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**PAPU**  
Pan-African Psychology Union



1st PAN-AFRICAN PSYCHOLOGY CONGRESS  
**PSYCHOLOGY**  
for Society  
DURBAN, SOUTH AFRICA  
18-21 SEPTEMBER 2017

# ABSTRACT BOOKLET

Congress hosted by  
**PsySSA**  
Psychological Society  
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# Abstracts Presented at the 1st Pan-African Psychology Congress 2017

18-21 September 2017  
Durban, South Africa

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**TUESDAY, 19 SEPTEMBER 2017**

**Invited Keynote. Psychology as a discipline in  
an era of transdisciplinarity**

**Chair: Laher S**

**Presenter: Cheryl de la Rey  
08:30—09:10**

**De la Rey C. Psychology as a discipline in an era of  
transdisciplinarity**

It is widely acknowledged that the major challenges or grand challenges facing the world in general and Africa in particular, have the highest likelihood of being resolved through integrated approaches to knowledge. For Africa, there is a growing sense that to achieve sustainable development a step change is needed in our approaches towards more solution-oriented research with an explicit focus on issues critical to development such as food, water, energy, human security and health the nexus between these areas. Rather than singular, linear approaches to science, tackling these complex issues require greater attention to scientific convergence across scales and perspectives. Whilst it offers enormous potential and opportunity, conducting transdisciplinary research or convergence science is not easy. This presentation explores what the emergence of large-scale transdisciplinary research might mean for psychology as a scientific discipline. It is argued that of the social science disciplines, psychology is particularly well-positioned to develop new approaches to successfully tackle complex development challenges but that a critical component lies in re-thinking models for training the new generation of scholars. Correspondence: *Cheryl de la Rey, PhD, cheryl.delarey@up.ac.za*

**Invited Symposium. On sustaining anti-racism  
awareness and praxis throughout and beyond  
clinical psychology**

**Chair: Patel N  
09:10—10:30**

**Patel N. Social inequalities, racism, human rights:  
Training clinical psychologists**

The relationship and tensions between human rights, social inequalities and clinical psychology are complex, deeply uncomfortable and demand a radical re-think of how clinical psychologists are trained. In reflecting on 21 years of training clinical psychologists in the UK, some of these tensions are delineated, leading to an uneasy conclusion that there is no easy way or future for meaningfully integrating human rights and social inequalities within clinical psychology. With a focus on racism, some of these tensions are explored, particularly examining how they manifest for trainees, trainers and clients and how these issues and related competencies are taught in professional doctorate degree training. Various attempts at addressing this over several decades have proved largely unsuccessful, leading to the question: Can clinical psychology as a profession ever meaningfully address racism as a social inequality and as a human rights concern – and what would need to change to enable this? Correspondence: *Nimisha Patel, Psychology Department, University of East London, Water Lane, London, E15 4LZ UK. n.patel@uel.ac.uk*

**Paulraj P. How do Black trainees make sense of their  
'identities' in the context of Clinical Psychology training  
in the UK?**

My Doctoral research explored how Black trainees in clinical psychology (CP) make sense of their identities in the context of training. This study was set in the context of CP's historic and current socio-political contexts, including the profession's historic relationship to 'race' and the current context of 'equality and diversity' agendas. Identities are seen as integral to the personal development of CP trainees, however Black trainees' perspectives on this have been largely neglected. Major themes were: (1) how they construct and relate to the term Black Power relations and discourses; (2) on being positioned as simultaneously hyper-visible and invisible within the culture of CP, and (3) with this positioning thus necessitating on-going, cyclical and lonely work, with little or no support from training programmes. I argue that CP needs to fulfil its duty of care towards existing Black trainees before attempting to 'diversify' further. Correspondence: *Nimisha Patel, Psychology Department,*

University of East London, Water Lane, London, E15 4LZ  
UK. [n.patel@uel.ac.uk](mailto:n.patel@uel.ac.uk).

