an ongoing process by which individuals progress through a series of stages each characterised by a distinctive set of themes, tasks and challenges. The findings indicate that Brink was an exceptionally prolific writer who published more than

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160 books during his career. Brink's first career development stage - Career and organisational choice - occurred between 1935-1960 and encompassed experiences and events during his childhood, adolescence, and early adulthood. This stage ended when Barnard returned from France and became an academic. The following stage - Early career: Establishment and achievement - occurred between 1961-1974 during which Brink published more than 90 books (an average of more than six books per year). The third stage - Middle career - occurred between 1975-1990 and ended when Brink joined the University of Cape Town. The last stage - Late career - lasted 15 years and demonstrated Brink's ability to remain productive up to his death in 2015. This study illustrates how a range of experiences and events interact in the careers of extraordinary artists, and how they influence creative productivity. The investigation contributes to knowledge in four areas, namely the life of Brink, the career development of writers, experiences and contextual variables that influence career development, as well as characteristics and requirements of psychobiographical research methodology.

The African psychology paradox: A call for a critical African-informed psychology

F Van Zyl

Critical psychology as a discipline has directed itself to illuminating the oppressive and restrictive assumptions that often escape critical reflection in mainstream psychology. As such, critical psychology can be likened to the peripheral voice on psychology's shoulders, constantly challenging its practices and urging its development in new and unexpected, often creative, directions. Among this choir of critical voices, African-informed psychology (and black psychology in the USA) has contributed much towards the liberation of the African psyche from colonialist thought. Objections to the inappropriate use of Westernised models of psychotherapy and psychodiagnostics are well known and documented in publications of cross-cultural psychology. However, a vacuum persists in the arena of psychotherapy in that unique and rich concepts in African Epistemologies have not been transformed into psychotherapeutic models appropriate for modern and/or traditional African clients seeking help in the form of psychological services. From a critical approach it is argued that an African psychology poses a paradox. This paper seeks to outline this paradox and differentiates African psychology from an African-informed psychology.

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Attention is then directed to delineate critical reflections on the factors that may serve to hinder the contribution of African-informed models of psychotherapy and assessment that draw from the rich concepts contained in African Epistemologies. Finally, an appeal for a self-critical African-informed psychology is outlined and defended.

Lesbian, gay and bisexual clients' experience with counselling and psychotherapy in South Africa: Implications for affirmative practice

C Victor, J Nel

We qualitatively explored self-identified lesbian, gay and bisexual people's experiences of psychotherapy and counselling in South Africa. Results indicate that positive experiences, among others, encompassed receiving unconditional positive regard, acceptance and non-judgement from counsellors and/or psychotherapists. This included the counsellors and/or psychotherapists positively affirming participants' sexual orientation by, for instance, viewing same-sex attractions, feelings and behaviour as normal variants of sexuality and seeing sexual orientation as one aspect of the person, not the only aspect. On the other hand, negative experiences were almost exclusively ascribed to the counsellors and/or psychotherapists being disaffirming of the client's sexual orientation. The findings provide direct client feedback that taking a stance affirming of sexual orientation is considered to be important. This and other findings can be utilised as a potential basis for future affirmative practice guidelines, such as those currently under development by the Psychological Society of South Africa for psychology professionals working with sexually and gender diverse people, inclusive of, but not limited to lesbian, gay, bisexual, transgender and intersex concerns.

Community based health care services: A youth avoided necessity

E Vilanculos, M Nduna

South African health care services have been expanded to include a broader range of services pertaining to the youth but still these services continue to be largely avoided by the same youth. This study explores youth's perceptions on

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community based health care services and its influence on young people's SRHR. Two audio-recorded focus groups interviews were conducted in isiXhosa with young men and women in Flagstaff, Eastern Cape, South Africa. Data were collected in December 2014, transcribed and translated into English, and analysed using thematic analysis. Health care services were found being youth unfriendly, and nurses were accused of corruption and unprofessionalism. Young women do not have control over their preferred choices of contraceptive methods. Sometimes they even find themselves holding false pregnancy results. HIV positive patients' status is revealed outside of their consent, and their health care provided ART preparedness sessions were found to be time consuming. Patients have no choice but to endure the pain due to lack of finances to access other health care services. As a result protests were viewed as the only solution. To access health care services is every youths' right, so addressing problems that lead young people to avoid them is necessary. Interventions will only be effective if they address youth perceived problems.

Condom non-use is not a one size fits all

E Vilanculos, M Nduna

In South Africa, despite having high awareness levels about the availability of public sector condoms (Choice), several studies discovered that people disliked using condoms due to negative perceptions about condom use. This study explores gender-age dynamics in condom non-use. Four audio-recorded focus groups interviews were conducted in isiXhosa with young and older men and women in Flagstaff, Eastern Cape, South Africa. Data were collected in December 2014, transcribed and translated into English, and analyzed using thematic analysis. Across gender and age there were different challenges with condom use that could negatively impact on use. For young males challenges included oiliness and lack of flavor; for older men, trust, mistresses disliking condom use, and procreation emerged. Younger females' problems included breaking, slipping of condoms that get stuck into their vulvas, and the unavailability of female condoms (femidom). The common theme across gender and age was that condom use reduced pleasure. Safer sex interventions should be tailored differently taking into consideration age and gender.



