



President's Podium

As some of you may know, this is my first contribution to *PsyTalk* in the portfolio of President of the Society. I deem this opportunity a privilege and an honour. It is, of course, also a significant responsibility – one I don't take lightly...

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Transformation of South African Psychology and Society: Two Perspectives

Twenty years of democracy in South Africa: Is there something to celebrate and what has psychology's contribution been in shaping this young democracy?

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PsySSA wishes all of our members a happy, safe and restful holiday season and a prosperous and productive new year. PsySSA office closes on 12 Dec 2014 and opens 14 Jan 2015

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- Division of Research & Methodology (DRM)
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- Psychology in Public Service (PiPS)
- Registered Counsellors and Psychometrists
- South African Association for Counselling Psychology (SAACP)
- South African Society for Clinical Psychology (SASCP)
- South African Society for Clinical Hypnosis (SASCH)
- Student Division
- Sexuality and Gender Division

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- SAJP
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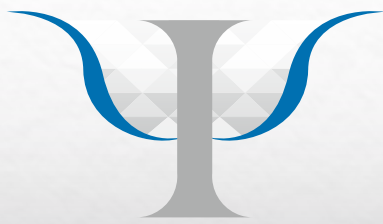
- Prof. Mohamed Seedat Awarded ASSAf Membership
- Dr Puleng Segalo Named Distinguished Young Woman Scientist of the Year

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- SAACDHE
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6

Common Mistakes in Private Practice



Editorial



The energizing effects of the development of a new strategic vision for PsySSA have been palpable across 2014 and were amply evident in all of the celebratory activities that marked the 20th South African Psychology Congress held in Durban this past September. The unprecedented levels of engagement with the controversial debates and roundtables in the plenary are assuring signs that the organisation is thriving. Increased investments in disseminating the activities and accomplishments of the structures and PsySSA's various stakeholders should be starkly apparent in the now quarterly published *PsyTalk* that is bursting at its electronic seams. This last issue of 2014 provides several snapshots of the intellectual, ceremonial and celebratory highlights of the conference. It also presents the reflections of the year passed and strategic vision for the period coming for each of PsySSA's structures. A glance through

these visions confirms that the Society has indeed entered a new era of thinking of itself not merely as a national body that represents the inclusive interests of South African psychologists but now as an important player in organisation psychology worldwide. There can be no doubt that this global footprint will again grow in the coming year as *PsyTalk* continues to document the upward trajectory of the organisation.

I would like to thank Naziha Abbas and Fatima Seedat for their exemplary handling of all the *PsyTalk* related activities for 2014 and wish the readership a happy holiday period and a productive 2015.

Prof. Brett Bowman
Editor

PsyTalk





Professor Juan Nel

President's Podium

As some of you may know, this is my first contribution to *PsyTalk* in the portfolio of President of the Society. I deem this opportunity a privilege and an honour. It is, of course, also a significant responsibility – one I don't take lightly...

This first President's Corner, among others, presents an ideal platform to convey the vision for my term in office. Subsequent editions of *PsyTalk* may then serve to track my related progress. Before I outline what I am hoping the Society may prioritise during the remainder of 2014 and until September 2015, bear with me while I share my historic involvement in PsySSA. In so doing, I hope to convey my understanding of what PsySSA represents (or could also represent to others).

As a young research and clinical psychologist, attached to the Psychological Services of the South African Police Services, I attended the inaugural PsySSACongress in January 1994. This inspiring gathering was convened at the University of the Western Cape where Rachel Prinsloo was elected the first President of this - a transformed - Society, representative of all psychology professionals in South Africa. If not mistaken, I have been a member of PsySSA, uninterrupted, ever since – and a proud one, at that. At times, and with varying levels of satisfaction, I was also a member of two of PsySSA's divisions. Since 1994, I have attended and presented at the vast majority of PsySSA's Annual South African Psychology Congresses and have always deemed these a most useful platform for networking, as well as a yardstick against which to assess where psychology, as discipline, was at in contributing to this young democracy. Yet, until seven years ago I felt rather removed from playing a role in shaping the discipline.

PsySSA represented a professional body where decision making structures felt inaccessible and where others, more senior and established than I, were responsible for showing the direction and for 'making things happen'; I was merely a passenger...

This situation gradually changed as of 2007 when I initiated my first formal engagement with the PsySSA Executive and Council. Passionate about making a difference in a field where South African psychology was historically (too) silent, I offered to represent PsySSA on an international structure, now known as IPsyNet (the International Psychology Network for Lesbian, Gay, Bisexual, Transgender and Intersex Issues), that is hosted by the American Psychological Association. From the very outset, I was struck by the unconditional support, and pertinent guidance, received from the PsySSA Office, executive committee and council. Each and every subsequent proposal submitted by myself and a group of committed collaborators in the fields of (same-sex) sexuality and gender was similarly embraced by the society. Today, as a result, PsySSA boasts a vibrant Sexuality and Gender Division with substantial international project-based funding, an acclaimed related position statement – the society's first - and a flourishing stream of related programming at its annual congresses.

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Through this hands-on involvement, also as a member of the executive committee since 2011, I have come to know PsySSA as anything but inaccessible or removed from its constituents. Today I also understand PsySSA as being more than any individual(s): PsySSA constitutes anyone who joins and constructively engages the Society and is passionate about organised psychology and the advancement of the profession as a science and a practice in South Africa and beyond. PsySSA is, indeed, 'us' - 'we' are PsySSA... but PsySSA not only welcomes initiative, it is reliant on initiative, on passion and dedication - as long as such initiatives are in line with its progressive, rights-based agenda, receive buy-in through established consultative processes, and are followed through with sustained efforts by those that initiated them in the first instance.. This is especially the case given that PsySSA - except for a handful of paid employees and contractors - is currently mostly reliant on volunteer efforts by its members.

Fortunately, as I enter my term, PsySSA has a 2014 – 2018 Strategic Plan endorsed by its members, to direct where we are heading. For a brief overview thereof, see the 2014 PsySSA annual report that is available on the PsySSA webpage. We most certainly have embarked on an exciting period of accelerated growth and enhanced professionalism. It is my sincere hope and desire that when, at the end of my term, we look back at the 2014/5 period, we, as a collective, will have made significant strides in operationalising this strategic plan. In particular, the following will ideally be self-evident:

- **A further significant growth in membership:** In follow-up to the Presidential Roadshow of 2014, a vast majority of tertiary institutions

in South Africa that offer psychology will be visited during 2015 with the aim to recruit new members, assess needs, and encourage participation in Congress, but also the PsySSA HoD (Heads of Department) Forum that was launched at the 20th Anniversary Congress in Durban on 18 September 2014. Of course, other ways of growing our membership similarly have to be pursued.

- **Members of the society, but similarly also of divisions, with an increased sense of belonging and purpose:** It must make sense to prospective members as to why they should be joining and to existing members as to why they ought to renew their membership, both of the society and of divisions of their choice. Also, they need to feel that they have the opportunity to meaningfully contribute.
- **PsySSA structures (branches, divisions and committees) with a renewed sense of purpose and increased activity levels in service of this vibrant Society:** The PsySSA executive has put measures in place to ensure that the society is not only known for its successful, and ever growing, annual congress. All structures require committed and visionary leadership towards ensuring activities spread throughout the year and members are satisfied that they are getting 'bang for their buck'. Also, PsySSA, as a professional body, has to rise above narrow self-interest and divisive turf wars that so often undermine its ability to collectively (re)shape our discipline and its contribution to society at large. We have to move forward with our common interests at heart, while similarly developing and promoting our specific fields of interest and/or application.
- **A PsySSA office that is even more effective and responsive to the needs of its members and other stakeholders, alike:** While, indeed, [continue on next page...](#)



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a 'lean, mean machine', the PsySSA Office is simply too small to always attend to all demands with the urgency they require. More staff, with a range of (additional) competencies, ought to make a significant difference. Also, it may be time to consider other ways of working towards delivery on agreed outcomes— a project team approach, with a fee for service, and greater accountability, come to mind.

- **A PsySSA Executive Committee in which members individually and collectively feel that they have the opportunity to shape a society, reimagined:** The proposal to the executive committee at its first meeting is that each member be assigned specific portfolios for which they will be accountable to the AGM. Also, given an increased number of deliverables as per the strategic review document, more meetings of the executive will be face-to-face.
- **A council that more fully understands its role as that of the highest decision-making body and, as such, keeps the PsySSA office, all structures and the executive committee to account:** Although PsySSA is blessed with several stalwarts who have over the years ensured the sustainability of the society and served as its institutional memory, a majority on council are relatively new. During this year, priority will be given to ensure all decision-making structures work well in tandem with each other and in so-doing build on what has been established to date, while pursuing additional and uncharted territories.
- **A PsySSA that is increasingly deemed relevant, visible and vocal in matters of national, continental and international matters:** No longer can psychology be silent where it matters. We have to up our game as active agents of change. This we owe to ourselves, but also to our

(potential) beneficiaries. In this regard, two recent examples of social responsiveness are: i) PsySSA being admitted as amicus curiae ('friend of the court') in the South Gauteng High Court in a matter that will be heard in November 2014 where the South African Human Rights Commission seeks an apology and damages from Mr Jon Qwelane on the grounds that the content of an article he published in the Sunday Sun newspaper in 2008 constitutes prohibited hate speech in terms of section 10(1) of the Promotion of Equality and Prevention of Unfair Discrimination Act, 2000 (the Equality Act); and ii) PsySSA on two occasions during 2014 wrote to the President of the Republic of South Africa, Mr Jacob Zuma, and the Police Ministry offering to engage with Government on meaningful interventions - including prevention strategies - to turn around the cycle of violence in our country. It is our considered view, supported by international scientific affirmation, that we have the intellectual resources to work together with government to jointly tackle this grave impediment to our burgeoning democracy's success.

Of course, the flagship project of PsySSA is its annual South African Psychology Congress. While some of us are still experiencing a 'high' following the success of the 20th Anniversary Congress, held in Durban in September 2014 (see the feedback report elsewhere in this edition of *PsyTalk*), know that planning for the 21st Congress to be held in Johannesburg, 15 – 18 September 2015 is already well underway. It is at this congress with the theme '*Strength in unity*', where we will be providing feedback to members in respect of progress made with the implementation of the above-mentioned strategic plan. Rest assured

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that feedback received from members will be taken into account in re-aligning the programme - Among others, the plan is to cater for the needs of practitioners, to a much greater extent, at all future congresses...

In conclusion, I wish to acknowledge that I am privileged to follow in the footsteps of so many previous leaders of the society who steered us during the first 20 years of a democratic South Africa in rapid transition. In particular, I wish to thank the immediate past president, Prof David Maree, for the sterling job he did in leading PsySSA during its 20th anniversary. I am happy to know that both Prof Maree, but also President Elect, Prof Anthony Pillay, will be there to serve as a sounding board while we move PsySSA forward into the next decade. Of course, the PsySSA office also needs to be acknowledged for its enduring excellence and the anchor it provides. Looking forward to the year ahead...

Prof. Juan Nel
President: PsySSA

Introducing the New Executive - 2014/15



Back row left to right: [Mr Rafiq Lockhat](#) - Additional Member, [Dr Ian Opperman](#) - Treasurer,
[Mr Tebogo Fafudi](#) - Additional Member and [Dr Ewald Crause](#) - Additional Member
Front row left to right: [Prof Floretta Boonzaier](#) - Additional Member,
[Prof David Maree](#) - Past President, [Prof Juan Nel](#) - President,
[Prof Anthony Pillay](#) - President Elect and [Prof Sumaya Laher](#) - Additional Member

Meet the 2014/15
Executive

[Click here](#) to view
the 2015 PsySSA
Executives Resume.



Transformation of South African Psychology and Society: **Two Perspectives**

Twenty years of democracy in South Africa: Is there something to celebrate and what has psychology's contribution been in shaping this young democracy?

One of the highlights of the recent 20th South African Psychology Congress held in Durban, KwaZulu-Natal, from 16 to 19 September 2014 was the 1st controversial debate that formed part of the opening day plenary on the first day of the congress.

As the 20th Congress coincided with the 20th anniversary of South Africa's multiracial democracy, PsySSA invited five prominent and emerging stars in psychology and other social sciences and the humanities to debate questions of South Africa's young democracy and psychology's contribution to it. The debate was facilitated by Eusebius McKaiser, then host of a popular talk show on Power FM. The question the organisers posed was: 'Twenty years of democracy in South Africa: Is there something to celebrate and what has psychology's contribution been in shaping this young democracy?' In the following articles, Professor Kopano Ratele (thinking back to the panel) and Professor Catriona Macleod, amongst the leading thinkers in and about psychology in South Africa offer their respective responses.

How do you integrate if you don't count the black and females faces: Transforming psychology beyond the numbers game?



Kopano Ratele is professor in the Institute for Social and Health Sciences at the University of South Africa and co-director of the Medical Research Council-University of South Africa Violence, Injury and Peace Research Unit. With over 90 peer-reviewed publications, mainly on men, boys and masculinities, Ratele chairs the board of *Sonke Gender Justice*. He is a regular contributor to the media and blogs at <http://newafricanmen.wordpress.com/>. Ratele is a former president of the Psychological Society of South Africa.

Imagine a student who signs up for a psychology class. From the moment she heard of psychology and what psychologists do, she fell in love. This is her last year of undergraduate studies. She is a bright student. She is taking two other majors, marketing and

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Transformation of South African Psychology and Society: Two Perspectives

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visual Arts. She once thought she would like to work in the magazine industry or TV as a marketing executive or something, but later in the year she is going to apply for her psych honours and, perhaps, next year she wants to do a master's degree.

She wants to be a psychologist so that she can help others. She likes working with people. Her main interest is working with children.

Since high school she has helped at several local community-based organisations. She has worked in an animal sanctuary, then a place that assists HIV/AIDS orphans, and now volunteers at a kindergarten working out of shack about 40 minutes away from varsity.

Who is this student who is moved by a desire to do good? Seeing some of the readers of this esteemed newsletter are custodians of the organised profession of psychology, should we not try to understand her life experiences, her aspirations and anxieties, her strengths and 'issues', all of the things that have led her to psychology?