### **Wood N. Disrupting Whiteness in UK Clinical Psychology**

As a white trainer in the UK, but who is also South African and clinically trained during the State of Emergency under the apartheid regime, I look to address how whiteness can be both addressed and challenged within the CP training system. Furthermore, given the socio-historical legacy of racism within psychology, I consider the need for white allyship to find ways to link up with anti-racist networks and praxis in order to 'disrupt' white hegemony within the profession in the UK. The limitations, frustrations and uncertain feasibility of this initiative will be discussed. Correspondence: *Nicholas Wood, 22 Victoria Road, London, NW7 4SB, UK. [nick45wood@gmail.com](mailto:nick45wood@gmail.com)*

### **Symposium. Ethics beyond the research ethics committee: towards being ethical in psychology research and practice**

**Chair: Khumalo I**

**08:30—10:30**

#### **Taylor N. Ethical values and using psychometric assessments in research**

The Health Professions Act 56 of 1974 provides some excellent guidelines for the use of psychological assessments in practice. While doing things the right way is usually more difficult, more expensive and more time-consuming, as professionals, we are held to these ethical principles with the aim of protecting the public. For most researchers and practitioners, this ultimate goal of ensuring no harm to participants is what seems to drive ethical practice in psychological research and practice. However, there are at least twelve other reasons to ensure that psychological tests are applied in an ethical manner. These link to the ethical values promoted by the Health Professions Council of South Africa (HPCSA). Using the HPCSA's ethical values as a framework, this presentation will highlight where common practices in the use of psychological tests in research and practice fall short of the ethical standards set out for registered psychology professionals. Recommendations for considerations in research practice will be made. Correspondence: *Nicola Taylor, PhD (Psychology) JvR Psychometrics, PO Box 7322, Fairland 2030, South Africa. [nicola@jvrafrika.co.za](mailto:nicola@jvrafrika.co.za)*

#### **Pule N, May M. Being ethical through being critical: Scientific integrity in a pluralistic qualitative study as an ethical obligation**

The use of multiple methods in qualitative research presents an ethical obligation with respect to maintaining the scientific integrity in research. In this paper, a doctoral study is used as a case study to demonstrate the importance of ensuring scientific integrity in the context of a pluralistic qualitative design study. The particular study has adopted two methods in data collection (SDD) and

analysis/interpretation, namely discourse analysis and interpretation using the psychodynamic lens. These methods share the concern to understand the meaning of experience as subjective realities. Thus, it is proposed that critical reflexivity centres the approach used in data collection, the interpretation and in turn the reporting of the findings as well as the conclusions of the study. Critical reflexivity is therefore adopted to satisfy the ethical obligation related to ensuring scientific integrity. To achieve critical reflexivity, transparency, researchers' attentiveness and authenticity are employed. Consequently, these strategies have implications for the broader political and social context of the participants; particularly in terms of institutional and systemic cultural norming and societal interactional dynamics. To this end, transparency, researcher's attentiveness and authenticity aid to uphold the principles of benefiting the research participants and avoids causing them harm. Correspondence: *Neo Tshireletso Pule, M.Sc. Counselling Psychology, Phd (Consulting Psychology), UNISA, Department of Industrial and Organisational Psychology, University of Pretoria, Lynnwood road, Hatfield Pretoria, Department of Psychology. [npuleE555@gmail.com](mailto:npuleE555@gmail.com)*

#### **Maine K. Informed Consent in the Military: A myth or reality**

Researchers are required to ensure that the right of participants to informed consent is respected. This refers to valid quality informed consent, undertaken in a context where power relations are as equal as possible. Thus, the informed consent process is laden with complexity. The high-control hierarchical nature of the military context brings about this complexity as evidenced through three factors: 1) there are always serious risks to the soldiers and their work setting is often stressful; 2) soldiers are expected to obey all lawful commands; and 3) soldiers have limited ability to consent to health care interventions. Therefore, a perception may be created that their ability to consent to research is also limited. In spite of this, there is limited scholarship on informed consent and how researchers working in this context manage it. Thus, the purpose of this study is to explore and deconstruct the psychological researchers' perceptions of the quality of informed consent in the military. Semi-structured interviews with psychological researchers in the military will be used. The findings should provide perspectives on the management of informed consent in similar contexts, and serve to create discussions on ways to protect the rights of this vulnerable group so that the quality of the informed consent is enhanced. Correspondence: *Kenneth Maine, MA Psychology, SANDF, 10 Melrose Place 60 Rose Street Riviera, Pretoria, south Africa. [maine.kenneth@gmail.com](mailto:maine.kenneth@gmail.com)*