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A post deployment intervention for military psychologists: Strength in unity

N Visagie, D Du Toit

The study proposes a post deployment intervention for military psychologists which aims to uncover thematic strands of meaning and shape deployment narratives with an emphasis on care of the self. The study works within the premises of a qualitative research paradigm, whereby two female psychologists utilised a narrative post deployment intervention in the military context. This research utilised a case study design to reflect on the nature of the intervention as well as the application thereof for two female psychologists upon their return from the theatre of operation. An evocative autoethnography was the vehicle for relating the narratives and eliciting themes that demonstrated overarching shared experiences, and fewer unique experiences. These narratives were related and analysed on three different levels, photoanalysis, autobiographical data and verbal storytelling. The narratives were utilised by the participants to 'debrief' each other after deployments. The shared experiences elicited trust, support and openness to share the burden and life altering experiences of deployment. The participants experienced the intervention as a collaborative meaning making process involving life altering processes of acceptance and empowerment. The method of debriefing resonates with the narrative therapy approach whereby members make meaning by storytelling, and thereby could develop/integrate new dimensions of themselves. In conclusion, limited focus has been placed on support provided to operational psychologists in the military. This study endeavours to propose the value of a unique military psychological debriefing intervention for deployed psychologists upon their return from the theatre of operation. This 'strength' will unite military operational psychologists as a fraternity and where this support would be paramount.

The cognitive profiles of children with specific learning disorder

A Vorster, Z Amod

Over a number of decades, the field of psychological assessment, and more specifically intelligence testing, has come under scrutiny. In South Africa, test developers and practitioners are faced with the reality that psychological tests cannot be separated from the country's troubled history. The development and

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use of psychological tests in South Africa were strongly influenced and shaped by the politics and practices of racial segregation adopted by the apartheid government. Thus, there remain few culturally appropriate tests that can be used to render valid and reliable results in a multi-cultural and multi-lingual society. This has great importance for the assessment of children's cognitive abilities as the results of these assessments are not only used in the diagnosis of learning disorders, but also in making decisions about appropriate interventions and school placements. It is within this context that a study is being undertaken to investigate the usefulness of three specific cognitive assessment measures in the identification of children with learning disorders. The focus of this paper will fall exclusively on a review of previous research that have been conducted internationally and nationally on the cognitive profiles of children who present with learning disorders, when assessed on the Wechsler Scales and Kaufman Assessment Batteries.

Group-based humiliation

A Vorster, K Dumont

Humiliation is a negative, internal feeling that is universally experienced by all individuals. The feeling of humiliation is the result of a psychological discrepancy between an individual's self-concept and how s/he perceives others as viewing him/her. The appraisals of humiliation include the experience that an individual's status is being lowered, that his/her sense of self is devalued, as well as the experience of being socially excluded through dehumanisation or infra-humanisation. As humiliation is a negative feeling, individuals' responses to this emotion will be to rid themselves of this feeling by either withdrawing or engaging in a revengeful behaviour. Previous research has been focusing on the intra- and interpersonal experience of this emotion. Although, it is argued that humiliation can be experienced as a group-based emotion (i.e., on behalf of ingroup members), the empirical evidence for this is pending. The paper will report on experimental studies using the minimal group paradigm that tested systematically the possibility to elicit feelings of group-based humiliation as well as the behavioural consequences. The results of this research will be presented and discussed.



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Social media and career counselling: Using Facebook as a tool to enhance the career construction journeys of adolescents

H Wessels, T Diale

A strong need exists in the career counselling profession to create more relevant career counselling theories and practices that could meet the global needs of employers and reflect the realities of the world of work in the 21st century. The use of social media platforms, like Facebook, has become part of our daily lives and the use of Facebook has proven to be a successful tool for various teaching and healthcare practices. However, little research is evident about the use of Facebook as part of a career counselling process. The research project aimed at determining how Facebook - more specifically Facebook profiles and status updates - could be used to enhance the career construction journeys of grade 11 adolescent learners. The career construction process was facilitated with each participant using a qualitative multiple case study design. Data was collected by making use of the participants' 'Download your Facebook data' feature. Furthermore, the CIP 4, the DAT-K, the VS, and the JPQ were also used as data collection tools. The research results suggest that Facebook can contribute to the career construction journeys of grade 11 adolescents by being used to triangulate themes highlighted in other career assessments and supplementing information to emerging career themes. Furthermore, Facebook served as a useful tool during the career construction process to help construct and deconstruct the participants' various career narratives during their development as adolescents.

My path to a BA as an asexual ciborg: A reflection of lived queer experiences in higher education

T White

This paper narrates the experiences of obtaining a higher education degree from a South African university from the intersectional perspective of a queer ciborg-identified cisgender female person who is a bilateral cochlear implant user. The paper reflects on literature capturing first-person narratives of cochlear implant recipients and feminist interpretations of cyborg identity. There is a core focus on interrogating essentialist constructions of allosexual/asexual and deaf/hearing binaries, specifically within the South African context. The author narrates in

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detail the route taken by a young adult towards completing a Bachelor of Arts degree from 2008-2012 in a Johannesburg university, and closes with a reflection on how intersectional approaches improve learning spaces.

Working memory and self-reported language proficiency

M Wigdorowitz

Due to linguistic diversity within South Africa, multilingualism is becoming increasingly prominent. This could lead to social, educational and cognitive implications. Within the literature there is contention as to whether multilingualism is a hindrance or advantage on various executive tasks assessing verbal and non-verbal cognitive domains. The reasons for these linguistic differences remain unclear. However, various proposals have been noted, in relation to task specification and type of executive function assessed. First and second language acquisition plays a role in working memory capacity. Consequently, this study aims to investigate the relationship between working memory and language proficiency in students whose proficiency ranges from single to multiple languages - divided into monolingual and multilingual groups. Additionally, the bilingual advantage will be investigated. Working memory is a component of executive function, and Baddeley's model of working memory will theoretically guide this study. As working memory has verbal and non-verbal components, it is important to identify if, and where differences exist between these groups, as there is no consensus regarding a monolingual versus bilingual advantage. This study forms part of a larger study, where data concerning the multilingual group has been collected. A sample of 30 monolinguals between 18-22 years old will be selected from the database and comparisons will be made to identify whether differences in working memory between the two language groups exists. Preliminary findings will be presented.