Why in the world would a talented young person be keen on a profession in psychology when she has a better chance at fame and possible fortune in television? Is it something we did as a body of psychologists and counsellors or is she over-evaluating the profession because of representations of psychoanalysis in *A Dangerous Method* or some such movie?

As some readers may know, during September 2014, along with a panel of leading and upcoming thinkers on transformation, I was invited to be part of an opening for the South African Psychology Congress held in Durban, EThekweni. This was a big occasion for the Psychological Society of South Africa (PsySSA): the 20th anniversary of the Society. The theme of the Congress, "a time of celebration and critical reflection" attested to that fact.

PsySSA invited the famous political analyst, moral philosopher, broadcaster, lecturer, writer Eusebius McKaiser. Besides the psychologists Buhle Zuma and Catriona Macleod, the panel were the well-known iconoclastic sociologists Ashwin Desai and the scholar and journalist Christi van der Westhuizen who regularly writes on race, gender and democracy in the media.

The question behind the transformation panel was whether, after twenty years of democracy in South Africa, there is something to celebrate. The organisers also wanted for us to talk about what psychology's contribution has been in shaping democracy in the country.

My experience of the panel was positive. The facilitator was sharp. The panellists were prepared and incisive. Nobody threatened anyone with violence or anything of the sort, even when there were some disagreements. It was all very civilised and democratic.

I spoke of my disappointment about the stuckness of transformation within South African psychology and PsySSA as an organisation.

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I have also written in newspapers about why I am losing heart about transformation. There is no disagreement with the historic mission to establish an organisation that would represent all psychologists and psychology students, black and white. Like many organisations which have sought to liberate us and then make real what we dreamt before 1994, PsySSA was born out of a need to change society by uniting us under one representative organisation. We don't have to play down the efforts by anti-racist psychologists and mental health workers that went into building the Society. The resistance by whites-only bodies of psychologists was real and often nasty. We shouldn't be shy to celebrate the death of organised apartheid psychology.

We have gotten stuck though. As a Society and as a nation-still-in-the-making we are in a jam because of the choice we made about the main avenue through which we approach(ed) transformation.

When we consider transformation there are a number of roads we can take to approach it. The road of representivity is one of these. It is not the only one. It is also far from the best one.

An obsession with representivity means we get trapped, sooner or later, in the numbers game. If the numerical representativeness of our bodies is what we want to achieve, we will be driven by the need to know if the number of people in the organisation, institution, department or space represent the demographics of the country, province or city. We will look at how many white women, black women, black men, or the disabled are part of the organisation.

We are often forced to do this, it seems, because of the need for a quick fix and the apparent difficulty of changing the ruling regimes.

But what happens if the numbers of white women and black people start to get close to the levels we aspire to? Do we hug each other and live happily ever after? More disturbingly, what do we do if the numbers of female and black bodies are perfect but the structure remains male and white?

Increasing numbers of observers have started to realise that transformation was never just about the numbers. The statistics are important, don't get me wrong – but up to a point. And numbers can damn lie. You put garbage in, you get garbage out.

This is not how utopia is realised. You know why heaven is such a powerful utopic metaphor? Because it is said it doesn't matter what class you belong to, what sex or gender you identify with, with whom you sleep, or your skin colour, so long as you believe and pray, well heaven will open its gates for you.

Transformation is something like heaven on earth, about a possible world different from the one we find ourselves in. When we say transformation we are expressing a possible vision of a future unlike the present. We want to go beyond the current forms of existence with which we are entangled. Transformation calls for the long play. Within the psychological body and more widely, the process of transformation is supposed to feed our dreams of a different structure, changed

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relationships, conviviality. It should help us strengthen our being and multiply our talents. When we are transformed we are meant to be in a position where our brokenness is repaired or we can repair it, something psychologists are supposed to be best placed to appreciate. The student who wants to study postgraduate psychology has no clue what the actual experience of being a psychologist will entail. She wants to be transformed. All she knows is, this is the vehicle to realise her dreams of doing good and perhaps having a rewarding life. She does not know if choosing to study psychology over marketing will answer her life questions and offer her a worthy life.

As a body that seeks to serve psychology practitioners, PsySSA should keep the dreams of such a student in the foreground. Of course it does not mean we have to be blasé about the aspirations of a young psychologist who is about to start out. It may be that they need PsySSA as much as the student. And don't make the mistake of ignoring the experiences of the established psychologist: the old have dreams too, and a few aces beside.

Once again, I propose we let ourselves dream the dream again and imagine the Society we want and what it can be. Sod it: let us find out from the student what are the dreams that brought her to psychology. This then is my first proposal how to make practicable the idea of transforming psychology beyond the numbers game. PsySSA, in collaboration with interested psychology departments and researchers, should ask psychology students, from first year to masters (and maybe doctoral candidates too), about their dreams

of the future, strengths, attitudes, experiences, anxieties, knowledge of what psychologists do, aspirations. Perhaps we can also include psychology teachers, researchers and therapists in a different survey about their work and if they still dream, their dreams, and when do they achieve flow?

The survey has to be detailed, extensive, and well thought-out and well-executed if it is going to help us in our quest to understand what we need to be doing for the next 20 to 50 years. We have to plan for the long term. The second practical proposal I want to make is for PsySSA to persuade, encourage, induce or do anything possible to have psychology departments, undertake a project on curricula in collaboration with the Society. This is going to be hard work. There is unlikely to be an easy win. But if we can get 10 or all university departments to look at and transform what the students of psychology are taught, it will be one of our most significant achievements. The curriculum is where the desire for the past sleeps with one eye open. Conduct a rigorous study into the psychology curriculum at a significant number of universities, and persuade psychology teachers and departments to change what they teach, then we will move further away from apartheid psychology than we have so far managed.

The third proposal is for the leadership of PsySSA to decide on where to put their money and expertise to transform South Africa. The collaboration of psychologists in private practice, in the public sector, at universities and everywhere else where they may be found would be nice. Choose an issue. Sexual violence comes to mind.

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Or the facts underpinning dropout in basic and higher education; building hope and resilience; family strengthening; housing and mental health to; getting more people married; getting more young people delay marriage and having children; child maltreatment; or gratitude. Whatever the Society and its collaborators settle on, it should be a massive intervention. It doesn't have to be one project, actually. But the interventions have to be large, bold and imaginative, attract funding, and, when they are done and we are old, leave us transformed.

Through such interventions, the effects of PsySSA leading our country to understand its psychology and transform itself are bound to be manifold, including changing how PsySSA sees itself and is seen by South Africans and the world.

Why not a category of labour psychologist and organisational psychology graduates who work for community based organisations rather than management?



Catriona Macleod is Professor of Psychology and SARChI Chair of the Critical Studies in Sexualities and Reproduction research programme at Rhodes University. Her major scholastic contributions have been in the areas of critical sexual and reproductive health psychology, discursive methodology, and feminist theory in psychology. She is author of the multi-award winning book *'Adolescence', pregnancy and abortion:*

constructing a threat of degeneration (published by Routledge) and is editor-in-chief of the international journal *Feminism & Psychology*.

The courage to take bold moves in directions that sees psychology contributing to an on-going and liberatory democratic project.

Democracy is a slippery term and means different things to different people. So the question whether there is something to celebrate depends on your definition of 'democracy'. In order to engage with what I consider to be the more important question of this debate (what psychology's contribution has been), I lay the premises for my understanding of democracy, an understanding that draws on my readings of feminist and queer citizenship theory.

Democracy should be a social system that goes beyond the declaration of set of human rights; it needs to be system wherein an ethics of justice (in particular distributive and restorative justice) is carefully balanced with an ethics of care; in which the politics of the recognition of status of citizenship is inclusive and attuned to people's situated agency; in which the politics of redistribution is keenly aware of the range of injustices and disaffections that occur; in which formal and informal citizenship practices are encouraged and acknowledged; where the interstice of the private and public are understood.

Moving to the answer to the question 'what has psychology's contribution been?' – this depends, again, on the perspective from which the question is being asked. If we ask the question from the

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standpoint of ‘this young democracy’, the answer, I am afraid, is disappointing. I base this conclusion on situational analyses that I conducted on knowledge production in South African Psychology over two five year periods: 1999 to 2003 and 2007 to 2012. In each of these analyses, articles appearing in the *South African Journal of Psychology* (SAJP) and abstracts in *PsycINFO* with the keyword ‘South Africa’ over a 5 year period were analysed. Traditional topics of assessment, stress and psychopathology dominate South African psychological knowledge production. Social issues such as housing, land reform, labour disputes, development programmes, water resources, sanitation, and socio-economic inequities are largely ignored. Most research is conducted in the three wealthiest provinces, Gauteng, KwaZulu-Natal and the Western Cape, predominantly with adult, urban-based, middle-class participants, sourced mainly from universities, hospitals or clinics and schools. We know little about people from other provinces, from rural areas, from lower socio-economic status, the elderly – in particular – and children. Collaborations or comparisons with other African, Asian, South American and Middle East countries have decreased. These trends, I argue in the papers in which this research is reported, represent challenges that require systematic attention.

On the other hand, and more positively, if we ask the question ‘What has psychology’s contribution been?’ From the perspective of the discipline of psychology, we get a different answer. Psychology as a discipline has its roots, as has been pointed out by many critical psychology scholars, in an individualist model that simultaneously masks and perpetuates

colonialist, racialized, gendered and heteronormative power relations. Given this, the remarkable work that has been done in psychology in South Africa in a range of areas is to be applauded. The research on race conducted in this country is nuanced, critical and intricate, highlighting complexities and refusing easy answers. There is a growing community of scholars working in the area of African Psychology, bringing to the fore grounded theories and interventions. Gender and sexualities are strong areas of focus, with much excellent intersectional work being conducted. Disabilities studies, newly started as a focus in psychology, shows much promise. The work on violence and the work on HIV/Aids has for a long time been cutting edge. Community mental health and community psychology have found excellent traction both in research and in practice. All of these are excellent developments in the discipline of psychology, and South African psychologists can be justifiably proud of the work done in these fields.

So, how do we move forward, given these two contradictory answers?

I believe it is time for us to pose some critical questions as psychologists. I have no particular answers to these questions, but I will pose them here for on-going discussion.

Firstly, is it time that we weaned ourselves from the received categories of psychologists – clinical, counselling, industrial/organisational, educational, research, and now neuro and forensic. Do these categories pre-define us and our work in ways that preclude our even thinking of asking certain questions or engaging in certain

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practices? How about the category of labour psychologist? Or gender psychologist? Or critical social issues psychologist? Could we conceive of a body that registers psychologists outside of the framework of a medical or health model?

Secondly, in evaluating our curriculum, should we be engaging tracer studies that ask questions regarding our students actually land up doing? How many of our organisational psychology graduates work for trade unions or community based organisations rather than management? How many of our educational psychologists are really involved in whole school development and inclusive education? Do clinical and counselling psychologists really get to do preventive and

promotive mental health care or do most land up doing tertiary and private care?

We should not be afraid to ask ourselves hard questions. And we should, I believe, have the courage to take bold moves in directions that sees psychology in South Africa fully contributing to an on-going and liberatory democratic project.



Controversial debate panel (left to right):

[Kopano Ratele](#) - *Panelist*, [Buhle Zuma](#) - *Panelist*,
[Eusebius McKaiser](#) - *Facilitator*, [Ashwin Desia](#) - *Panelist*,
[Christi van der Westhuizen](#) - *Panelist* and
[Catriona Macleod](#) - *Panelist*,



6 Common Mistakes in Private Practice

1

Mistake one:

- *Not having a proper practice management system (PMS):* Many beginner practitioners believe that they do not need a professional practice management system because they are just starting out and their income doesn't warrant the costs of the system. This is a mistake because it is very easy to lose track of your patients' billing. Unless you are planning to just have only one patient per week for the rest of your practice life, a PMS is a practice necessity. You will be able to submit your claims electronically to the medical aids immediately after you have delivered the service, print statements, track payments and get SARS information. In addition they have all the billing codes and tariffs for each medical aid as well as the ICD-10 codes built into the system. ([See Netpractice](#))
- There are excellent cost effective systems available that have been designed for non-medical practices. Steer away from the expensive ones that have complicated medicine/levies/medical diagnosis loaded onto the billing systems. The consultant may tell you need them but you don't.

So if you want to run a professional practice run a professional PMS.

2

Mistake two:

- *Not writing a thank you letter to referral sources:* This is an admin issue that most practitioners do not have the time to do, but is an essential marketing strategy. Make sure you have a classy letterhead (essential if you are starting out as a new practice and no one knows



you yet). At least your letterhead will announce your presence. Most referral sources always appreciate the courtesy of a reply. Keep it brief and factual. They don't have hours to read. It's admin for them too.

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6 Common Mistakes in Private Practice

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3

Mistake three:

- *Not training your receptionist properly:* If you have a receptionist or share one, it is beyond essential that she/he be trained to represent your practice in the way you want. Remember they are the face and voice of your practice. Most patients will interact with them first. A bad experience here will only harm your practice and your reputation.
- *Professional answering service:* if you don't have a secretary make sure your answering message is pleasant and professional. Get your friends to call and check how it sounds and if it is helpful

4

Mistake four:

- *Not having proper information/contract documents for patients/clients to sign:* This is one of the most common omissions in private practice. Make sure you have a document that clearly sets out your charges, after hours rates, contracted in/out special conditions of your practice etc. The patient gets to sign this and a keeps a copy. This protects you in any dispute later on.

5

Mistake five:

- *Not having malpractice insurance:* Apart from this being compulsory it is just plain idiotic in this day and age not to have it. Ask any practitioner who has received a complaint, no matter how spurious, laid against them at the Professional Board. It is incredibly stressful and ultimately very, very expensive. You will need the best legal defence you can get. PsySSA has the most cost effective insurance available.

Mistake six:

6

- *Not becoming an expert in a range of quicker, effective therapies:* With therapy becoming more expensive and many medical aid benefits shrinking, the traditional long-term type of therapies are neither desirable nor cost-effective. Those practitioners who persist with this model, unless they have a very wealthy clientele, are going to find their client base shrink. Patients are becoming wiser about therapy and have a greater understanding of what they expect in terms of results. The modern trend is to become an expert in different brief therapies that are highly effective with a range of common disorders like panic attacks, generalised anxiety, phobias, depression, substance abuse, sexual dysfunctions and PTSD among others.