#### **Khumalo I, Nowack S, Natha A, Shoroma L, De Klerk W. Community collaborations enhance ethical research conduct: The case of the Families in Youth Development in Africa (FYDA) project**

In the endeavour for academic career progress and scientific contribution, the issue of being ethical is placed at the convergence point between the researcher and the researched. At this point, power imbalance may shift the

position of the researched increasingly to one of vulnerability. In this paper, we discuss the application of community collaborative processes for conducting meaningful, relevant, and context-informed research with potential for well-being promotion. The ongoing FYDA research project with the aim of studying factors and processes embedded in the family, and related societal systems promoting or thwarting well-being and positive development of adolescents and young people, is the case-study. At research sites, the FYDA has collaborative partners: the Community-University Convener, Community Collaborative Board (CCB), and Fieldworker teams who co-own the research processes. Therefore, as the research proceeds, ethical thinking and behaviour will be practically enhanced by working with culture- and context- appropriate methods of inquiry and interpretation. The initial successes, lessons and challenges from the FYDA project's community-based collaborative and participatory approaches are shared. Psychology research in Africa needs to be better positioned to creatively and competently attend to the relevant needs of communities for the well-being and quality of life enhancement of their individuals. Correspondence: *Itumeleng Khumalo, PhD, University of North West, P. O. Box 19311 Noordbrug Potchefstroom 2522, South Africa. Tumi.Khumalo@nwu.ac.za*

#### **Hendricks L. Developing a framework for ethical considerations of doing research online in Africa**

The digital age has revolutionised the way that research is conceptualised and conducted within all disciplines. The evolving nature of the online landscape calls for reviewing of ethical considerations in light of new and emerging methodologies. Internationally, national psychological boards, university ethics review boards and organisations have asserted themselves in the development of ethical guidelines for internet-mediated research (IMR). Locally, in the African context there is a need to develop an ethical framework for students, academics and researchers to which they can refer when conducting research online. South Africa is currently ranked 6th in the world for social media engagement and therefore this platform should be interrogated in terms of ethical decision making pertaining to online research. This paper aims to: 1) operationalise and define terminologies common to the IMR; 2) provide an overview of IMR methodologies; and 3) provide guidance regarding ethical decision making in IMR and the complexities thereof throughout the research process. Correspondence: *Lynn Hendricks, MA Research Psychology, Centre for Evidence-based Health Care, Department of Global Health, Stellenbosch University, Francie van Zijl Drive, Tygerberg, 7505, Cape Town. research.ambition@gmail.com*

#### **Invited Keynote. Psychology and the public interest in Africa: Breakthroughs and setbacks**

**Chair: Sodi T**

**Presenter: Andrew Zamani**

**08:30—09:10**

#### **Zamani A. Psychology and the public interest in Africa: Breakthroughs and setbacks**

The paper examines the advent of psychology in Africa, its evolution from a purely scientific discipline to an applied professional enterprise. The diverse perceptions of the discipline and the attitudes of the public towards it are highlighted, revealing differential levels of sectoral acceptance. The paper observes that compelling factors in the educational, health, criminal justice administration and social service settings have increased the visibility and relevance of psychology to national development and the public interest. Emerging roles for psychologists in security agencies, diplomacy, peace building and conflict resolution among others are discussed as imperatives for psychology's increased contributions to sustainable development on the continent. Setbacks related to lack of visibility in science and technology, security and strategic studies, environmental resource management and politics are discussed as frontiers to be explored for psychologists to dispense their services in the public interest. The paper recommends that professional organizations of psychology in Africa should increase advocacy for the integration of the discipline in sectors where they are relegated. Training curricula should be reviewed at the same time that these organizations intensify lobby and engagement for legal status and certification. Correspondence: *Andrew Zamani, PhD, Nasarawa State University Keffi, Nigeria, Faculty of Social Sciences. Zamandeza@gmail.com*