Personality - The foundation of educational interventions

J Wiggett, M Osler

Personality assessments are often used as a key predictor of job performance, employee and employer 'fit' and in identifying personal development strategies. Personality assessments have continuously proven their worth in the world of

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work however rarely used in our education system. Personality is generally accepted as a stable construct with certain aspects observable from birth. Personality has been defined by N. Brody and H. Ehrlichman as “those thoughts, feelings, desires, intentions, and action tendencies that contribute to important aspects of individuality.” Why do we not use personality assessments as the foundation of our educational interventions? We used the Murphy-Meisgeier Type Indicator for Children® (MMTIC®) assessment with 80 high school students within South Africa. The intervention provided the students with new awareness of their strengths and stretches, and the differences they might have with friends, teachers and parents. The intervention specifically focused on learning strategies they may want to implement based on their individual personality type. Pre- and post-questionnaires were conducted on all the participants in order to measure the impact the intervention had on the student sample. The above study identified the importance of assessing personality as a foundation of educational interventions. Learning about personality type gives students a way to accept and manage their own behaviours, as well as the actions of their peers and teachers.

South African hate crimes: The good, the bad and the ugly

M Wilks

Can one refute the existence of the basic human rights of the individual in South Africa? How does this impact on the quality of life for marginalized groups? The Promotion of Equality and Prevention of Unfair Discrimination Act, known as the Equality Act: Section 10 and 12 will be addressed in this paper.

The Good: The uniqueness, hope and promise of the South African Constitution and its moral expectation of equality and freedom of speech with no discrimination, no exclusion, no marginalization, no stigmatization and no punishment - is protected.

The Bad: It takes the singularity of a King's inflammatory hate speech to incite followers to launch a criminal blood-fest against foreign nationals. Can this fascist belief system - where nation and race are exalted above the rights of the individual - be the root of denigration, hate and criminal incitement? Is this imbalance of power a red flag for all minority groups?



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The Ugly: Can the economic fabric of South African civil society be so vulnerable that anarchy and ethnic cleansing can be launched at a whim? Xenophobia reflects dominant group prejudices and paradoxically insecurities leading to the manipulation of the economics of hate.

The exploration of posttraumatic growth after the loss of a parent

C Yan, L du Plessis

This paper aims to demonstrate the experiences of posttraumatic growth in individuals who have suffered bereavement after the loss of a parent. Traumatic events are often associated with damaging psychological consequences. However there is the possibility of growth as a result of bereavement after a traumatic experience. Individuals who experience personal growth often change and rebuild their inner reality. This can include the reorganisation of their goals and objectives, their assumptions and schemas about themselves and about the world around them. PTG can be experienced through establishing enriched and meaningful relationships, and through improving an individual's perspective on their self and their beliefs. In order to understand this meaning-making growth-phenomenon, it was necessary to gather data on unique participant experiences. Therefore a qualitative methodology and semi-structured interviews were used to gather and analyse data. The 4 participants were females between the ages of 20-25 years of age. Braun and Clarke's thematic analysis steps proved useful to analyse the data because it allowed for meaningful themes on posttraumatic growth to emerge. The findings present thematic descriptions relating to the transformation of an inner reality and a change in assumptions about the world. This understanding adds to bereavement literature that focuses on growth outcomes in South Africa. It further contributes to the therapeutic understanding of potential growth after a grief experience that is related to the loss of a parent.



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Interactive Poster Sessions

The motivation behind the persistent re-application for a Master's degree in Psychology: Self-determination perspective

D Booysen, L Nel

Research has shown that applying for a Master's degree in Psychology is very competitive in South Africa. Based on this research finding, this poster aims to explore the reason why individuals reapply for a Master's degree in Psychology after being unsuccessful. This exploration will be conducted through the theoretical lens of Self-Determination theory (STD). The STD perceives the type of motivation experienced as an important predictor of performance and behaviour. The type of motivation experienced is influenced by the need for competence, need for autonomy and the need for relatedness. Snowball sampling will be used to identify participants and data will be collected through semi-structured interviews. The data collected will be analysed using thematic analysis. The results of this study can assist in providing an understanding of the reasons for reapplication for a Master's degree in Psychology which can be used by universities to gain a more nuanced understanding of applicants. The results have the potential to inform changes in selection processes for Master's degrees in Psychology in the South African context.

Teachers and tattoos: What do the parents think?

R Crowhurst

The purpose of this study was to identify the perceptions that parents have toward the idea of a teacher with visible tattoos. The parents' perceptions pertaining to the suitability and employability of a hypothetical applicant for a primary school teaching position were researched. The parents (mostly white, female parents, $M = 40.4$ years) received one of four different online links to a questionnaire containing: a photograph of either a visibly tattooed male, a visibly tattooed female, a non-tattooed male or a non-tattooed female (whom they believed to be an applicant for a position as a primary school teacher), an accompanying Curriculum Vitae for the applicant and the self-developed

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Suitability and Employability questionnaires. The results showed that the parent sample did not have a significant aversion to tattooed male teachers, but had significant negative perceptions of visibly tattooed female teachers regarding their suitability and employability for the position. This research study has implications for schools in their hiring and selection practises, as well as their regulations surrounding educator dress code. This study may also be informative to students/ teachers currently studying/ practising teaching who are interested in obtaining a tattoo that is visible when wearing day to day attire.