The most commonly known brief therapies, among others, are EMDR, EFT, Hypnosis and most recently BWRT. These therapies have been shown to produce great results in as few as one to two sessions. It is therefore incumbent on practitioners to learn some or all of these techniques to enhance their effectiveness and reputations as someone who actually helped 'fix'/cure/change a presenting problem in the shortest possible time in the most cost effective way.



[View professional indemnity insurance](#)



Reflections on the 20th Anniversary Annual South African Psychology Congress

The flagship project of PsySSA is its Annual South African Psychology Congress. This year, leaders from the country's psychological community convened at Durban's Inkosi Albert Luthuli International Convention Centre from 16 - 19 September 2014 to dialogue and share knowledge on the research and practice of Psychology in South Africa. Themed '*A Time of Celebration and Critical Reflection*', this 20th Anniversary Congress, with just under 1000 participants, was the largest of its kind to be hosted by PsySSA.

The congress came at a critical moment in South Africa's history, given 20 years of democracy. South Africa is a society in transition, and one in which psychology has played, and continues to play, a vital role in the mental health and psychosocial well-being of all South Africans. The congress thus served as a well-deserved celebration of PsySSA's achievements since 1994, as the representative body of psychology professionals across the country. It similarly provided a platform for academics, researchers and practitioners in psychology to confront the considerable challenges still facing the discipline, as we seek to expand our contribution to social well-being in our country.

The congress opening ceremony on 16 September 2014 was attended by government and judicial dignitaries and international guests and attracted considerable media attention. At this event the Steve Biko Award for Psychological Liberation was conferred on the acclaimed postcolonial thinker Frantz Fanon, posthumously, by Deputy Chief Justice Dikgang Moseneke and Nkosinathi Biko, and accepted by Prof Mireille Fanon Mendès-France, daughter of Frantz Fanon. The opening ceremony also ushered in a new chapter for global psychology with the launch of the *Pan-African Psychology Union* (PAPU) in which PsySSA has played, and will

continue to play a leading role, especially with PsySSA Past President, Prof Saths Cooper, elected as its leader.

For the first time in PsySSA's history, day one of the congress was, in total, convened in plenary. The programme for this first day included the PsySSA AGM where members, among others, endorsed the strategic direction that will inform the growth and increased professionalisation of the Society in the next five years. The remainder of the programme of day one included two invited addresses, two controversial debates and one roundtable that, indeed, challenged and informed. One of the debates put psychology's role in democracy-building under the spotlight. Another debate considered whether we need two classifications systems in psychology, that is, both the DSM and ICD. In a roundtable discussion with leading international psychologists from three continents, the direct experiences of putting psychology to work to advance democracy in various countries were shared.

The congress's scientific programme for days two and three featured an impressive 170 oral presentations, 19 posters, 14 symposia and seven roundtable discussions across 19 thematic areas and in seven parallel streams. Following three days of robust dialogue, participants recognised there is still much to be done, yet felt invigorated in their efforts to advance psychology as a science, a profession and as a means of promoting human well-being. Feedback received from participants certainly suggests that their experience of this historic congress was a memorable one.

Prof Juan A Nel
Chair: Scientific Committee
20th South African Psychology Congress
PsySSA President Elect



Prof David Maree - *PsySSA President*
at the 20th South African Psychology Congress addresses delegates.



The opening ceremony also ushered in a new chapter for global psychology with the launch of the *Pan-African Psychology Union* (PAPU)

Driven by the vision of the Cape Town Declaration signed at the 30th *International Congress of Psychology* in South Africa in 2012, delegates representing unions and associations within countries committed to growing a psychology committed to humanity met to officially launch the *Pan African Psychology Union* (PAPU) on the 16th of September 2014 in Durban, South Africa.

The two-day event, witnessed by several representatives of international bodies including the British Psychological Society, the International Union of Psychological Science and the International Association of Applied Psychology, and local stakeholders such as the South African Medical Research Council and the Universities of the Witwatersrand and Pretoria, signaled a new chapter in the history of the development of the discipline on the continent. All those gathered committed to building psychological research and practice that not only responded to the needs of Africa but also advanced the scope, reach and value of the discipline worldwide. As a transitional means to doing justice to both of these important imperatives, an Executive Committee representing extensive experience in the global governance of the discipline was elected with Saths Cooper as president, Bame Nsamenang as President-elect and Ann Watts as treasurer. Representatives from each of the major African regions were duly then elected to the remaining places on the Committee. Having hosted the most successful ICP in history in 2012, South Africa was considered the most appropriately resourced environment in which to house the newly inaugurated union and will form its headquarters for the foreseeable future. The event concluded with addresses with emotive

keynote addresses by Nkosinathi Biko of the Steve Biko Foundation and Professor Mireille Fanon-Mendes of the Frantz Fanon Foundation. These were followed by rapturous celebrations that extended long into the night.

The new Union is strategically geared to drive both South-South and North-South capacity development and will act as an important incubator for innovative thinking in psychological science, service and practice in the twenty-first century.





PsySSA Roadshows

2015 Road Show Schedule

University	Date of Visit
University of the North West (Potchefstroom Campus)	25 February 2015 (11:30 -13:30)
University of South Africa	26 February 2015 (10:00 – 12:00)
University of Pretoria	26 February 2015 (13:30 – 15:30)
University of Johannesburg	27 February 2015 (09:00 – 11:00)
University of Witwatersrand	27 February 2015 (12:00-14:00)
University of Zululand	2 March 2015 (11:00 – 13:00)
University of KwaZulu Natal (Howard Campus)	3 March 2015 (09:30 – 11:30)

University	Date of Visit
University of KwaZulu Natal (Pietermaritzburg Campus)	3 March 2015 (13:30 – 15:30)
Rhodes University with Fort Hare University	4 March 2015 (11:30 – 13:30)
University of the Cape Town	5 March 2015 (10:00 – 12:00)
University of Western Cape	5 March 2015 (13:30 – 15:30)
University of Stellenbosch	6 March 2015 (10:00 – 12:00)
University of Limpopo	7 May 2015 (11:30 – 13:30)

PsySSA is the representative body for Psychology in South Africa



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psyssa@psyssa.com





World Mental Health Day Annual Symposium

The Fort Napier and Town Hill Hospitals' Clinical Psychology Departments recently hosted their 16th Annual Symposium in honour of World Mental Health Day.

The KwaZulu-Natal province commemorates World Mental Health Day each year in a big way. This is largely due to the Clinical Psychology Departments of Fort Napier and Town Hill Hospitals who hosted their 16th Annual World Mental Health Symposium at their hospital in Pietermaritzburg. This year's event included a key note presentation by PsySSA President and UNISA Professor Juan Nel. PsySSA very generously sponsored Professor Juan Nel's trip to Pietermaritzburg to give a presentation on responding to sexual and gender diversity issues on the African continent. Some salient aspects of his presentation are summarised below.



Prof Juan Nel
PsySSA President

One need only reflect on recent events in the media to see that attention could not be brought to this topic sooner. Professor Nel provided a context to the issue by noting that 36 African countries had laws criminalising same-sex sexual acts in 2013. In January 2014 Nigeria signed in their anti-homosexuality law and in February 2014 Uganda followed suit.

South Africa is one of the most progressive nations in terms of the rights of gay and lesbian people. The Constitution mandates a focus on the Lesbian, bisexual, gay, transgender and intersex (LBGTI) rights. The Equality Clause in the South African Constitution prohibits discrimination

on the basis of sexual orientation. The Minimum Standards on Services for Victims of Crime and Violence also prohibits discrimination of victims on the basis of sexual orientation

Although South Africa may be constitutionally progressive in protecting and upholding gay rights, it sadly falls in stark contrast with much of Africa's homophobic policy. Furthermore, despite South Africa's constitutional egalitarianism, we see that this does not translate to unprejudiced attitudes on the ground. Negative attitudes prevail which are often violently acted out in sexuality and gender-based hate crimes. This prejudiced atmosphere undoubtedly has deleterious effects on the mental health of all those who fall outside of the heterosexual hegemony. Negative public attitudes and pronouncements by public figures have also not been helpful in this cause.

Nel reviewed the role that psychology has played in pre-democratic "institutionalised discrimination" in South Africa; psychology was either passively (through inaction) or actively supportive of oppressive political mainstream. However since 1994, organized psychology in South Africa has adopted a much more affirmative stance in promoting social awareness and sensitivity to LGBTI rights.

[continue on next page...](#)



World Mental Health Day Annual Symposium

...continued



Prof Juan Nel, Prof Anthony Pillay,
Mr Dylan Evans and Mrs Anne Kramers-Olen

This year the annual South African Psychology Congress saw the official launching of its Sexuality and Gender Division. This division received a great deal of support and sparked much enthusiastic discussion. PsySSA and psychology have the task of driving forward the issue of sexual & gender diversity rights, as well as knowledge and awareness on the African continent. It is clear that South African Psychology can provide the much-needed leadership in this important endeavour.

Kirsten Talbot (*Clinical Psychologist, Fort Napier Hospital*)

Organizing Committee: Fort Napier & Town Hill Hospitals' World Mental Health Symposium

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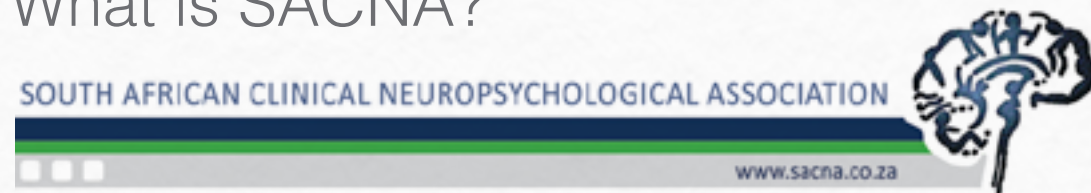
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PsySSA Affiliates

What is SACNA?



SACNA is a peer-credentialed association of psychologists in South Africa, who aim to promote and stimulate interest in the field of neuropsychology, while maintaining standards in neuropsychological practice. This is achieved by ensuring that its full members have demonstrated knowledge and competence in the field, by way of examination and peer review.

In addition, SACNA's intention is to promote the professional development of clinical neuropsychology in South Africa, through encouraging participation in training and CPD activities, through maintaining regular meetings at regional levels attended by psychologists and related professionals, through hosting a national bi-annual conference, and through liaising and consulting with the HPCSA Professional Board for Psychology, and other bodies pertinent to the practice of neuropsychology in South Africa.

SACNA Purpose and Aims:

SACNA aims to promote the professional development of clinical neuropsychology by:

- Spreading knowledge and skills to those interested in clinical neuropsychology;
- Identifying and providing a body of individuals competent to advise on the teaching of neuropsychology and professional matters pertaining to it;
- Fostering and encouraging the development of training facilities for clinical neuropsychology;
- Encouraging international cooperation in neuropsychology and
- Supporting unitary and democratic healthcare in South Africa.

SACNA Full Member Credentialing

Full members of SACNA are all psychologists who have been registered with the Health Professions Council of South Africa for a minimum of 2 years and who have demonstrated minimum levels of competence in the field of neuropsychology,

via successful completion of an entrance examination and submission of several practical clinical reports for evaluation by the Credentialing Committee.

Executive Committee

The Executive of SACNA for the period 2014/2015 is as follows:

President - [Dr. Menachem Mazabow](#)

Past President, Treasurer & Educational Initiative Chair - [Ms. Annelies Cramer](#)

President Elect, Communications, Newsletter Editor & CPD - [Mr. Elton Bloye](#)

Minutes Secretary, Credentialing Committee Chair, W. Cape Regional Chair

- [Dr. Frances Hemp](#)

Membership Secretary - [Dr. Vicky Alexander](#)

Research, Credentialing, Educational Initiative - [Prof. Ann Edwards](#)

Communications, Research, Educational Initiative - [Dr. Sharon Truter](#)

E. Cape Regional Chair - [Dr. Ida Pienaar](#)

Free State Regional Chair - [Mr. Ben Janecke](#)

Gauteng Regional Chair - [Ms. Andria Grobler](#)

Kwa-Zulu Natal Regional Chair - [Ms. Zethu Memela](#)

SAACDHE

New office bearers for 2014/2015:

President: [Dr Melissa Barnaschone](#) (UFS)

President-Elect: [Dr Saneth Dreyer](#) (NWU)

Financial Coordinator: [Dr Saloschini Pillay](#) (UKZN)

Research Training & Development Coordinator: [Dr Henry Mason](#) (TUT)

Public & Regional Liaison Officer: [Nomalungelo Ntlokwana](#) (NMMU)

Administration Coordinator: [Freda Sauls](#) (NMMU)

The 35th annual SAACDHE Conference was held at the Vaal from 8 - 10 September 2014. The theme of the conference being 'Shaping our students: Forming a future for global citizenship'.



PsySSA's New MoU Partners



PsySSA continues to strengthen ties with African Psychological Associations, recently signing MoU's with Cameroon, Kenya, Uganda and Zambia.



Inaugural Address by Professor David Maree

A realist approach to science and practice in psychology



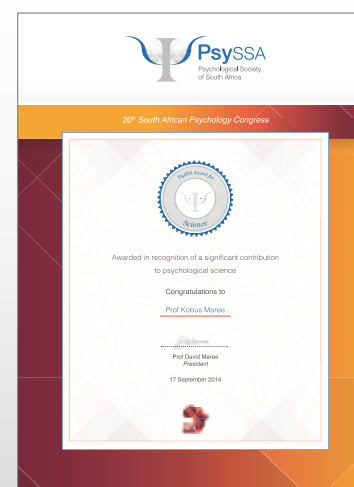
[Click here](#) to view 'A realist approach to science and practice in psychology'. Inaugural address by Professor David Maree, Head: Department of Psychology at the University of Pretoria

PsySSA Past President, David Maree's AGM Speech

PsySSA AGM annual report by past President David Maree

[Click here](#) to view past president Maree's AGM speech

PsySSA 2014/15 Awards Winners



Links



9th Biennial Conference
12-15 July 2015
Rhodes University
Grahamstown, South Africa

'Health, Health Care and Social Justice'

The ISCHP brings together health scholars who are interested in exploring ongoing and emerging issues in critical research, critical theory and critical practice in relation to health and health care. This shared interest in critical approaches to healthcare is exemplified in the theme of the 9th Biennial Conference, 'Health, Health Care and Social Justice'.