#### **Invited Keynote. Psychology in the Public Interest**

**Chair: Sodi T**

**Presenter: Basil Pillay**

**09:10—09:50**

#### **Pillay B. Psychology in the Public Interest**

The solutions offered by our discipline to address the psychological and mental health needs in South Africa hinge on the arguments that there are insufficient psychologists, a need for a change in the way we train and practice, that too few students are selected for training and the demand for more psychological services particularly to address the critical shortage of services in rural areas. How accurate are these opinions and to what extent is this really accurate? In reality several factors, ranging from personal to political, play a role. In addition, there are several risks, challenges and changes that threaten the future of psychology in our country. This presentation draws from the experience of working in the public sector; being involved in the teaching and training, both at the higher education and clinical training level, of health practitioners; as well as, serving on the regulatory board of the profession. The presenter highlights several issues and insights about the science and profession of psychology, as well as its role and contribution to the welfare, well-being, appeal and relevance to the general public and practitioners. Correspondence: *Basil Pillay, PhD, University of KwaZulu-Natal, Durban, South Africa. pillayb@ukzn.ac.za*

**Invited Keynote. Towards a culturally syntonic interface between the African-centered approach and traditional healing systems in South Africa**

**Chair: Sodi T**

**Presenter: Simangele Magwaza**

**09:50—10:30**

**Magwaza S. Towards a culturally syntonic interface between the African-centered approach and traditional healing systems in South Africa**

The presentation reviews the underpinning philosophical basis of the African-centered approach and traditional healing systems. It further explores convergences, divergences of the two systems, advancing collaborative identity and collective consciousness to healing and intervention in human conditions within African communities. Correspondence: *Magwaza Smangele, PhD, 5 Idwala circle, izinga park, Umhlanga Ridg. smagwaza@magwaza.co.za*

**Symposium. Gender critical african masculinities**

**Chair: Kiguwa P**

**08:30—09:50**

**Langa M. The perceived impact of a Community Work Programme in promoting and enhancing non-violent urban masculinities in Orange Farm, South Africa**

In terms of the existing crime statistics, many violent crimes are committed by young men between the age of 18 and 35 years. Their involvement in criminal activities is often linked with notions of hegemonic masculinity, in which being violent and aggressive is highly celebrated as the key marker of 'real' manhood. The interest of this paper is on the role that young men who are ex-offenders play in the implementation of crime- and violence-prevention initiatives as part of their community work programme (CWP). It is argued in this paper that community work (e.g. home-based care of the elderly and people living with HIV and AIDS) helped ex-offenders to publicly question and reject violent notions of hegemonic masculinity associated with young men in the townships. In this way, it was evident that the CWP facilitated and encouraged these young men to embrace alternative voices of masculinity, which were non-violent in nature. Based on this study, it is recommended that state-sponsored programmes such as CWP needs to be explored for its potential to prevent violence and facilitate the inclusion of young men who are often perpetrators of violent crime in communities. Correspondence: *Malose Langa, PhD, Centre for the Study of Violence and Reconciliation. malose.langa@wits.ac.za*