Caregivers' notions of challenging behaviors in children with mental retardation in selected special schools in Limpopo Province

N Dhlodhlo, T Sodi

The aim of this study was to explore caregivers' notions of challenging behaviors in children with intellectual disabilities in selected special schools in the Capricorn District, Limpopo Province. The objectives of the study were: (a). to understand and describe the notions of challenging behaviors by caregivers of children with intellectual disabilities; (b). to explore the causal explanations of challenging behaviors by caregivers of children with intellectual disabilities; and, (c). to explore the caregivers' beliefs about appropriate interventions for challenging behaviors in children with intellectual disabilities. A qualitative research approach, and in particular, the phenomenological research strategy was used in the study. Using purposive sampling, a total of 12 caregivers (male = 4; female = 8) were identified and selected to participate in the study. Data was collected by means of semi-structured individual interviews and focus group interviews with the caregivers. Interpretive analysis was used to analyse the data. The study found that caregivers consider challenging behaviours to be behaviours that, among others, include self-injury, aggression toward others or to self, property destruction, sexually inappropriate acts, stereotyped actions, temper tantrums, disturbing noises and moody behavior. In most cases, challenging behaviors were perceived by the caregivers to be a result of environmental, psycho-social and physiological factors. The study further found that caregivers considered regular workshops to be an effective way to empower themselves to better manage challenging behaviors. The study is concluded by making specific recommendations with regard to further research and training for caregivers of children with intellectual disabilities.



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Gender identities of emerging adults in an interpersonal context

T Dinale, L Naude

The aim of this paper is to present a research study exploring gender identities in emerging adults in an interpersonal context. This means that the study will examine how people's perception of gender identity is informed by their social system (environment). Although there are a variety of approaches in understanding gender identity, in this study the framework of femininity and masculinity will be utilised. The theoretical grounding of the research study will be Kohlberg's cognitive development theory with the focus being on understanding the development of gender identities from his stages of gender constancy. The research study will be explorative in nature and use the qualitative research methodology. Purposive sampling will be used and the research participants will male and female emerging adults. Data will be collected by using focus groups, with follow up individual interviews. After collecting data and transcribing it verbatim, the information will be analysed using thematic analysis. The purpose of the poster will be to highlight the emerging adult's perspectives on the development of gender identity.

Self-authorship development: The meaning-making journeys of postgraduate Psychology students

N Du Toit, L Naude

In today's society, much is expected of young adults as they graduate from university, and the notion has been put forward that the capacity of self-authoring allows young adults to better meet the challenges of the adult world. Postgraduate Psychology students are exposed to a learning environment that encourages them to develop critical thinking and perspective taking skills. Opportunities for personal reflection and the expression of opinions and beliefs are ample. It is then plausible to say that psychology students will undergo a period of distinct change and be challenged to review their ways of thinking, feeling and behaving. Research studies on self-authorship have been conducted on various student populations; however, there is a lack of scholarly literature on self-authorship development, specifically in a population of postgraduate

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psychology students. In this paper the meaning-making processes of postgraduate Psychology students will be explored utilising Baxter-Magolda's theory of self-authorship development. Within a narrative framework, thematic analysis will be used to analyse the data collected from in-depth interviews and the reflective exercises of seven research participants. In this paper the aim will be to describe each student's unique journey towards self-authorship and shed light on how being a postgraduate Psychology student will influence the process of meaning making and movement towards becoming a self-authoring individual. Preliminary findings regarding these journeys will be provided in this paper.

Dr Beyers Naude, The anti-apartheid theologian: A psychobiographical illustration of faith development

P Fouché, B Burnell, R Van Niekerk

A century ago, the South African theologian Beyers Naudé (1915-2004) was born into the Afrikaner elite, but later in life he vehemently opposed apartheid and became one of the controversial public figures of the anti-apartheid struggle. He was selected as subject for this psychobiography by means of purposive sampling. Naudé's life was uncovered in this idiographic case study through the systematic collection and analysis of life history materials. Psychobiography involves the investigation of exemplary and sometimes controversial personalities during which a significant individual's life is interpreted with the use of formal psychological or developmental theory. The aim of the study was to explore and describe Naudé's faith development throughout his lifespan. Fowler's Faith Development Theory (FDT) was applied to uncover Naudé's faith development. The objective is to illustrate the value and applicability of the FDT to the life of Naudé. Alexander's psychobiographical indicators of saliency were used to identify significant themes. A conceptual framework and matrix were also utilized to organise or categorise salient data. Findings indicated that Naudé progressed through all the stages of faith development proposed by the FDT and that he reached a very mature level of faith development, namely, universalising faith.



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The holistic wellness of Helen Suzman: The anti-apartheid South African parliamentarian

P Fouché, C Nel, R Van Niekerk

The primary aim of this psychobiographical life history case study was to describe South African parliamentarian Helen Suzman's (1917-2009) holistic wellness, within her socio-historical context, through the application of the neo-Adlerian holistic wellness model developed by Thomas J. Sweeney, J. Melvin Witmer and Jane E. Myers. Suzman was selected by means of a purposive or significant sampling technique. She received worldwide recognition and respect for her opposition of apartheid rule during her 36-year long parliamentary career. Following her death in 2009, her contribution to the establishment of democracy in South Africa was highlighted and she was saluted as a fighter for human rights and civil liberties. Two methodological strategies were used in this psychobiography, namely: Alexander's psychobiographical model for the prioritization and extraction of salient biographical data, as well as a conceptual framework or matrix for the categorisation and presentation of the biographical data, in conjunction with the dimensions of the holistic wellness model. Findings suggest that Suzman achieved a relatively high degree of wellness in all the dimensions and life tasks outlined by the holistic wellness model. Findings highlight the value of using wellness approaches in the exploration of the lives of extraordinary or great historical figures in order to explore attributes such as productivity, resilience and longevity.