Keynote speakers are Michelle Fine (City University of New York), Garth Stevens (University of the Witwatersrand) and Leslie Swartz (University of Stellenbosch).

The ISCHP invites conference abstract submissions on any topic or theme that takes a critical stance on any aspect of health, health care and social justice. At the same time, we will broadly organise the conference around four key subthemes:

- **Health systems, histories, and politics**
- **Critical health education, interventions and treatment**
- **Critical theory and methods in health research**
- **Health and health care in social and communicative contexts**

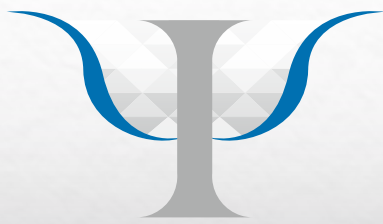
The call for abstracts opens in November 2014. The submissions deadline is 2 March 2015 and 6 April 2015 (posters). Individual and symposia formats for presentations are welcomed. Limited bursaries are available for post-graduate students.

Please visit the conference website for further information at:
www.ischp2015.co.za

The National Arts Festival will also be taking place from 2-12 July in Grahamstown, for more information please visit:
www.nationalartsfestival.co.za

We look forward to seeing you in Grahamstown!





Congratulations

Prof. Mohamed Seedat awarded ASSAf membership



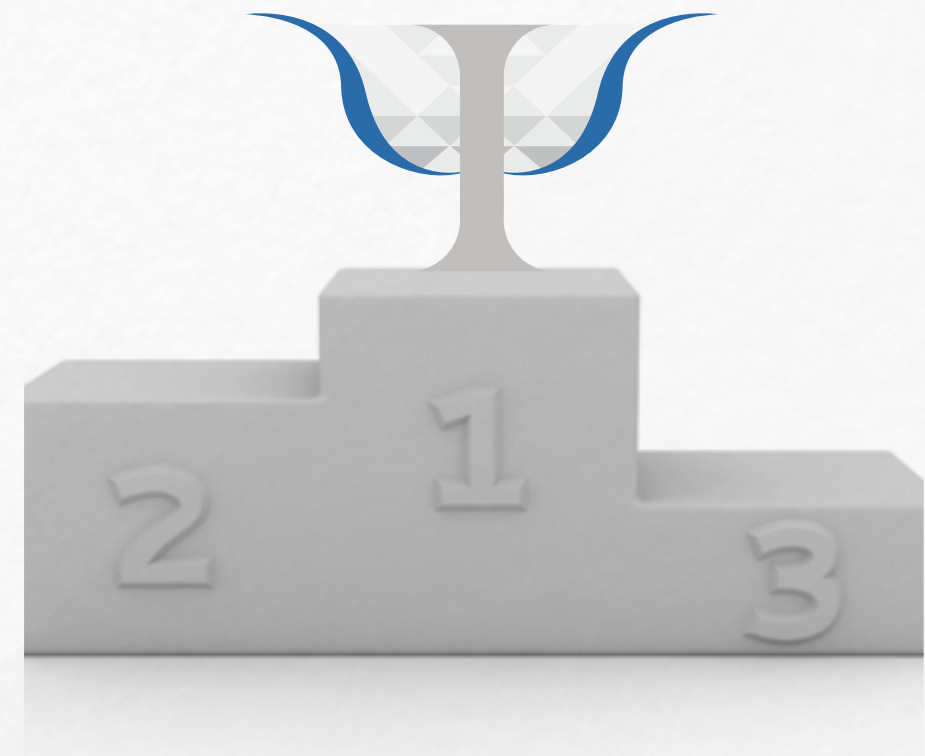
Professor Mohamed Seedat, a stalwart of South African psychology and Director of the University of South Africa's Institute for Social and Health Sciences was recently awarded membership of the prestigious Academy of Science of South Africa (ASSAf). PsySSA heartily congratulates Prof. Seedat on this outstanding accomplishment. For the full story, [click here](#).

Dr Puleng Segalo named Distinguished Young Woman Scientist of the Year



Dr Puleng Segalo

On Friday the 15th of August, the Ministry of Science and Technology held the 11th Women in Science Awards. These awards are aimed at paying tribute to and acknowledging remarkable South African Women Scientists. Dr Puleng Segalo was named "The Distinguished Young Woman Scientist of the Year" in the category of Humanities and Social Sciences - she received this recognition for her outstanding contribution to building South African's scientific and research knowledge base. This deserving award represent yet another recognition of the contributions of psychologists to South African scholarship. Congratulations Dr. Segalo!





At the 20th PsySSA congress a forum for heads of psychology departments was established.

An invitation to HODs were sent widely via various channels, amongst others the most recent academic stakeholder meeting of the Psychology Board of the HPCSA. The purpose is to provide a forum and structure for academic departments in South Africa in order to facilitate communication and discussion of crucial issues related to academic and professional psychology. The forum is open to all psychology departments namely, industrial and education along with departments catering for clinical, counseling, research and related psychology. At the inaugural meeting of this forum Prof David Maree (University of Pretoria) lead the proceedings with Ms Carroll Hermann (University of Zululand) as secretariat. Almost 24 HODs or representatives of departments attended and the discussions were focused

on professional issues such as closer collaboration and communication with the board of psychology. There are still many issues regarding internships, training and evaluation of departments that are outstanding or that need to be discussed. The forum will also provide a platform for networking and database building. Even issues such as the BPsych, structure of MA degrees and the increasing pressure on the role and training of the researcher-practitioner need to be thrashed out. It was decided that two meetings will be held in a year, one of which will be at the PsySSA congress. Prof Maree and Ms Hermann will temporarily fill the positions of chair and secretariat in order to establish this structure which for the moment will be carried by PsySSA.

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Classified	R40 pw (PsySSA Members only)	

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notice

Save the date: for the *21st South African Psychology Congress: 08 – 11 September 2015*

- Pre Congress Workshops: 07 September 2015
- Congress Registration opens: 26 January 2015
- Abstract Submissions open: 26 January 2015
- Abstract Submissions closes: 17 April 2015

Contact **PsySSA**

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South African Journal of Psychology (SAJP)

The fourth issue of the *South African Journal of Psychology (SAJP)* of 2014 leads with two highly anticipated State-of-the-Science articles. Alan Kazdin of Yale University has written a two part series on Evidence-Based Psychotherapies, with the first subtitled: 'Qualifiers and limitations in what we know'. The first article, appearing in this issue, provides the reader with a critical perspective of this topic, while examining some of the methodological issues and related research concerns. Kazdin is, of course, an internationally renowned clinical psychologist and former President of the American Psychological Association, with extensive research publications in the areas of conduct disorder, antisocial behaviour, treatment processes and outcomes of psychotherapy with children and families, and evidence-based psychotherapy.

Also from the Ivy League, Gregory Fricchione, a leading psychiatrist and researcher at the Harvard Medical School writes on the research behind the growing concerns and insights into stress-related health problems. His article titled 'The science of mind body medicine and the public health challenges of today' gives an account of the latest evidence and thinking on the inter-relatedness of stress, neural mechanisms, health manifestations and interventions, with a view to illness prevention and public health programme development.

The issue also features a wide variety of regular articles which are sure to be of interest. Readers are reminded that they can also access the latest articles accepted for publication in the *SAJP* through SAGE's OnlineFirst feature on the Journal's webpage <http://sap.sagepub.com/content/current>.

Potential contributors are also urged to read the Manuscript Submission Guidelines very carefully in order to enhance the presentation of their submitted work. See <http://www.uk.sagepub.com/msg/sap.htm#furtherinformation>

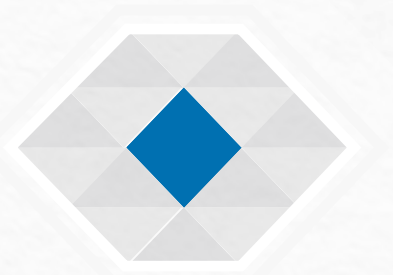
As we head towards the close of 2014, which has been a successful year for the Journal, it is important that we acknowledge the high quality contributions from researchers and authors locally and abroad, as well as the very valuable role played by our reviewers in striving to ensure that the Journal maintains a high standard of academic work. In addition, the editorial team has worked tirelessly to deliver an efficient service and a journal that we believe is firmly on track towards being a source of high-quality academic and research literature.

The *SAJP* Editorial team wishes all its readers an enjoyable and restful end-of-year holiday season, and a most productive 2015.

Professor Anthony Pillay

Editor-in-Chief: South African Journal of Psychology





Inside-out Outside-in: A symbol of my identity



Carien du Plessis
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Inside-out Outside-in
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As the Inside-out Outside-in prisons interest group, we were invited to attend the launch of the Readers' Convocation in Maximum Security, at Zonderwater prison close to Cullinan. The Readers' Convocation is a book club started by the inmates there. They run it, administer it and market it. The book club was started by the maximum security inmates because they felt rehabilitation programmes, more often than not, focus on the inmates about to be released, and they, in maximum security with a heavy sentence, are left to their own devices. Although I will tell a few stories of the day at Zonderwater, this piece will be more focused on my reflections as a young academic, community psychology enthusiast and woman trying to make peace with the fluid and ever-changing identities that all of this entails.

When I started my undergraduate studies, it was my dream to be a forensic psychologist. I was fascinated by Micki Pistorius's books on serial killers and I guess I had, like many, a morbid curiosity as to how a person could do certain things that my mind could not even comprehend. Today, however, I am in the business of securing prisoner rights. This change in focus came by default: During my Masters in Research Consultation coursework year at Unisa I had to do a practicum. Since I have always seen myself as an academic, I pleaded with Profs Eduard Fourie and Martin Terre Blanche for a position, and they told me about this idea of a prisons interest group, and I could get involved there.

Lo and behold my disappointment when it wasn't something more "psychopathology-ish", but seeing the opportunity, I smiled, and said, "Yay, I have always been interested in prisoners!" Of course neglecting to mention my prison interest was of a "darker" nature. This was the first major identity shift I had to undergo as a young academic.

And so the Inside-out Outside-in interest group was officially born. I was tasked with making it a sustainable, organic initiative with momentum. My identity had once again shifted from changing the world to... maintaining a website? In the beginning it was hard to see the bigger picture, how am I contributing? The main question throughout my education and studies was focussed on how I was contributing, as if by aiming to be a psychology professional somehow exclusively put **ME** in the position to contribute to others; I give, others learn. How terribly wrong I was! After only one year of Inside-out Outside-in we have presented at 3 conferences (one international round table included!). We have already submitted abstracts for international conferences next year, we have over 60 interdisciplinary members ranging from psychologists to poets, from criminologists to ex-offenders, we have hosted several discussions and a focus groups regarding prison studies, we have several M and D students registered to do their dissertations in prison studies and we are in the process of submitting manuscripts for publication. So, we matter. That seemingly "silly" website has snow-balled into something that truly matters. Nothing, however, said "Inside-out Outside-in" matters quite like getting an invitation to attend the launch of the Readers' Convocation at

[continue on next page...](#)



Community and Social Psychology Division

Divisional Focus

Inside-out Outside-in: A symbol of my identity
...continued

Zonderwater prison. I have often discussed with my colleagues whether I am justified to have anything to say about prisons, as I have never seen the inside of one. I was on the outside, and what gave me the right to comment about the inside? So it is not difficult to imagine my excitement when I got the invitation to attend, to, in a small way, became part of the ‘inside’.



Arriving at Zonderwater, I parked my car outside the prison, noticing the almost bizarre contrast between the overwhelming fences to my left, and the serene, agricultural grasslands to my right, cows grazing and chickens pecking (Zonderwater is an agricultural facility). I was feeling confident on the day, not a sign of fear or anxiety in sight, knowing I had a job to do (you know, as an academic, I know a lot, and I aim to inspire!). And then they locked the prison gates behind me. It took every ounce of willpower to not go right back out and go home, especially since my two colleagues, Bongi (a Unisa colleague, friend and coincidentally, ex-offender who served time at Zonderwater) and Saxon (an ex-offender, motivational speaker and Inside-out Outside-in member) were running a bit late and were not with me when I first got there. The irony of wanting my friends and colleagues there to protect me against the inmates, when both of them are ex-offenders, was not

lost on me! I was led through to the heart of the prison block, all the while unlocking and locking gates as we went, to a courtyard. We passed a few offenders on the way to the courtyard, and what amazed me was that the compassion and respect between the correctional officers and the offenders. Whether it was a squeeze of the shoulder, a handshake and a greeting using the offender’s first name, or a smile and a nod, the atmosphere was not at all what I expected (I had quite vivid visions of the Stanford Prison Experiment and how I was going to write an expose on this and then also get Carte Blanche involved). When we got to the courtyard and the final gate was unlocked, I was confronted by a sea of orange jumpsuits and again, with the strongest urge to turn and run. The first offender, standing right by the gate, greeted me with a massive smile and an enthusiastic handshake. And so did the next what felt like a hundred inmates. I have never shaken so many hands!

Each person had a little tale to tell, a joke to make and a welcoming word. The proceedings kicked off, and boy, what a well-run show! Everything put together by the inmates, and they pulled it off better than most corporate events I have attended. The absolute highlight was the musical performance, with an inmate singing, and Mr Shabangu, the head of the centre, spontaneously getting up and joining him in dance. It was the most spontaneous, genuine show of compassion and humaneness that I have witnessed in a very long time. There was also a debate between inmates on whether the government should provide anti-retroviral treatment to inmates and what a well-informed, strong debate it was! The day was characterized by compassion, respect and ownership of one’s life path.