**Mbele Z. Masculinity and The Oedipal Complex in South Africa - revisiting Black Hamlet**

A debate about the universality and applicability of psychoanalysis in South Africa has to consider Sachs Black Hamlet. Black Hamlet, a seminal literary text and case study

in the investigation of the origins of psychoanalysis in South Africa, is a useful reference in contextualising psychoanalysis in South Africa. Sachs, a Lithuanian Jew, sets out to test whether psychoanalysis can be practiced on black native South Africans by attempting an analysis with John Chavafambira. The question of the particular relevance of the Oedipal Complex in a psychoanalytic understanding for Africa is unique and has legitimate arguments for and against its appropriateness. For Marie-Cecile Ortigues and Edmond Ortigues for example, the Oedipal Complex is, if anything, more rather than less present in Senegal than in the west, emphasizing its ubiquity. This paper aims to revisit the work by Sachs and also interrogate the relevance of psychoanalysis in understanding blackness in South African masculinity. Specifically, the paper will explore the proposal for the Oedipal Complex in understanding black maleness in South Africa. Correspondence: *Zamo Mbele, PhD. zamombele@gmail.com*

**Siswana A. Tell me, I am a Man! a Xhosa perspective of ubudoda manhood**

This paper interrogates the concept of manhood in relation to Ulwaluko kwa Xhosa (Xhosa Male Initiation [XMI]). It is centered on the meanings and understanding of manhood amongst young amaXhosa men who have undergone Ulwaluko kwa Xhosa. The conceptual framework of this paper is located within African epistemology with a focus on indigenous knowledge systems (IKS) and practices in South Africa. Six semi-structured interviews and follow up focus group discussions were held with 23 - 27-year-old men residing in Joza Township in Grahamstown, Eastern Cape. The paper reports on themes of manhood: ndiyindoda (I am a man!); the concealment of pain: resilience and perseverance, and uzimele geqe (independence and autonomy). The paper presents accounts of meanings and understanding of manhood within the context of Ulwaluko kwaXhosa. Correspondence: *Anele Siswana, MA, University of Johannesburg, 99 Eloff Street Unit 611, Frank's Place, Johannesburg, 2000 anele.siswana@yahoo.com*

**Invited Keynote. African psychologies of men and masculinities**

**Chair: Kiguwa P**

**Presenter: Kopano Ratele**

**09:50—10:30**

**Ratele K. African psychologies of men and masculinities**

Framed as part of the broad historical call within South Africa for a better situated psychology, the goal with this presentation is to consider how we might think into existence a world-centred African psychology of boys, men and masculinities. A world-centred African psychology of boys, men and masculinities implies one that reveals a consciousness of (South) African economic, political, cultural, spiritual and social realities as the sire of enunciation even while opening outward to the world. Instead of working from what Pauline Hountondji refers to as an attitude of scholarly extroversion, a situated psychology of boys, men and masculinities that centres Africa in the world

is informed by the facticity and meaningfulness of lives and relations of its subjects. The departure point is that while a growing body of work on boys, men and masculinities has developed in South African psychology, the area is marked by a superficial problematisation of the Africanness of masculinities. As a result, I contend that for those psychologists who identify with Africa a sense of failure ought to persist until there is as much (of) Africa in the psychology of boys, men and masculinities as there is the psychology of boys, men and masculinities in a place like South Africa. Developing the basic coordinates for African psychologies of boys, men and masculinities is therefore warranted. However, since the larger body of psychology in South Africa is equally troubled by a skin-deep engagement with and situatedness within Africa and Africanness, my engagement is also intended to contribute towards the broader project of centring Africa in and decolonising psychology. Correspondence: *Kopano Ratele, PhD, University of South Africa/South African Medical Research Council, South African Medical Research Council, Violence, Injury & Peace Research Unit, PO BOX 19070, Tygerberg, 7505, South Africa. kopano.ratele@mrc.ac.za*