The psychosocial life transitions of an anti-war campaigner: A Levinsonian psychobiography of Emily Hobhouse

P Fouché, C Wellman, R Van Niekerk

The primary aim of this psychobiographical life history case study is to illustrate Levinson's four eras or seasons of lifespan development as applied to the life of Emily Hobhouse (1860-1926), the British born anti-war campaigner, who exposed the British concentration camps and their appalling conditions during the Anglo-Boer War (1899-1902) in South Africa. Her courage saved the lives of thousands of women and children. The secondary aim was to ascertain the significant psychosocial transitional life events that shaped Emily's development

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as anti-war campaigner. Purposive sampling was used, and the data collection, categorisation and analysis were conducted through the application of Alexander's psychobiographical model of identifying salient biographical themes, and the use of a conceptual psychological framework derived from the life cycle theory by Levinson. The findings highlight significant psychosocial events or transitions in the life of Hobhouse that shaped her development as an anti-war campaigner. Some of these transitional events included: The role of her strong willed and determined mother, with her soft side, as revealed in her care of the needy; the care of her father during his illness which took much time and energy, but skilled her to interact with the parish and community and taught her the endurance of care-taking; and the death of her father which forced her to use all her skills and societal contacts to establish and actualize herself, without support from a husband or a professional career by formal education.

Applicability of the Neo Personality Inventory-3 in a South African context

T Frank, S Laher

Acceptance of the amendment to the Employment Equity Act in August 2014 brings a renewed emphasis on the importance of utilizing psychometrically sound measuring instruments in the South African context to ensure that no particular group is unfairly discriminated against. The aim of this study was to evaluate the applicability of the NEO Personality Inventory-3 in the multicultural South African environment by exploring critical issues related to the reliability, validity and possible bias of the instrument. A non-probability convenience sample which consisted of 272 South African individuals in Johannesburg completed the instrument. Cronbach's Alpha, exploratory factor analyses and confirmatory factor analyses were employed in the exploration of internal consistency reliability, construct validity, and construct bias. The final results indicated that the NEO PI-3 and FFM are applicable in the South African context at the domain level, with some variation at the facet level. The Compliance facet in particular appeared to be problematic in the South African context.



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Critical incidents impact management among South African police service officers

M Gumani

Police officers around the world deal with victim trauma in different ways and use different strategies to alleviate the effects of this trauma. This article describes and interprets the law enforcement processes of managing critical incidents in a South African police district. Twenty participants from various police units were selected through purposive and theoretical sampling techniques. Data were collected using unstructured open-ended interviews, field notes, diaries and follow-up telephonic interviews, and analysed through the constant comparative data analysis method. Findings suggest the police to have individual and in-group preferences for particular inner strategies of coping, as well as the external resources of relying on various forms of support from others and professional consultation in the form of debriefing. The study recommends that individualistic and contextual trauma management be considered.

“I used to wake up at 5am”: Narratives of those who lived on the street

L Hendricks, C Gideon, M Rodriguez, K van Wyk, T Mkhwanazi

Homeless individuals are not only houseless, without, a regular, safe and adequate night time residence, but are sometimes faced with the lack of support systems and most times the inability to help themselves successfully move from the streets. The homeless in South Africa are a socially isolated population who have been estimated to range between 10 000 to 50 000 persons. Many organisations and government entities have focused on programmes and interventions to assist street persons successfully relocate off the street and back to their communities of origin, their families or temporary accommodations as provided by shelters. However, little local research on the experiences of reintegration for the homeless person is available. This qualitative study aimed, through individual interviews and focus groups with 19 participants, to explore the experiences of persons who have previously lived on the street and who are now successfully relocated to permanent accommodation or have been reunited with their families. Participants revealed their experiences of their first night on the street as well as their daily activities. Their encounters with crime and various traumas are narrated. Participants opened up about their fears and happy

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moments of exiting street life, including difficulties experienced through relocations with their families and support systems. Additionally, recommendations from participants to those considering life on the street and currently living on the street are explored. The data provides useful insight to those working with the street population, policy recommendation and intervention strategies.

Acceptance of the homeless lifestyle?

L Hendricks, M Rodriguez, C Gideon, T Mkhwanazi, K van Wyk

The nature of problems experienced by the homeless street dwellers are primarily related to the wider structural political, social economic contexts of violence in South Africa. Through interventions many street persons are relocated off the street either to shelter, their community of origin or with their families. Few local studies have focused on those who refuse such intervention and continue to stay on the street. This study used a qualitative storytelling approach to understand homelessness through the experiences of 6 persons who have lived on the street for longer than 5 years in Cape Town. The participants in this study reported their reasons, such as, family problems, drug and alcohol use, traumatic life experiences, escaping problems at home, for coming onto the street were not found to be the reasons that people continued to live on the street. Findings show that 'family' on the street, adaptation to a new lifestyle, psychological effects of living on the street, lack of family or support off the street and the need for freedom and no regulations as can be found in shelters or temporary accommodation, as reasons for their continued stay on the street. Irritation with the over-exposure and non-responsiveness to NGO's and other organisations provision of life skill programmes and persuasion to attend shelters was reported. However, they are responsive to temporary employment, showers and bathing facilities, and provision of blankets, clothing and food. Further research needs to be conducted and targeted intervention strategies adapted for this group of street persons.