[continue on next page...](#)



Community and Social Psychology Division

Divisional Focus

*Inside-out Outside-in: A
symbol of my identity
...continued*

Somewhere in this beauty another major identity shift took place: I am not the one that made a difference on that day. I was the learner, I was the one that got inspired, I was the one that was taking away from that day. This was my most important lesson as a young academic: **As much as I aim to improve communities, communities will most likely end up improving me.**



Bongsi Mdakane - On 30 September 2014, the Inside-outOutside-in group was invited to Zonderwater Medium A Correctional Centre. The delegates representing Inside-out Outside-in included Carien du Plessis, myself, as well as Saxon Dlamini. Basically, the purpose of the visit was to witness, among other activities, the launch of the readers' convocation by the inmates of Zonderwater. Given the current state of our prisons

today, I say by hook or crook the showpiece was an incredible one. It lived up to its expectation in a quite spectacular way, and I applaud everyone involved in making it a successful event. But then again, my visit to Zonderwater prison could also have been emotional due to the fact that the last time I was there I was a "client". Five years later, coming in there as a guest, wearing different clothing, recognizing a few familiar faces that I once knew sort of excavated long buried memories.

However, reflecting on the event itself, I will make two comments: (1) as society, we can no longer afford to ignore the need to explicitly recognise that among those imprisoned there is an immense wealth of talent and potential abilities that should not go to waste; this has been revealed on several occasions including the launch of the readers' convocation, and many others preceding it; (2) the event also revealed that prisoner-change and transformation are not ideal constructs that cannot be accomplished, but are in fact a true reflection of a progressively-oriented intervention that places a high premium on the offenders' role as the architects of their own lives. Taking ownership of their own rehabilitation, the inmates of Zonderwater have shown that comprehending their life-worlds and keeping a focus on their strengths and healthy behaviours is a useful way forward in the fight against a culture of complacency, ignorance and passiveness in prisons, including the perception of education as being a waste of time. To contact Bongsi: bongimd@gmail.com



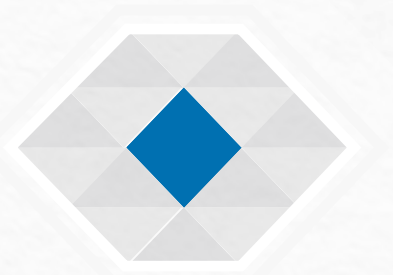
Saxon Dlamini - When the Head of Correctional Centre Mr Shabangu took to the floor dancing to the song tune of the songster and diva muso Abigail Kubheka; Pata pata, performed by ensemble of offenders, that marked as a welcoming signature the guests, the latter comprised of the Unisa Outside in Inside out initiative represented by Ms. Carien Du Plessis, Mr. Bongsi Mdakane and Mr. Saxon Dlamini; Although the event was multi

faceted, the theme of the day was centred on a book club reading launch, very rich in language displayed through the debate when the offenders were competing

among themselves. Thus, among other objectives the book club seeks to achieve is to dent the high rate of illiteracy within the wall of the maximum correctional centres.

It became apparent that a synergistic approach between the Inside-out Outside-in initiative, with the correctional facilities and other relevant stake holder could go a long way. To contact Saxon: saxondlamini@gmail.com

Community and Social
Psychology Division
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next page...



Community and Social Psychology Division

Divisional Focus

PSySSA CASP members engaged and supported a Western Cape community based treatment

The Hesketh King Treatment Centre (HKTC) (right) provides rehabilitation to the seemingly endless cycle of addiction. Situated in the heart of the Boland, 12kms from Stellenbosch in the Western Cape, South Africa, the centre provides a peaceful rural atmosphere for individualized treatment.

There are **two residential programmes** for men and male youth suffering from alcohol or drug addiction.

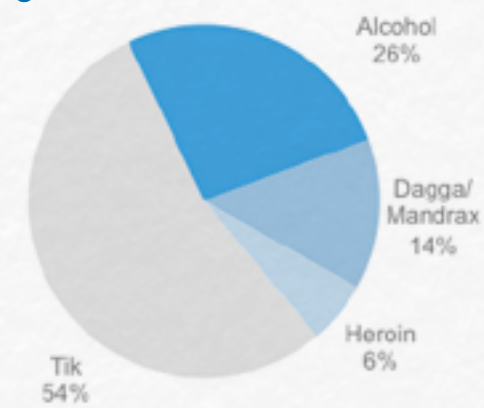
- 1) **Youth Programme** - this caters for young men between the ages of 16 and 20. This is a 7 week residential programme.
- 2) **Adult Programme** - caters for 120 adult men (ages 21 to 75 years) annually; 40 of these beds are subsidized by the National Department of Social Development. This is a 12-week residential programme. A 6 week Programme for Adult men who are full time employed or who are on a medical aid has recently been introduced.

A multi-disciplinary team focuses on outcomes based therapy together with life-skills education. The team of therapists includes social workers, nursing staff, addictions counsellors, pastoral counsellors and volunteers. Referrals are made by medical and other professionals as well as family members. The criteria for admissions are a primary diagnosis of alcohol or drug abuse/addiction, a physical and psychological ability to undergo treatment for the set duration, and a willingness to abide by the principles of the programme.



The following facts based on a one year history were obtained:

Drug of choice:



Age Groups

21 – 30 yrs.	52%
30 – 40 yrs.	25%
41 – 60+yrs.	23%

Race Groups

African	8%
Coloured	78%
White	14%

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Community and Social Psychology Division

Divisional Focus

HKTC does not provide comprehensive psychological services. Wiehann Rademan (CASP secretary) decided to engage with HKTC and consider providing a free limited service to both patients and social worker counsellors. The needs were validated in the beginning of 2014 during a meeting with the senior manager's team. After finalising a proposal, CASP members implemented two types of interventions and support:

The NEURO-REHABILITATION INTERVENTIONS (NRI®): The NRI® is a holistic approach but is primarily nested in the understanding of the dynamics of the brain and nervous system. Simplifying a highly academic and complicated science through practical teachings and exercises reportedly stimulated both healing and personal growth. Hopefully, the Neuro-Rehabilitation Intervention (NRI®), which originated in and found its way into the Hesketh King Treatment Centre, will contribute to the healing of patients and in an addiction ridden society.

The NRI® consist of group presentations and sessions, which could be presented over a period of 12 weeks. Teachings, insights and life skills learning are based on experiential learning. CASP members usually present these sessions over weekends when all is quiet and other activities are limited. Through different impact solutions and behaviour change principles, the CASP members hope to further support HKTC with various interventions and in doing so, provide limited psychological services to this community based treatment centre.

A second type of engagement was to assist the counsellors, other staff members and patients on how to understand their various personal styles. The identification of personal styles and the insights it brings into

the counselling sessions are reported to be very useful. CASP members had a few sessions to teach different styles and what development areas may be considered in a growth milieu. As new patients and volunteers enter the treatment encounter, further sessions will be presented by Wiehann and other interested CASP members.

Currently Wiehann Rademan, a registered psychologist and psychology students are involved and further engagement by other students and CASP members will be encouraged. The mission of this encounter is to assist in the healing and growing of others in a group situation where various stakeholders are involved.

About Wiehann Rademan

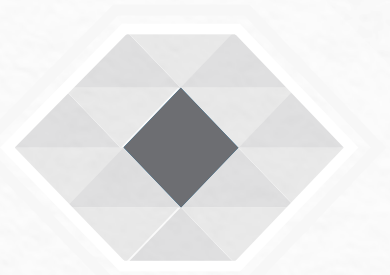


Wiehann Rademan is a registered psychologist with experience in people assessment, development, change management and human resources management. He contributed to the South African soul by actively doing research on the "Reduction of Racism". He spent a few years with the now Correctional Services focussing on rehabilitation in the capacity of head of psychological services. He then joined a leading financial institution as a management consultant and later human resources manager. He established Sanlam's Assessment Centre for advisors. After extensive experience in the human and work/life sciences he remained involved in assessment, development and research design. His further contributions included executive coaching, psychodynamic advice, process engineering, visionary and strategic facilitation and intervention designs. His approach is operational strategic, cultural, systems and holistically driven. Wiehann currently manages a national team of psychologists, coaches, psychometrists and trainers to serve various organisational and individual purposes.

[Wiehann Rademan](#)

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Discrimination against Educational Psychologists



South African psychologists should be aware how processes of exclusion, elitism, empathic failure, and inflexibility undermine personal and group rights. In South Africa, psychologists, including educational psychologists, have had to confront their collusion with apartheid structures. Ironically, organised psychology perpetuates a form of discrimination against educational psychologists, who are nevertheless well placed to contribute toward the country's transformative agenda.

Like other psychologists, educational psychologists are involved in the evaluation, diagnosis and treatment of behaviour, mental processes, emotions and personality. A mandated Task Team for Educational Psychology recognised that educational psychologists often work with clients with primary or comorbid presentations that include disorders usually first diagnosed in infancy, childhood or adolescence; cognitive

disorders; mental disorders due to medical conditions; substance-related disorders; mood disorders; anxiety disorders; sexual and gender identity disorders; eating disorders; sleep disorders; adjustment disorders; and personality disorders. Educational psychologists may also deal with somatoform disorders, fictitious disorders and impulse control disorders. Less often, some educational psychologists work with clients who experience schizophrenia; other psychotic disorders; and delirium, dementia and amnesic disorder. The Educational Psychology Task Team that identified these areas of activity of educational psychologists comprises leading academics, practitioners and policymakers who have been involved in the provision of educational psychology services and in the training of educational psychologists over many years. However, a number of mental health leaders who have limited exposure to the field of Educational Psychology hold prejudicial views and have sought to limit the activities of educational psychologists.

It is an affront to the self-identity of many educational psychologists that they have had to endure the following over the years:

Some while back, it was effectively regulated that educational psychologists could not work with adults. The Task Team for Educational Psychology had to liaise with the Professional Board for Psychology to alter this untenable regulation, while hundreds if not thousands of educational psychologists found themselves practising outside of the HPCSA regulation for a number of years.

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Division of Educational Psychology

Divisional Focus

[...continued](#)

A few years back a leading figure in PsySSA handed to Discovery Health a limited list of psychological conditions that he as a clinical psychologist contended educational psychologists should deal with.

The Chartered Accountants Medical Aid Fund (CMAF) insists that only clinical psychologists can deal with depression. The Task Team for Educational Psychology lodged a complaint against CMAF with the Council for Medical Schemes (CMS), and the CMS then turned to the Professional Board for Psychology for advice. The Professional Board for Psychology has, unfortunately, not provided the CMS with sufficient information that the CMS believes would enable a ruling on the Task Team's complaint.

The Clinical Psychology Forum, a few years ago, contended that "... Clinical Psychologist is the only profession in the broad field of psychology that have sufficient training and experience to diagnose and treat patients with psychological and/or psychiatric disorders..." (sic).

The South African Society of Psychiatrists (SASOP) has stated that it is inappropriate for psychiatrists to cooperate with educational psychologists in the treatment of patients' mental disorders (although it is doubtful that SASOP's better-informed membership adhere to this position). SASOP and the Clinical Psychology Forum are both administered by Healthman and the Clinical Psychology Forum has entered into a memorandum of understanding with the clinical division of PsySSA.

The clinical division of PsySSA explored options and sought opinion on its website on reporting educational and counselling psychologists for breaching the scope of practice.

Some non-educational psychologists have contended incorrectly, including in court, that educational psychologists cannot undertake psycho-legal work. The difference between psycho-legal work, undertaken by educational and other psychologists, and forensic work, reserved for clinical psychologists, is not clearly articulated.

The Department of Basic Education's draft policy document on screening, identification, assessment and support listed the following professionals who may complete a health and disability assessment form: psychiatrist, clinical psychologist, counselling psychologist, medical practitioner, and paediatrician. There was no mention of educational psychologists.

Some leaders in the field of psychology have mistakenly contended that educational psychology follows a different paradigm to other fields of psychology or that the primary scope of educational psychologists is to assess children.

Tests have been classified by the HPCSA without adequate consultation with educational psychologists.

One reason why there is so much confusion and disharmony in the profession regarding the role of educational psychologists is that some universities trained educational psychologists more broadly than others. Whether or not the aim was to train educational psychologists to meet

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Division of Educational Psychology

Divisional Focus

...continued

the broad needs of the public given the paucity of mental health care in this country, at least one university seems to have trained educational psychologists in a ‘more clinical’ manner than did some traditionally more conservative universities. In addition, after qualifying as educational psychologists, many educational psychologists developed expertise in multiple areas that were not restricted by an official scope of practice. Scope of practice regulations did not exist for many years.

The education, training, and experience of educational psychologists in South Africa have not been uniform in terms of psychological and educational knowledge and skills. This presents a challenge. University departments that trained educational psychologists ‘less clinically’ may be resistant to broadening their training programs for a variety of reasons, including issues of resources and perhaps because they wish to remain separate from other psychology departments.

We need, in my view, to move beyond *either-or* to *both-and* conceptualisations of the role of educational psychologists. We should capture the essence of educational psychology and the unique contributions that educational psychologists can make in addressing pressing issues relating to learning and development. At the same time, we must protect the generic and varied competencies that educational psychologists, like other psychologists, contribute in a country with limited mental health delivery resources. Interpretations of the scope of practice for educational psychologists need to be wide enough so that limited skills are not lost, but sufficiently identified so that the field does not become amorphous.

Exclusionary and restrictive statements that are made without adequate

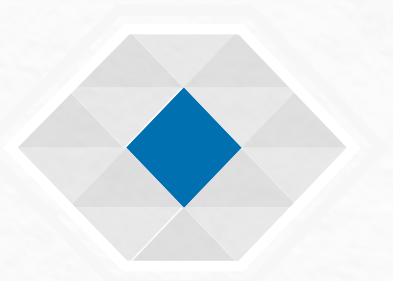
consultation undermine South African psychology and the provision of mental health services as a whole. Sweeping policy statements that ignore training differences foster dissent in the profession. I understand that this may apply not only to the undermining of educational psychologists, but also to other mental health professionals, such as counselling psychologists.

I call on PsySSA as a whole to oppose discrimination against educational psychology, the Division for Educational Psychology and other mental health professionals. There needs to be collaborative consultation with educational psychologists before people outside of our field make statements that discriminate against our work and professional identities. Ignorance and arrogance relating to the role of educational psychologists are causing dissent in the profession, which needs to move forward with more important issues of transformation.