### **Invited Symposium. Vulnerabilities in children: scenarios from zambia**

**Chair: Anitha Menon**

**08:30—10:30**

#### **Menon JA. Vulnerability of child marriage and teenage pregnancy**

Zambia has one of the highest rates of child marriage (CM) and teen pregnancy (TP), 47.8 percent and 35.6 percent respectively. Several factors contribute to the prevalence of CM and TP in the country, including poverty, gender inequality, cultural customs and traditions, lack of education and economic opportunities, and lack of access to sexual reproductive health (SRH) information and services. CM is considered a human rights violation and is often referred to as “the most prevalent form of sexual abuse and exploitation of girls. Additionally, it has been shown to have profound physical, intellectual, psychological and emotional effects, and a direct correlation between CM and increase in sexually transmitted infections (STIs), HIV/AIDS, and risks that often come with TP. In a study carried out in Zambia by Menon and colleagues in 2016, participants identified cultural customs, low levels of education and low-quality education, low levels of economic opportunities, poverty, gender inequality, peer pressure and lack of local law enforcement on CM and TP by NGOs, leaders, and health/social workers as contributing factors to CM. Correspondence: *J. Anitha Menon, PhD, Department of Psychology, University of Zambia. anithamenon316@gmail.com*

#### **Mooya H. Caring for the carers: Psychological difficulties of child caregivers**

A prominent feature of child care giving in Zambia, as in most of Africa, is the participation of younger children in

providing care or sib-care. Children as young as 5 years have been reported to participate in certain activities to take care of their younger siblings e.g. feeding, bathing. While many children report positive feelings in participating in sib-care, others have reported negative affect towards their participation in sib-care. This negative affect has been exacerbated by the occurrence of various crises e.g. HIV/AIDS and orphan hood, that have increased the care giving ‘burden’ on children, denying them the opportunity to be children themselves. This study was aimed at examining the psychological effects of sib-care on children. It was hypothesised that (1) children that cared for more young siblings would report higher levels of stress and (2) that those that participated in sib-care on a recreational basis experienced less stress than those who did it on an obligatory basis. The findings confirm the hypotheses and showed significant differences in psychological well-being, as reported on the Strengths and Difficulties Questionnaire (SDQ) between children with fewer young siblings and participating in recreational sib-care. Further investigations are suggested to examine factors that influence resilience. Correspondence: *Haatembo Mooya, Department of Psychology, University of Zambia haatembomooya@yahoo.com*

#### **Kalima K. Neurocognitive Impacts of HIV on Zambian children**

Children, being children, are classified in the vulnerable category of any population. There are many factors that make their positions vulnerable. One of these factors includes the Human Immunodeficiency Virus (HIV). Several mitigation measures have long been proposed and implemented, including but not limited to, nutritional support, psychosocial counselling and other initiatives. While these children are provided with the much-needed Antiretroviral Therapy (ART), they continue to face some impairments in their neurocognitive function. However, limited resources have been placed to investigate the neurocognitive impacts on children. This study was conducted to investigate the neurocognitive functioning of HIV+ children in Zambia. Measures were used to assess their information processing skills, reading and math fluency. The findings show significant differences in performance in the two groups. The HIV+ group had poorer performance in all of the variables under review. We propose further investigations to establish the specific profile of HIV+ children and further the possibility of including them in the category for academic vulnerability. Correspondence: *Kalima Kalima, MEd, EPSSE Department, University of Zambia, Lusaka, 10101. kalima.kalima74@gmail.com.*

#### **Folotiya JJ. Vulnerability in children: An analysis of child sexual abuse in Zambia**

The World Declaration on the survival, protection and development of children emphasizes that the period of childhood should be one that is filled with joy, peace, playing, learning and development. Like most children in sub-Saharan Africa, Zambian children experience many diversities that infringe on their overall development and impact negatively on their psychological wellbeing. One

such vice is child sexual abuse. The number of reported cases of child sexual abuse (CSA) in Zambia has increased over the past decade. This paper will use secondary data from literature reviews to explore the situation and characteristics of child sexual abuse in Zambia. It will then discuss the causes of CSA and vulnerability of children, which include poverty, traditional beliefs and practices, patriarchy and power. The long and short-term consequences of CSA will be presented in relation to physical, psychosocial and behavioural problems that have been identified within the Zambian context. Interventions currently being offered, such as Trauma Focused Cognitive Behavioural Therapy (TF-CBT) and Common Elements Treatment Approach (CETA) and the effectiveness of these interventions in alleviating the psychological effects caused by CSA will be highlighted. Recommendations on further social and political interventions will be made. Correspondence: *Jacqueline jere-Folotiya, Department of Psychology, University of Zambia. jfolotiya@gmail.com*