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Contemplating silence in Bonsai activities

C Hermann

Theories of mental health emphasize socialization and verbalisation as important factors for happiness. Emphasis is placed on successful interaction and communication with peers in the development of a person. Psychologists focus on 'talk' therapy, but there is little evidence for the healing power of silence. Many studies concentrate on the benefits of art therapy, but not many on the creative living art therapy. In this study, the art of bonsai is used as a transitional object between the therapist and the client utilising silence as communication. 354 bonsai artists completed bonsai questionnaires, the Spirituality Scale and the Quality of Life Scale to determine physical and mental health. Ten bonsai masters were interviewed for an in depth qualitative analysis. It was found that whilst 98% of respondents reported a healthy and happy life, 49% reported withdrawing from formal social bonsai gatherings, societies and workshops, many preferring silence and solitude. This is in sharp contrast to Wilber's AQAL theory that in order for people to be happy in the truest sense, they need to socialize and be accepted within their peer groups. It is significant that happiness was not dependent on belonging to a group for mental health and happiness and that silence and solitude played a big role in the coping strategies of the participants. There is thus scope for the development of theories on therapeutic silences. Furthermore, non-talk interventions and rehabilitation programmes, can be of benefit in many institutions such as prisons and old age homes.

Ethnic identity development amongst minority adolescent populations: A review of the research

C Jansen Van Vuuren, L Naude

Over recent decades, rapid globalisation has transformed and challenged researchers' beliefs and assumptions concerning individual identity development. Today, it is recognised that an individual's identity may span globally - whether as a consequence of international media, international travel and/or immigration. Subsequent constructs, such as 'bicultural identity', 'transnational identity', 'multicultural identity' etc. have become commonplace. Due to globalisation the formation of a viable individual identity has become ever

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more challenging. For no other developmental stage does this ring more true than for the adolescent, who is actively progressing through a complex stage of identity formation and exploration. The proposed poster will present a review of the published literature regarding ethnic identity development amongst minority adolescent populations. To date, prominent researchers within the field of ethnic identity development have found common elements which apply across minority group ethnic identity development. These common elements will provide a comprehensive outline and understanding of ethnic identity development amongst minority groups - highlighting especially how the nuances of gender, socio-economic status and racial stereotypes influence adolescents' experiences and processes of ethnic identity development. This literature will also be used to inform where further research and investigation is required within the field of ethnic identity development in minority adolescent populations.

The relationship between self-compassion and psychological well-being among female adolescents

T Kally

Adolescence is a period of increased stress associated with various developmental changes. Exposure to external stressors may further impact on the adolescent. This is especially true in South Africa, where traumatic events are frequently encountered. Female adolescents are at particular risk for stress and pathological outcomes. Compared to male adolescents, they are twice as likely to experience depression by age 15, report more stressors in their lives and experience more distress, sadness and fear in response to stress. Self-compassion is a form of emotional regulation and may be developed as a coping mechanism amongst this population. It entails extending kindness to oneself, seeing one's experiences as part of the larger human encounter and holding one's painful feelings in balanced awareness. It also provides emotional safety to identify areas of change and growth. Self-compassion is furthermore strongly associated with psychological well-being, a significant contributor to health and well-being through its concern with how individuals make sense of their lives. The aim of this poster is to provide a survey of existing literature on the relationship between self-compassion and psychological well-being in female adolescents. It will provide a theoretical conceptualisation of a field in which very little South African research is available to date and may lead to a

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better understanding of this relationship for female adolescents living in South Africa.

The relationship between ego identity statuses and career maturity in male and female adolescents

S Mahlaba

In this paper an overview of a research study exploring the relationship between ego identity statuses and career maturity in male and female adolescents will be presented. Identity development is regarded as a core task during adolescence. According to Marcia adolescents can be in one of four identity ego statuses namely: moratorium, diffusion, foreclosure, or achievement. Related to identity achievement is the formation of career maturity which requires some level of career maturity. In this quantitative study, data will be collected using a biographical questionnaire, the Objective Measure of ego identity status based on Marcia's theory and the Career Maturity Inventory developed by Crites. A convenience sample of approximately 300 participants in their late adolescence will complete the questionnaire. Data will be analysed using regression analysis and MANOVA. In this paper preliminary results regarding the relationship between identity development and career maturity of male and female adolescents will be presented and discussed.

Views of adolescents regarding unemployment of parents in relation to their personal current and future life

M Makatu

The aim of the study was to explore the views of adolescents regarding unemployment of parents in relation to their personal current and future life. Purposive sampling was used to sample seven Tshivenda speaking adolescents who participated in semi-structured interviews. Data was analysed thematically. The meaning, role and effect of unemployment in their lives were found to be central in the participants' views. Ways of coping with unemployment was found to be another theme that helped adolescents to continue with life. The study concluded that even though parents' unemployment is associated with poverty

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and failures of life there are other adolescents who identify positive strategies for a better future. The study also recommended that parents have to communicate with their adolescents to establish how they are affected by unemployment and help them see a better future given the current circumstance.

The use of message framing in encouraging university students to test for HIV

T Mashamba

Framed messages have been used as one of the intervention strategies in encouraging people to take disease detection tests. Although there is no cure for HIV and AIDS, testing and early diagnosis have tremendous benefits. The aim of this study is to assess the impact of gain and loss framed messages on encouraging HIV testing among university students. I predict that loss-framed message would be more effective than gain-framed message encouraging HIV testing. University students will be randomly assigned into one of two groups to receive either gain framed or loss framed messages. Participants will be informed regarding the following: the purpose of the study; that participation was voluntary; and that there were no identifiers on the questionnaire. After agreeing to participate they will be requested to sign the consent forms. Two versions of HIV and AIDS information paragraphs about potential risks or benefits associated with avoidance from taking a HIV test will be used, one containing a gain-framed message, and the other one a loss-framed message. A questionnaire which consists of a sociodemographics section and questions on sexual practices and previous STI diagnoses will be used to collect data. Group face to face interviews will also be conducted. The data will be discussed within the context of using message framing to encourage HIV testing.