Martin Strous

Vice-chair

PsySSA Division of Educational Psychology



Division of Neuropsychology and Forensic Psychology

Divisional Focus

During the recent PsySSA Congress, the Division of Neuropsychology and Forensic Psychology held its 2014 Annual General Meeting. The then vice-chairperson, Dr Louise Olivier, noted that it was necessary for the executive committee to be reshuffled so that the division could resume its duties, as decided by PsySSA Council. Dr Louise Olivier was then elected as the new chairperson of the division and Karl Swain was elected as the new vice chairperson. Dr Thirusha Naidu was also elected onto the executive committee.

Currently, Dr Olivier and the executive committee are in the process of talking to many colleagues around the country to organise various events. The division aims to have a few courses/workshops on legal modules in forensic psychology all over the country for psychologists. The division is currently working closely with the Clinical Division of PsySSA and the South African Society of Clinical Psychology (SASCH), to host a workshop in the new year. Further details will be provided in due course.

Dr Louise Olivier

Chair



Thirusha Naidu - Additional Member
and **Karl Swain** - Vice Chair



Division of Research & Methodology (DRM)

Divisional Focus

SAJP 20th Anniversary Edition

The South African Journal of Psychology interrogates 20 years of psychology in democratic South Africa with a series of articles focusing on various fields in psychology. Guest edited by Prof Saths Cooper, this volume includes:

Community psychology in South Africa: origins, developments, and manifestations – Muhammed Seedat and Sandy Lazarus

Living through the legacy: the Apartheid Archive Project and the possibilities for psychosocial transformation - Norman Duncan, Garth Stevens and Hugo Canham

The Psychological Society of South Africa sexual and gender diversity position statement: contributing towards a just society - Cornelius J Victor, Juan A Nel, Ingrid Lynch and Khonzi Mbatha

Psychological assessment in post-apartheid South Africa: the way forward - Sumaya Laher and Kate Cockcroft

The International Congress of Psychology (ICP 2012): a brief analysis of the scientific programme - Anthony L Pillay, Basil J Pillay and Norman Duncan

Reflections on South African psychology with Saths Cooper - Brendon Barnes and Saths Cooper

Psychological assessment for redress in South African organisations: is it just? - Fiona Donald, Andrew Thatcher and Karen Milner

South African psychology after 20 years of democracy: criticality, social development, and relevance - Ashraf Kagee

The changing face of clinical psychology intern training: a 30-year analysis of a programme in KwaZulu-Natal, South Africa - Anthony L Pillay and Anne L Kramers-Olen.

The SAJP is freely available to all PsySSA members. To access and read articles login on the SAJP link on the PsySSA website.

Research request:

We invite any researchers, students or supervisors to share any studies they are currently involved in about the category of research psychology in South Africa. We are aware that there are a number of research studies currently underway about the category and would like to make information about these studies available through the DRM newsletters, social media sites and the *PsyTalk*. We hope to encourage open discussion about the role of the category in current organised psychology. If you have a study to share, please send a brief description of your study, the aims, the population/sample, a summary of findings and where the full report/paper can be accessed to fynna@unisa.ac.za or Sumaya.Laher@wits.ac.za.

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Division of Research & Methodology (DRM)

Divisional Focus

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Publishing News:

Recently Dr Pierre JT de Villiers, founder of AOSIS (Pty) Ltd wrote an interesting article that provided an insider's view on Open access publishing. This article may be accessed at <http://aosisgroup.com/index.php/news/56-open-access-scholarly-publishing-in-south-africa-2014>. Dr de Villiers reported some interesting facts as well as proposed changes to current policy as follows:

In 2011 SA yielded 10,056 research publications, ranking 33rd in the world.

As a group the universities are currently the largest publisher of accredited journals in the Republic of South Africa (RSA), followed by the independents/private sector (28%) and scholarly societies (27%).

A block subsidy of about \$85 million was paid to HEI's in 2014, with one unit value being \$10,500 (R117 000). Journal articles made up the largest component, with 7403 units (92%), while scholarly books attained 331, and conference proceedings 351 units. Of the 262 accredited journals in 2014, the majority were on the DHET's own list (202), the rest being on the two indexes (60).

The accreditation policy is set to change, probably in 2015. The most notable proposals for change are the following: (1) the inclusion of more indexes for accredited journals (*Scopus*, *ScieloSA* and the *Norwegian Register for Scientific Journals*), and (2) a 5-year limit for listing on the DHET list before a journal will be downgraded if it does not manage to get onto one of the international indexes.

Another related change could be the increase of unit values for scholarly books, to support development of research in the Social Sciences and Humanities.

International Convention on Psychological Science (ICPS)

ICPS is the culmination of efforts by APS and an international network of organizations and individual scientists to stimulate scientific advances that are integrative; that is, in which investigators attack scientific problems by drawing broadly on research conducted at multiple levels of analysis and in multiple branches of psychological science, the cognitive sciences, the neurosciences, and other related disciplines. The initiative has been designed, in essence, to surmount artificial disciplinary boundaries that can impede scientific progress and to highlight areas of investigation in which those boundaries have already been overcome. These efforts respond to developments in our rapidly changing field. Increasingly, challenges in psychological science can only be met by boundary-spanning investigations that address a phenomenon with diverse methods and at multiple levels of analysis. Such efforts require collaboration across academic disciplines and geographic boundaries. Seizing these opportunities requires a global effort and the involvement of the full range of disciplines, from those that study societies and cultures to those that investigate genetics and neural mechanisms. The inaugural *International Convention of Psychological Science* in Amsterdam in March next year: <http://icps.psychologicalscience.org>

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Division of Research & Methodology (DRM)

Divisional Focus

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Other Conferences for 2015:

March 12 - 14, 2015

International Convention on Psychological Science

Amsterdam, The Netherlands

Web: <http://www.psychologicalscience.org/index.php/convention/icps>

May 20 - 22, 2015

17th Congress of the European Association of Work and Organizational Psychology (EAWOP)

Oslo, Norway

Web: www.eawop2015.org

June 10 - 13, 2015

Conference of the European Society for Traumatic Stress Studies

Vilnius, Lithuania

Web: <http://estss2015.eu/>

July 7 - 10, 2015

14th European Congress of Psychology (ECP 2015)

Milan, Italy

Web: www.ecp2015.eu

July 28 - 31, 2015

Regional Conference of the International Association for Cross Cultural Psychology

San Cristóbal de las Casas, Chiapas, Mexico

Web: www.iaccp.org

August 6 - 9, 2015

123rd Annual Convention of the American Psychological Association

Toronto, Ontario, Canada

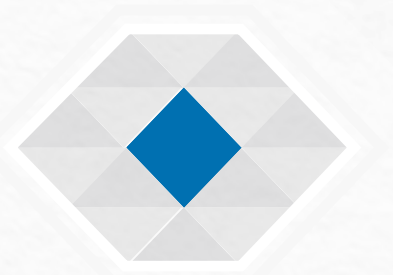
Web: www.apa.org/convention

August 30 - September 2, 2015

9th World Psychotherapy Conference Asia

Sarawak, Malaysia

Web: <http://counselingmalaysia.com/>



Where to 20 years after the birth of PsySSA and the South African democracy?



Makgahlela MW
FAP Deputy Chair
makgahlelaw@ukzn.ac.za

The African continent is in a process of rediscovery and re-awakening, leveraging the strengths and values of its philosophies and the richness of its culture. The professional field of psychology has a pivotal role to play in this arena, especially with the re-instilling of the black Africans' sense of dignity, pride, and identity. The psychosocial ramifications of imperialism, colonization, and apartheid have throughout the centuries been given little attention, if not, then, left unaddressed in Africa. On the one hand, the continued attempts to heal the African peoples of the mental trauma incurred due to colonization and apartheid in the post-apartheid democratic South Africa have mostly bared no success. One of the reasons for such a failure is that, the conceptual epistemologies and psychosocial healing approaches adopted are more Euro-American in orientation. Such an outlook is generally characteristic of the psychology found in most academic and clinical settings in South Africa. As a result the field of psychology 20 years into this democracy continues to only partially address the mental health care needs of the South African population, especially those of black Africans. It is in this regard that we continue to call for an African centered psychology that is contextually relevant and inclusive.

Such a psychology looks at the African people's mental function and behavior differently and challenges what Akbar (2003), calls the "democratic sanity". The democratic sanity essentially applies the socio-political definition of "majority rule" to the definition of adequate

human function Akbar (2003, p. 160), and of course abnormality. Such a Western position has therefore failed to capture what is essentially abnormal behavior prevalent in the African regions, especially post colonization and the oppressive apartheid regime here in South Africa. The escalating alien-self (*i.e. skin-bleaching persons or those who speak, walk, dress, act or mimic any behaviour of the other races and their failure leads to the experience neurotic disorders*), anti-self (*i.e. those with covert & overt hostility and negativism projected towards their own people*), and the self-destructive (*i.e. these are the most direct victims of oppression such as the pimps, pushers, prostitutes, street-kids, addicts, alcoholics etc.*) disorders noticed by Akbar among African Americans are essentially perceptible amongst black South Africans. These disorders amongst others manifest the remnants of an oppressive past that negatively affected black people's sense of collective identity. The root cause of such disorders is the loss of the black people's sense of cultural identity, languages, and ethics/Ubuntu through mimicking of the individualistic, materialistic, and competitive ways of 'being'. Asante (2003) argues that our main problem as African people is our usually unconscious adoption of the Western worldview and perspective and their attendant conceptual frameworks. He goes on to highlight that the loss of our cultural footing has left us dis-oriented, dis-located and confused; meaning that we are essentially 'insane'. Asante insists that for healing to take place, and for our minds to be free, we need to return to the source. By the source we refer to the profound need for African people to be re-located historically, economically, socially, politically, and philosophically.

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Forum of African Psychology (**FAP**)

Divisional Focus

Recommended reading

Baloyi, L., & Makobe-Rabothata, M. (2014). In Jackson, L. T. B., Meiring, D., Van de Vijver, F. J. R., Idemudia, E., & Gabrenya, W. K. Jr. (Eds.). *Toward sustainable development through nurturing diversity: Selected papers from the Twenty-First Congress of the International Association for Cross-Cultural Psychology*. Melbourne, FL: International Association for Cross-Cultural Psychology.

Bojuwoye & Sodi (2010). *Challenges and opportunities to integrating traditional healing into counselling and psychotherapy*. *Counselling Psychology Quarterly*, 23 (3), 283–296.

Comas-Diaz, L. (2014). *Multicultural theories of psychotherapy*. In R Corsini & D Wedding (Eds.), *Current psychotherapies* (10th Ed., pp. 533-567).

Garcea, E. A. A. (2005). *Culture as a starting point and framework for guidance and counselling: Basic concepts and perspectives*. In M. Launikari, & S. Puukari (Eds.). *The handbook multicultural guidance and counselling: Theoretical foundations and best practices in Europe*. Finland: Kirjapaino Oma Oy.

Hook D., Mkhize N., Kiguwa P., & Collins, A. (2004). *Critical psychology*. Cape Town, South Africa: UCT Press.

Jamison, D.F., (2010). *The roles and functions of Africana psychology*. *The Journal of Pan African Studies*, 3 (8), 1-4.

Nobles, W. W., (2013). *Natural/Man made disaster and the derailment of the African worldview*. *Journal of Black Psychology*, 39(3), 251-256.

Nobles, W. W., (2006). *Seeking the Sakhu: Foundational writings for an African psychology*. Chicago, IL: Third World Press.

Piper-Mandy, E., & Rowe, T. D. (2010). *Educating African-Centered Psychologists: Towards a comprehensive paradigm*. *The Journal of Pan African Studies*, 3, (08), 5-23.

It is with this realization that African-centered psychologists in South Africa and the African diaspora advocate for the advancement of a psychology that is contextually relevant, responsive and one that will return African people to the source. The Forum of African psychology (FAP) as a professional body realizes the consequence of the inequities of the past on black South Africans and offers alternative conceptual and healing approaches. The ‘how’ processes extend beyond the scope of this article; for further literature the reader is referred to a few articles listed below. Emblematically the FAP is a vehicle driving African people back to the source of meaningful living and being. This is done in collaboration with mainstream psychology, where applicable.

It is in this regard that the FAP has continued to advance its core objectives through robust scientific research activities, publications, and the success of its 1st international conference held in the Limpopo Province in March 2014 (<http://www.psyssa.com/divisions/africanpsy.asp>). The African psychology stream papers presented during the 20th PsySSA congress under the theme “A time of celebration and critical reflection” befitted the latter part of the theme. Indeed, both our South African democracy and PsySSA turned 20 years old; however, as we continue to celebrate the successes as ordinary citizens and professional psychologists, we need to equally critically reflect on whether psychology has played a

recognizable part in the healing of the post-apartheid South Africa. We need to continually engage with questions on how and in what way/s can psychology contribute towards harmonizing our ‘rainbow’ nation?

As part of our critical reflection, the FAP makes a call to all qualified psychologists to advance their psychological knowledge and skills base through joining the forum, conducting African centered psychological research and attending African centered psychology workshops and conferences. It is also worth remarking that mental illness and healing from an African ontology are viewed holistically as encompassing the cosmological, spiritual, psychological and physical aspects of a human being, thus, the forum also recognizes the contribution offered by traditional and faith healers when it comes to mental health issues. It is in this regard that their integration within the mainstream mental health sector is supported. As a professional body we believe that a synergized working relationship plus the formal inclusion of African psychology in mainstream psychology will lead us in the right direction towards the harmonization of the historically de-humanized African people’s psyche/sakhu and return it to a state of synchronism. The FAP believes that 20-years from now, should such an integration process be facilitated by the academic, governmental and non-governmental sectors the country’s current psychosocial ills are likely to decline.

References

Akbar N. (2003). *Papers in African Psychology*. United States of America: Mind Productions & Associates.

Asante, M. K. (2003). *Afrocentricity: The theory of social change (4th ed.)*. Chicago: African American Images.