The Effectiveness of gain and loss framed messages in promoting physical activity

T Mashamba, K Netshiombo, L Mashamba

Gain-framed or loss-framed messages have been used as one of the intervention strategies in the promotion of physical activities which may reduce



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the risk of Metabolic Syndrome. The cause of Metabolic Syndrome is syndemic, which may result in cardiovascular diseases, stroke, type 2 diabetes, high blood pressure. Lower rates of Metabolic Syndrome are seen with 2 hours to 2 hours and 30 minutes a week of at least moderate-intensity physical activity. The aim of this study is to assess the impact of gain and loss framed messages on promoting physical activity among university students. We predict that gain-framed message would be more effective than loss-framed message in motivating participants to engage in physical activity. University students will be randomly assigned into one of two groups to receive either gain framed or loss framed messages. Ethical issues will be observed. Two versions of physical activity information about potential risks or benefits associated with physical activity behaviors from the CDC will be used. A questionnaire which contains three sections: sociodemographics section, self-identity in terms of weight and diagnosed diseases section, and type of physical activity section will be used to collect data. Group face to face interviews will also be conducted. Descriptive statistics and Pearson's chi-square will be used to analyse the data. The feasibility of gain-framed or loss-framed messages as intervention strategies in the promotion of physical activities which may reduce the risk of Metabolic Syndrome will be explored in relation to the results obtained.

Youth ancestral spiritual possession: Impact on family systems

K Modutla

Ancestral spiritual possession is a common occurrence within the African culture. Ancestral spirits are viewed as part of everyday life experiences. It is believed that when an individual dies and the body is buried, the spirit remains as the effective manifestation of his or her power and personality. It is also a common belief that spirits of the dead can take possession of the person's body and operate over him or her. Interestingly, this possession is not only limited to adults. Children and youth groups are also affected. This poster critically examines the influence of ancestral spirits and the theoretical understanding of the phenomenon of spiritual possession from an African worldview/perspective. Focus is also on how this conceptualisation can be used to enhance family (re)construction and rehabilitation. Reports of family experiences reveal that those affected by youth ancestral possessions are faced with a challenge of dealing with the impact thereof on family relationships and their immediate social environment. Case examples are used to highlight key issues pertinent in this

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poster. Furthermore, these case studies are used to highlight the importance of openness to indigenous forms of knowledge and the significance of cultural competence in a broader sense.

The implications of ancestral names within an African context

B Mokgatlhe

The spiritual world, or world of spirits, is central in almost all African religions. Spirits (like Angels and demons in the Jewish, Islamic, and Christian traditions) directly communicate with and impact the lives of individuals and as communities. According to contemporary African shamans and healers, when one is separated from the ancestors and the spirits, one falls prey to an array of spirit disorders characterised by a general instability and a dislocation caused by disconnection from the spirit world, the personal and the cultural. Within the traditional African context, it is the traditional healers who act as a medium between the spirit and physical worlds to discover the hidden causes behind misfortune or illness and prescribe appropriate action.

In this paper, I use a case study to explore the experience of a client with an ancestral name who was initially diagnosed as presenting with psychosomatic complaints in therapy but whose symptoms were later explained as due to ancestral wrath. The challenges that might be encountered in adopting a western frame in addressing psychosocial problems within this context will also be explored. I will also select a few African names and use them to explore, through case studies, the relationship between ancestral spirits and African names, as experienced by name bearers, the challenges that they experienced with their names, and how these were handled using an alternative modality.

The warrior within Tommy: Using films to teach Developmental Psychology

L Nel, A Botha

Psychology students are presented with an array of different theoretical perspectives during their years of training. However, non-clinical students,



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primarily at undergraduate level, often fail to comprehend the quintessence of psychological theories due to their lack of experience of clinical work. In order to create a more realistic reflection on and understanding of psychological theories, the authors suggest the use of films as a rich and powerful medium to teach students and to give them a proto-experience of clinical work. In this study, the authors present their experiences of personally evaluating the relevance and usefulness of the film *Warrior* in elucidating critical aspects in Developmental Psychology. In particular, the main analysis focuses on the character Tommy with regards to normal individual development, attachment influences, and horizontal stressors from the view of respected theorists within Developmental Psychology. Furthermore, attention is given to the normal development of the family and contributing vertical stressors that may have interacted over time with Tommy's individual development. Lastly, a therapeutic approach is formulated for Tommy from a Developmental Counselling and Therapy perspective, in addition to critically evaluating the nature of a therapeutic relationship between the authors and Tommy with respect to their individual developmental stages. The film *Warrior* demonstrated itself as an informative portrayal of normal individual and family development, suggesting that the film may offer students a direct emotional experience and insight into psychological theory and contribute to clinical experience which usually would possibly only be attained at a future time in training.

Using the SPICC model in counselling children: Exploring South African psychotherapists' experiences

E Nortje, A Botha, L Nel

A large number of South African children are exposed to risk factors daily despite human rights assuming a prominent role in our country's constitution. Epidemiological studies indicate that approximately one in five children suffer from a mental disorder which often persists into adulthood. As mental health problems pose major risks for public health; childhood and adolescent mental health services assume a central role in reducing mental disorders. Working with children therapeutically, the most contemporary notion includes selecting from an array of practice methods to attain the best possible outcomes in the most economical way. An example of an integrative model that draws on various therapeutic approaches is the Sequentially Planned Integrative Counselling for Children (SPICC) model. An extensive review of the literature on the SPICC

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model produced limited published articles on research conducted on this topic internationally, and no published articles in South Africa. The aim of this poster is to present the data obtained from a pilot semi-structured interview conducted with an intern psychologist trained in using the SPICC model. This pilot interview is the first step in a larger qualitative study focused on exploring South African psychotherapists' experiences of using the SPICC model in counselling children. Following a phenomenological qualitative strategy of inquiry; the researcher will concentrate on complex and rich descriptions made by the participants on their experiences of using the model. By describing therapists' experiences, this study aims to address the paucity of South African research on using the SPICC model in child therapy.