Psychology in Public Service (PiPS)

Divisional Focus

Our inaugural Annual General Meeting was held at the 2014 PsySSA Congress. The old name of our Division (“DPPPS”) was too long and created practical problems. A new name was proposed: ‘Psychology in Public Service’ with the acronym ‘PiPS’. The then Chairperson of the division, Mr Tebogo Brian Fafudi announced that he will step down as Chair of PiPS and therefore a reshuffle of our executive committee was in order. Ms Nishola Rawatlal was elected as the new Chairperson of the division and Dr Jan Fouche as the Deputy Chair, with Mr Tebogo Brian Fafudi as an additional member. Also, the following members were nominated as additional members representing marginalised regions or departments: Dr Pinky Z Konyana-Bam, Lerato Mokgeti and Ratha Hlalele.

An exciting endeavour of our division is that we are embarking on a research project which is now in the planning phase. The project is a collaborative study between the PiPS division and UNISA - Department of Industrial and Organisational Psychology and will focus on the different experiences of psychology professionals working in the public sector. The project will run in different stages under the guidance and supervision of Prof May from UNISA, who was an invited guest at our AGM. Updates will be provided as the project progresses.

A highlight for our division at the 2014 congress was our round table discussion titled “Career development as a Psychologist in Public Service.” The presenters included the highly respected Prof Anthony Pillay and Dr Thirusha Naidu. As we all know, there are many lows working in the public sector but our speakers also highlighted the continued rewards of our work.

The following is an excerpt from the presentation delivered by Dr Thirusha Naidu:

“....So I shall start where everyone always should - with what I know—being in South Africa this means the negatives – adhering respectfully to the traditional “ten most”

- 1) Don’t stay in Public Service for 20 years if you are planning a facelift or Botox injections – you will not earn enough to get this.*
- 2) Don’t plan on being promoted too often if at all because there are not enough principal and chief posts to go around and you will have to relinquish your identity as a psychologist to move beyond this glass ceiling.*
- 3) Plan to fight for staff, space, equipment and recognition in the broader public service community because you will be painted with the same stigmatized mental health brush as the people you care for no matter which context you happen to work in.*
- 4) Know that you will have impossible caseloads, erratic staff complements and no admin support at the best of times.*
- 5) Be prepared to avoid, cover for, complain or cope with those who are just in public service for the proverbial “free ride” and know that the free ride has hidden costs.*
- 6) Have an answer ready for people who ask, “Are you still in public service?” or “Where is your practice?”*
- 7) Understand that the Minister of Health/ Correctional Services/ Defence all their subordinates; your immediate line manager your clients and their families all consider themselves to be the one you should answer to. None of them communicate with each other.*

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Psychology in Public Service (PiPS)

Divisional Focus

...continued

- 8) *If you are in a joint establishment post with a university be prepared that everyone will expect you to meet all their requirements; will revel in your accomplishments and will balk at taking responsibility for your transgressions.*
- 9) *Be aware that you are required to be an expert on everything to do with mental health and will often be required to be in 2 or more places at once.*
- 10) *Resign yourself to knowing that what everyone agrees on is “the truth” and what the person in charge says is “the reality”.*

On a practical level a career in public service offers job security and benefits such as maternity leave, sick leave, in some instances sabbatical leave. All of the latter we can do more easily and with less reticence for loss of our livelihoods than colleagues in private practice. In recent years government has done much to improve the salaries of psychologists making salaries relatively more competitive on the open job market. In public service we are afforded some space to conduct research, participate in advocacy for our clients and within our own profession and to increase our own personal potential through training and participation in the wider professional realm. Returning for a moment to the idea of career development, I want to consider the commonly held idea that career development is often most closely associated with financial success. However, committing to a career in public service means re-evaluating one’s idea of success. It involves recognizing that success might be about more than just money and status alone and more about personal fulfillment, a challenging work environment, exploring research interests and it guarantees one a professional life filled with variety.



So why work in public service? I do it because of this:

- *I want to work in a place where everyday I am reminded that I still do not have all the answers and I never will*
- *I want to really see those who have been made to feel that they are invisible*
- *I want to hear the voices of those who have been silenced*
- *I want to be a witness to the lives of those who have been told they have no story*
- *I want to be fully present with those who are always ignored*
- *I want to offer a safe space to those who have been made to believe they have none*
- *I want to lighten the load of those who carry the burdens of many*

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Psychology in Public Service (PiPS)

Divisional Focus

- *I want to serve a taste of hope to those who have only sampled bitterness.*
- *I want to offer a second, a minute and precious 50 minute hour to those who have not been given the time of day*
- *Instead of prescribing I want to act*
- *Instead of telling I want to show*
- *Instead of resenting I want to inspire*
- *I want to be where I can tell people “You are here, I see you and you matter.”*

Dr T Niadu, 2014

The PiPS executive members would like to encourage all PsySSA members who work in public service to join our division. Who should join? All psychology professionals working in the public sector such as Departments of Health, Education, Justice, Correctional Service etc.

Why should you join? For developing and promoting your professional identity in the field of psychology; to advocate with one unified voice to promote best practice and patient care and for promoting the interests of our profession within public service.

To join the PiPS division please feel free to contact any executive member as listed below:

Ms Nishola Rawatlal	rawatlaln@gmail.com
Dr Jan Fouche	jbfouche@ncpg.gov.za
Ms Lillian Ramathibela	lillianramathibela@hotmail.com
Ms Nondwe Mange	nondwemange@gmail.com
Mr Tebogo Fafudi	fafudit@yahoo.com
Ms Andiswa Mankayi	andiswamankayi@gamil.com
Ms Dorothy Calata	calatad@yahoo.com
Mr Bruce Phillips	Bruce.Phillips@westerncape.gov.za

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Division of Registered Counsellors and Psychometrists (**RCP**)

Divisional Focus

Psyssa RCP Division *PsyTalk* Update and Reflections on the 20th Anniversary PsySSA Congress



Mirah Wilks
Chair

Congratulations and Celebrations are in order!

Wednesday 17th September 2014

In light of this year's PsySSA 20th Anniversary Congress theme: "A Time of Celebration and Reflection" the invited speaker Prof. Mireille Fanon Mendes-France of the Franz Fanon Foundation, opened the plenary session and reflected on her late father's philosophical writings and his significant influence on the minds of incarcerated political prisoners such as Nelson Mandela and many others.



Fatima Seedat - PsySSA Office Manager hands Mirah Wilks - RCP Chair the Award for Most Active Division

On that same day, on behalf of all the RCP Division Committee Members, the RCP Division Chair, Mirah Wilks, was the proud recipient of the *Most Active Division of the Society Award*. The chair accepted this Commendation on behalf of her entire proactive RCP Division Committee: Vice Chair [Soraya Smith](#), Secretary [Mitzi Claassen](#), Treasurer [Dr. Johan Cloete](#), Vice Chair (Psychometry) [Brent George](#) and all additional members, [Chantal Turner](#), [Malinka Kusel](#), [Waheeda Mutalib](#), and [MJ Matlala](#).

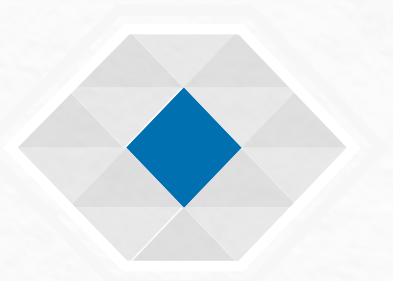
The late Prof. Sipiwe Ngcobo and past PsySSA President, was recognised for his multiple contributions to South African psychology. In his memory an award will be presented at all future PsySSA Congresses.

It was a day of celebratory teas, lunch and capped by the 20th Anniversary Congress cocktail party. The day was punctuated with an address by Prof. Pam Maras of University of Greenwich, London UK, on her research of children's anti-social behaviour and their social identity, comparing social construct differences with similar children in Japanese schools. She questioned the role of educational psychologists in such cases.



PsySSA guests enjoy the congress party

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Division of Registered Counsellors and Psychometrists (**RCP**)

Divisional Focus

...continued

A controversial debate, on the state of the nation in the last 20 years: “Is there something to celebrate and what is psychology’s contribution in shaping this young democracy?” was superbly facilitated by Eusebius McKaiser. Prof. Ashwin Desai’s political stance on the current state of the nation: “The Mad Hatter Tea Party” delivery brought down the house!

The Invited Round Table discussion, facilitated by Prof. Saths Cooper, President of IUPsyS, on the role of psychology in strengthening democracy in our respective countries and beyond was profoundly significant. This Chair made contact with significant department heads and academics from various Nigerian universities. Wilks invited Dr Andrew Zamas to present a brief talk at the RCP Division AGM on the psychological damage on the families of those students abducted by the Boko Haram terror group.

The second controversial debate on the use of ICD and/or DSM, facilitated by Prof. Anthony Pillay, UKZN, reached an interesting impasse as each panellist, viz: Mr Umesh Bawa, Prof. Alban Burke and Dr Sue Hawkrige promoted their vision for the future. It was a matter of the tail wagging the dog as Medical Aids determine how we identify, screen or diagnose criteria for various disorders.

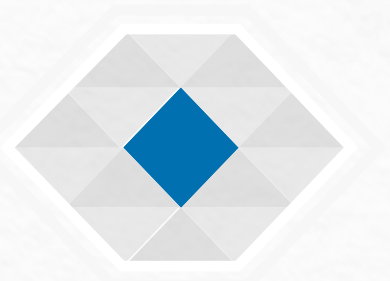
RCP Division Symposium, Thursday, 18th September 2014

Mirah Wilks chaired the RCP Division Symposium, which was held at the Durban ICC, KZN. She was supported by the Vice Chair, Soraya Smith. The RCP Division Symposium comprised 4 keynote speakers: **Prof. Cheryl Foxcroft, Dr Nicola Taylor and Prof. Rick Snyders and Mirah Wilks**. They all addressed the Congress theme in terms of their fields of expertise with PowerPoint presentations and novel solutions to both counselling and psychometry to over 180 delegates.

The First Speaker was Prof. Cheryl Foxcroft, Dean of Teaching and Learning, NMMU, dealt with the research and review delays since 1994 in norming international assessments for culture-fair and equitable South African contexts. Her academic research and development interests on adapting psychological tests, ethics in assessment and developmentally-focussed admissions testing were highlighted. Her insightful delivery of quite difficult subject matter helped the delegates to absorb the 20 year plan to revolutionize and adapt procedures for psychometry assessments. [View presentation](#)

The 2nd Speaker, Dr. Nicola Taylor, Research Director at JVR, developer of various psychometric instruments, is currently researching and addressing the changes in the WAIS V. Her keynote delivery was relevant, to the point and highly illuminating, specifically dealing with the changes over the past 20 years, since 1994. [View presentation](#)

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Division of Registered Counsellors and Psychometrists (**RCP**)

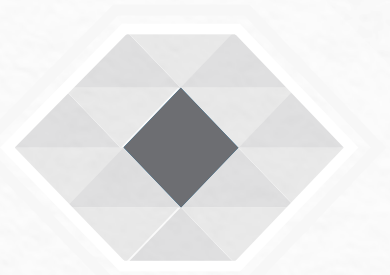
Divisional Focus

...continued

The 3rd Speaker, Prof. Rick Snyder's (Prof Emeritus), UNISA presentation was tinged with a humorous perspective (see right) on how to facilitate and collaborate with couples in counselling, conflict resolution and problem solving through rapid adaptation. [View presentation](#)

Mirah Wilks, was the 4th Speaker, who presented on the prevalence of university students manifesting multiple PTSD symptoms, although they are not at war. She presented feedback on current research completed in 2014 on UJ (control group) and MI students (experimental group) who gained mastery over PTS and trauma and experienced cognitive behavioural transformation by practicing TM meditation daily as the intervention of choice. [View presentation](#)





Time for Celebration and Critical Reflection

Over and above the celebration of twenty years of democracy in South Africa, 2014 has also been a year to celebrate twenty years of PsySSA's existence. While it is so appropriate to celebrate, this is a prime opportunity to reflect, and critically so.

As the Counseling Division of PsySSA, we have contributed to the celebration of 20 years of PsySSA by honouring psychologists who have made a remarkable contribution to the field of counseling psychology. Recognised psychologists vary from activists, academics, emerging psychologists, practitioners and advocates of this field. People like Dr Hendriette van der Berg who have made an impact in the sphere of psychology training as well as community involvement notwithstanding promoting professional psychology in the form of psychology's contributions to society have been honoured. Some of the people who have been honoured including Dr. Solomon Makola, who PsySSA has recognised with the practice award of 2014, as well as Neo Pule who has been recognised for leadership and emerging scholarship are amongst those who have been mentored by Hendriette van der Berg. In addition, Dr Saths Cooper has been acknowledged by the division for remarkable leadership and outstanding advocacy and activism for the field of Counseling. Prof. Charles Young who has been enthusiastic about issues pertaining to the scope of practise of counseling psychologists has been recognised for his leading work in this regard. In the cocktail function where the awards were announced, Prof. Gertie Pretorius, Dr. Elaine Bing, Dr. Terri Bakker, Dr. Malose Langa and Dr. Munita Dunn are amongst those who have

been honoured as outstanding counseling psychologists.

[This brings me to, where to from here?](#)

There has been a script in society that psychology is for the elite and there have been practices in psychology which endorse this script. For starters, the psychology service has been somewhat channelled if not normalised within the medical model. Under my critical reflections; I challenge whether South African psychologists are maximizing their knowledge, skills, competence and offerings by embracing this script. With the recent events in South Africa such as the Oscar Pistorius case, Marikana incident, news stories reported on road rage and violence in general as well as behaviours which have been alluded to in the governing circles; it can be sufficiently evidenced that South Africa is a traumatised society characterised by symptoms that are by nature psychological. If the latter is true; I pose a further challenge of whether the DSM/ICD criteria or classification systems have a major place in psychology or counselling psychology if the scope of practice and high demand for services in the country are considered. In my opinion, I would say that we have much more to offer. I want to argue that one-on-one approaches cannot be our ultimate 'go-to' intervention and that we can advocate for a broader reach to society by looking beyond these. Proactive, preventative and high impact intervention should be on the cards if we want to be taken more seriously; or as seriously as we can be taken.

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South African Association for Counselling Psychology (**SAACP**)

Divisional Focus

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The relevance of our approaches and possibly training of psychology should be questioned. The South African contexts requires the provision of a counselling psychology that is well positioned to provide value. Upon critical reflection, all appropriate stakeholders are encouraged to relook at their policies, stances as well as their value propositions in the field and its practice.



Psychology has a legitimacy as a science. As a result; resources, accolades and stature allocated to other forms of science is legitimate to psychology as well. Having said this, it is frustrating or disheartening to see psychologists become passive and give their power away to others regarding their own profession. I am looking forward to a time when as a collective; psychologists are actively and loudly assertive about their scarce skill. On this day, those who have illegitimately provided themselves space in what psychologists spend years acquiring speciality competence in will dwindle down. Life coaches, kinds of motivational speakers, counsellors of sorts - we all know what I refer to. It has been possible to occupy this space by others outside psychology because a gap has been identified. Taking responsibility for it, psychologists have left the gap. I am encouraged to take back the territory for the sake of the betterment of communities as well as the beneficence and maleficence value. The ball is in our courts!

Ms Neo Pule
Chair



South African Society for Clinical Psychology (**SASCP**)

Divisional Focus

Feedback - AGM 18 September 2014



Mr Tebogo Fafudi
Chair

On the 17th of September the executive held its last meeting before the AGM. It was announced at the meeting that the past chairperson Dr Emmanuel Tlou had resigned from the committee due to personal commitments beyond his control. A resolution was taken that Mr Tebogo Fafudi be the chairperson until the next election period. The motion was passed unopposed by the AGM delegates on the 18th of September.

The Executive Committee consists of:

Mr. Tebogo Fafudi

Chairperson, fafudit@yahoo.com or 072 507 8269

Mr Elias Makwe

Deputy Chairperson, eliasmakwe@gmail.com or 082 921 3089

Mr. Karl Swain

Secretary, karlswain@gmail.com or 073 722 6206

Ms. NisholaRawatlal

Treasurer, rawatlaln@gmail.com or 082 585 1194

Ms. Refilwe Nemutandane

Additional Member, refilwepila@yahoo.com or 083 941 0975

Ms. Joy Nkuna

Additional Member, jniniza@yahoo.com

Updates:

SASCP and CPF

The division continues to work closely with the Clinical Psychology Forum on matters of common interest. On the 1st of October the two structures had a meeting with Discovery Health to discuss number of issues, such as prescribed minimum benefits, coding and restrictions on tariffs and clinical psychology within the healthcare environment. The division will strive to establish co-operative relationships with other related stakeholders (Council for Medical Schemes, HPCSA).

Workshops and Membership Drives

A workshop on the Implementation of Child Justice Act, 2008 (Act No 75 of 2008) by Mr. Joe Semenyane Makume (Department of Justice and Constitutional Development - NW) is taking place on the 28 Nov 2014 - Polokwane Royal Hotel, Polokwane. Members are encouraged to make suggestion to the secretary regarding future workshops in their various provinces. More workshops are being planned for 2015.

We like to thank our members for their continued support of the division and we wish you all a happy and blessed festive season.



SASCP is proud to have nominated Prof. Anthony Pillay for the Mentoring Award.
Those who bring sunshine to the lives of others cannot keep it from themselves
- James Matthew Barrie



South African Society for Clinical Hypnosis (**SASCH**)

Divisional Focus



Dr Cecile Gericke
Chair

SASCH has been very active in 2014 and has exciting plans for 2015. One of the major plans is to be more visible to other psychologists, as well as members of the public.

In the year 2014 SASCH presented 8 training courses and trained 85 individuals of which 32 were students.

These students attended training at a reduced price of R1500, an opportunity that they may never have received otherwise. The normal price for attending training courses is R4 225 (members) and R4 725 (non-members). The student special applies to M1, M2 and intern psychologists. SASCH has a database of 1300 people.

Our SASCH training consists of the Elementary, Intermediate and Advanced levels in all three of the major disciplines namely: Ego State Hypnotherapy, Ericksonian Hypnotherapy, Medical Hypnoanalysis, and **Integrative** Hypnotherapy.

Our leading presenters in these disciplines are Dr Ian Opperman, Dr Louise Olivier, Dr Jennifer Welch, Mr J and Mrs Lynette Minnaar in Port Elizabeth, and Prof Kobus Maree and Dr Cecile Gericke in Gauteng. Mr Jeffrey Rink is qualified to do Ericksonian Hypnotherapy and Medical Hypnoanalysis in Cape Town and Mr Minnaar can train trainees up to the intermediate level in any of these disciplines in Port Elizabeth.

Our **first** workshop hosted was *Hypnotic Mosaic* which consisted of a variety of eight different presenters on different topics. The **second** workshop was *Encounter-centred Couples Therapy* with

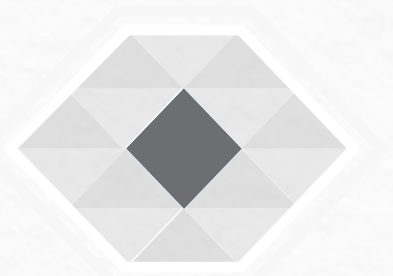
Dr Ian Opperman. The **third** workshop was attended by registered counsellors and student counsellors in the process of becoming registered counsellors and was highly successful.

Registered Counsellors can attend a workshop but cannot undertake training in hypnotherapy, as that is against the Health Profession Council's regulation.

Our Congress scheduled for **May 2015** is on the topic of "Grief and Loss". The idea is to illustrate compare the similarities and differences between how the Ericksonian, Medical Hypnoanalysis and Ego State Hypnotherapy approaches and how African/Eastern cultures will grief and loss. There will also be an approach from the Jungian archetypes. We are also incorporating a new stream namely Cognitive Hypno Therapy, which will also be included in the congress.

SASCH has regular monthly teleconferences to keep in contact with the various regions. Presently the Western Cape, under guidance from Prof. Rona Newmark, has had to close down due to her demanding academic career. We will open a new branch in Cape Town - Cape Town Central under the leadership of Mrs Elise Beeby. The divisional region of Port Elizabeth under the leadership of Mrs Talitha van der Walt, is extremely active and our region in KZN under Mrs Isabella Schmitt, has now secured the services of Dr Di Southgate to further facilitate the activity of the society. Our plans are to reach out to other divisions, for example: the Student and African Division and contact has been made with Mr Angelo Fynn, who already sent out our information to his data bases.

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South African Society for Clinical Hypnosis (**SASCH**)

Divisional Focus

On the 2nd of November SASCH had a “Brainstorm” with invited members where the chairlady co-opted a number of new professionals to inject liveliness and new fire into SASCH.

There are four people being specially assigned to Social Media as we believe that is the marketing tool for the future. The new co-opted committee presently consists of Dr Cecile Gericke (Chairlady), Ms Karin Steyn (Vice-Chair) who is also the president elect, Dr Susan Roets (Treasurer) and Ms Annelet Liebenberg (Secretary). Additional members are Dr Louise Olivier (Ethics), Mr Darryn Costello, Mr Henk Mostert, Mr Hannes Wessels and Ms Estelle Crouse (all Social Media). Ms Annelet Liebenberg is going to help Ms Karin Steyn to make contact with the community as our plans include more community work.

Our planned theme for the next PsySSA congress is “Building Bridges with the African Group” and we will convene a symposium on this topic. We have planned eight training courses for 2015 which will be available on the year programme on the SASCH website at the beginning of December.

Our main focus, at the moment, will be on Mr Rafiq Lockhat’s expertise in **BWRT** (Brainworking Recursive Therapy). Members will qualify in and be able to work in this area after the two-day workshop. The fee for the two day course is R4000, but for M1, M2 and Interns it will be R3000. The programme for the rest of the year will be finalised shortly and will be available on the SASCH website in the beginning of December.

New Structure

[Dr Cecile Gericke](#) - *Chairlady*,

[Ms Karin Steyn](#) - *Vice-Chair*,

[Dr Susan Roets](#) - *Treasurer*,

[Ms Annelet Liebenberg](#) - *Secretary*.

Additional members: [Dr Louise Olivier](#) - Ethics,

[Mr Darryn Costello](#), [Mr Henk Mostert](#), [Mr Hannes Wessels](#) and

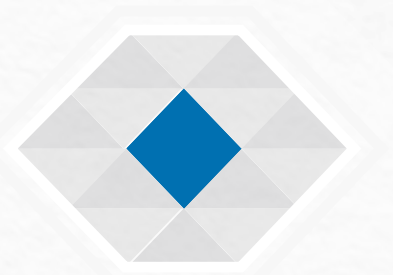
[Ms Estelle Crouse](#) (all Social Media) and

[Ms Jane Bekker](#) - *Admin Assistant*

Regards

[Dr Cecile Gericke](#)

Chairlady



Student Division

Divisional Focus

The PsySSA Student Division would like to take the time to thank all of the academics, tutors and students who supported the division throughout the year. The student division aims to continue creating a platform for students across South Africa to access organised psychology and to actively engage in the discipline.

For 2015 the PsySSA Student Division will be part of the presidential roadshow which will visit various institutions to market PsySSA and promote student participation in the discipline. The presidential roadshows will start as early as February and the intention is to reach as many universities as possible.

The student division will play an integral part in the organising of the 2015 Southern African Psychology Students' Conference, to be held in Limpopo. The student division will be actively promoting the opportunities presented by the student conference on our Facebook page and through the *PsyTalk* issues in 2015. It will also play a role in setting up mentoring programmes for students who wish to submit or review abstracts for the student conference.

To this end the division will be continuing the "From concept to congress" peer support programme. The programme aims to set up peer support programmes which assist students in developing their conference presentations through a series of peer facilitated workshops. The workshops will focus on each student individually and provide peer review on abstracts and presentations in various stages in development. The Student Division is on Facebook (<https://www.facebook.com/groups/276152612414171/>) where we meet online to share internship opportunities, research projects, make conference announcements, and anything else you feel other psychology students need to know.

Joining the Student Division is quick, easy and affordable. Becoming a PsySSA student member costs R210 and provides the additional benefit of joining the other divisions at reduced rates.

We wish all our members and fellow students the best with their examinations and look forward to an exciting 2015.

Mr Angelo Fynn

PsySSA Chair: Student Division



Student Division

Divisional Focus

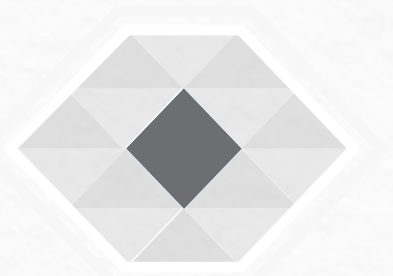
PsySSA Conference Reflection - Student Volunteer

The timing of the Psychological Society of South Africa's (PsySSA's) 20th annual conference resonated with the nation-wide celebration of South Africa's 20 years of democracy, a celebration that not only equates the monumental victories of South African's over the apartheid regime but that also reminds one of the selfless sacrifices of others that ultimately led to the dismantling of the then status quo. Psychology as a discipline (and its governing bodies) during the reign of apartheid was fraught with inequalities and served, rather implicitly, as a tool to safeguard and maintain the order of the day. However the current national body of psychology, PsySSA, has played a revolutionary and transformative role, specifically in destabilizing inequalities and ensuring an equal and fair chance of inclusion of all the eligible professionals within the realm of psychology.

Having said that, the 2014 conference marked the liberation and transformative change in which psychology as a discipline and its governing bodies have contributed to delivering. In reflecting on the

actual conference, one cannot help but to state that it was nothing short of exhilarating. But, it also served as a learning curve in many different respects. To a novice and emerging professional in the field of psychology, the conference provided an opportunity to learn, but equally importantly, it broadened my prospects with regards to the potential for future professional affiliation. Moreover, one had a chance to listen to some of the stimulating presentations; learn about exciting methodologies and meet high-profile people who have contributed rather richly to the body of knowledge in psychology through their extensive researching and reporting. We also got to work closely with fellow emerging professionals in the field, including the M1 and M2 students from UKZN as well as students from UNISA and Wits and I feel we all learned a great deal from one another. Finally, the conference offered a wonderful and memorable experience for us and we are both proud and humbled to have been given the opportunity to be part of this process.





Sexuality and Gender Division

Divisional Focus



Prof Carien Lubbe-De Beer
Chairlady

A country where minority groups are recognised, but basic human values such as dignity and respect are not yet optimally manifested, demands a psychological profession that critically reflects on its relevance. The 20th South African Psychology Congress certainly created this platform, and the Sexuality and Gender Division clearly took up this challenge with critical and stimulating debates.

It is the vision of the Sexuality and Gender Division to provide a critical thinking and feeling hub for all professionals who envision a better life for all, especially those who step outside the heteronormative standard and the vulnerabilities associated with it. This aim is being achieved as was evidenced by the number of presentations at the congress with recognised academics and practitioners as well as new academics and speakers showcasing the important work being done. For the first time, the PsySSA Congress featured a full two-day stream of presentations, discussions and a film screening focused specifically on issues related to gender and sexualities. There were presentations on diverse topics such as intimate partner violence, abortion, sexual harassment, sex work, counselling with gay, trans or bisexual clients, lesbian and gay parenting, lesbian subjectivities and representations of identity, homophobic violence, pornography and many others. In many important ways, the

presentations in the sexuality and gender stream responded to the challenges raised in the controversial debate in the plenary session on the contributions of psychology in strengthening democracy in our country. PsySSA now appears to not only be a space for practitioners to network and engage in issues related to gender and sexualities, but also for researchers to debate how best to move forward in terms of highlighting the prejudice and discrimination faced by gender and sexual minorities.

At the Congress the Sexuality and Gender Division received an award for *Most Improved Division*, among others, due to its extensive programming. This certainly calls for a celebration and is dedicated to all who have over the last few years committed themselves to present at the congress. Therefore my heartfelt thanks to all that were willing to share their thoughts to spark new ways of thinking, and to provide entry points for networking and discussion.

“Our lives begin to end the day we become silent about things that matter.”
- Martin Luther King, Jr.