Sparse research on married couples in South Africa warrants another look

E Scott, I van Aardt, P Naidoo

This poster intends to emphasize the importance of empirically-based research on South African married couples, while showing the current shortage of recent research and therapeutically useful data in the area. An average of about 28 500 couples file for divorce per year in South Africa. Staying happily married has a multiplicity of positive outcomes for couples, individuals and society in general. Psychologists can assist in strengthening married couples through marriage counselling. Ethically, couples therapy should be empirically-supported by recent research done on married couples in a South African context. An overview was done of the available research on married couples in South Africa during the last 15 years. A variety of search terms were used across different databases. The resultant research was very limited, and covered a narrow range of topics. From the sparse research available on South African couples it is unclear what their unique challenges and circumstances are, and this leads to marriage counsellors basing their therapy interventions on international data. It is evident that research is warranted on this population group. This is the case in particular for practitioners interested in marriage counselling that is relevant and effective for unique South African circumstances.



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Student to professional: The experience of becoming a registered counsellor

S Vala, L Nel

This poster aims to explore and understand the experiences of Registered Counsellors in South Africa during their transition from Honours student to professional. The registration category, Registered Counsellor, was created in an attempt to remedy the lack of mental health services available and make psychological services available to diverse communities in South Africa. Currently, there are 1 717 Registered Counsellors and 197 Student Registered Counsellors registered with the Health Professions Council of South Africa (HPCSA). This poster will be grounded in Stoltenberg and Delworth's Integrated Developmental Model of Supervision as well as Skovholt and Ronnestad's Phases of Counsellor/Therapist Development. Skovholt and Ronnestad proposed six phases of counsellor/therapist development: the lay helper, beginning student, the advanced student, the novice professional, experienced professional and senior professional. Stoltenberg and Delworth defined three levels of development, namely, the beginning, intermediate and advanced levels. Purposive sampling will be used in order to identify ten participants for the study. Data will be collected through semi-structured interviews and a focus group. Thematic Analysis will be utilised to delineate different themes. This poster will present the preliminary identified themes in the experiences of Registered Counsellors.

The relationship between work engagement and life satisfaction of administrative staff of the University of the Free State

J Van Der Merwe, M Van Dijk

Life satisfaction is a concept central to the research area of subjective well-being. The objective of this study was to investigate the relationship between work engagement and life satisfaction in a sample of administrative staff of the University of the Free State. A quantitative, non-experimental, correlational research design with standardized questionnaires was used. The Utrecht Work Engagement Scale (UWES) which measured work engagement, with three subscales: vigour, dedication, and absorption, as well as the Satisfaction with

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Life Scale (SWLS), an established measure of life satisfaction were administered to administrative staff. Pearson product-moment correlation coefficient's were used to analyse the data. The only significant correlation identified was between vigour, a subscale of the UWES, and life satisfaction (.557 >.444). This poster will highlight the importance of the research and discuss the results of the study in relation to the literature on work engagement and satisfaction with life.

The role of resilience in the relationship between trauma exposure and suicide ideation

N Venter, A Botha, A George

Trauma exposure is prevalent amongst South African adolescents and so is exposure to multiple traumatic events. Exposure to trauma increases the risk for a variety of mental health problems, including suicide ideation. Furthermore adolescents seem to be especially vulnerable to suicide ideation due to developmental changes and a lack of coping resources. However, positive adaption is also possible after exposure to a traumatic event if an individual is resilient. In fact, many adolescents report high levels of resilience after being exposed to adversity. Resilience may act as a buffer against the negative effects of trauma and reduce the risk for suicide ideation. Given the high prevalence of both trauma exposure and suicidal behaviour amongst South African adolescents, the aim of this poster is to examine the role of resilience in the relationship between trauma exposure and suicide ideation. A non-experimental correlational design was used. A random sample of nine Free State schools was included in this study. Both rural and urban areas were included. All the grade 10 learners at these nine schools participated in the study, totalling 992 participants. The results of a moderated multiple regression analysis indicated that resilience is indeed a protective factor. Adolescents with high resilience scores did not have an increased risk for suicide ideation after being exposed to trauma, while those with low resilience scores did present with significantly higher levels of suicide ideation. These results can aid interventions aimed at assisting adolescents after being exposed to trauma.



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Alcohol and tobacco use among a sample of undergraduate students at the University of Limpopo, South Africa

F Vusizi, T Sodi, S Nkoana

Substance use, including alcohol and tobacco use, is an increasingly documented health concern in many countries. Alcohol use has been associated with fighting and aggression, unplanned and unprotected sex, sexual aggression, drinking and driving, and property damage, thus posing a problem for students involved in heavy drinking and those around them. The aim of this study was to assess the prevalence of alcohol and tobacco use among a sample of undergraduate students at the University of Limpopo (Turffloop Campus). A cross sectional survey was conducted with a sample comprised of 847 undergraduate students, with a mean age of 21.7 years (SD=8.8). A 6-item questionnaire was used to assess the consumption of alcohol use. To assess tobacco smoking and drug use, the following three questions were used to determine tobacco and drug use: i) do you currently use one or more of the following tobacco products: cigarettes, snuff, chewing tobacco, cigars?; ii) how often have you used one or more of tobacco products like cigarettes, snuff, chewing tobacco, cigars?, and iii) how often have you taken drugs in the past 12 months, other than prescribed by a health care practitioner? Overall 22.2% of the university students were hazardous or harmful alcohol users. Male students showed a significant level of tobacco use (35% -38.1%). The persistence of alcohol and tobacco use among university students underscores an urgent need to implement prevention and counselling approaches to reduce harm.