#### **Hapunda G. Vulnerability in psychosocial care: Negative outcomes in Zambian adolescents with diabetes mellitus**

Physical and psychosocial problems are common and well documented in people with diabetes. However, very little is known about the type and extent of psychosocial issues that affect people with diabetes in Zambia. This paper will discuss the vulnerability to stress, emotional distress, depression and fear of social adjustment in individuals with diabetes. Cross sectional data on 157 (type 1 and 2) respondents aged 12-68 with comorbid depression and diabetes specific emotional distress was collected using validated measures. In addition, qualitative data on experiences specific to adolescents with type 1 diabetes was collected on 25 respondents. Findings indicated that Zambian adolescents with diabetes were vulnerable to stress, depression, diabetes specific emotional distress and fear of future adaptation or adjustment in social situations such as romantic relationships, social interactions and the workplace. Given that psychological factors have been complicated in management and care of diabetes, there is a need for psychological interventions that will not only ameliorate psychological problems that individuals with diabetes are going through, but also contribute towards optional diabetes care and management. Such interventions may also contribute towards a reduction of physical complications that Zambian individuals with diabetes tend to be vulnerable to such as cardiovascular diseases. Correspondence: *Given Hapunda, Department of Psychology, University of Zambia. hubrissondo@yahoo.co.uk*

#### **Paper Presentations. Public Health/Health**

**Chair: Ramkisson S**

**08:30—10:30**

#### **Ramkisson S, Pillay B, Sibanda W. Social support and coping in adults with Type 2 diabetes**

Social support plays a pivotal role in patients with diabetes and is important in enabling them to cope effectively with the disease. There is a dearth of research on social support and

copied in patients with diabetes in South Africa. The aim of the study was to explore whether patients with poor perceived social support have lower levels of well-being and coping than patients with good social support. A cross sectional study was conducted at both public and private facilities on the north coast of KwaZulu-Natal. The Diabetes Care Profile (DCP), the General Health Questionnaire (GHQ), the Social Support Questionnaire (SSQ), and the WHO-5 Well-being Index (WHO-5) were administered to 401 participants. The findings indicate that there is an inverse relationship between social support and coping which suggests that an increase in social support is associated with a decrease in emotional distress. There was a small positive correlation between the SSQ and the WHO-5 which suggests participants who had good support endorsed better levels of well-being. Social support is important in helping the patient with diabetes cope with the disease and to improve adherence to treatment. Health care providers should take cognisance of psychosocial factors in the treatment of diabetes. Correspondence: *Samantha Ramkisson, M. Sc Clin Psych, Clinical Psychologist, Department of Behavioural Medicine, School of Nursing and Public Health, College of Health Sciences, University of KwaZulu-Natal, Durban, South Africa. P.O Box 1028, Stanger 4450. samantha.ramkisson@gmail.com*

#### **Kpobi L, Ampomah MA, Mate-Kole C, Olayemi E, Anum A, Ofori-Atta A. Adolescents experiences of sickle cell crisis in Ghana**

Adolescence is a critical transition period characterized by tremendous growth in physical, emotional and sexual maturation. Adolescents with Sickle Cell Disease (SCD) experience multiple disease-related complications. However, SCD pain, vaso-occlusive crisis, continues to emerge among adolescents, which decreases their quality of life. There is therefore an urgent need to identify best practices regarding pain management in adolescents with SCD. However, most studies have not examined the pain implication of an adolescent living with SCD in Africa especially in Ghana. This study used a phenomenological design to describe 10 SCD adolescents' lived experiences of sickle cell pain. Analysis of the interview text revealed five overarching themes: management of pain, support systems, nature of support, nature of stigma and impact on life. These themes contained several subthemes including: access to SCD clinics, poor support systems, mobility, academic, financial, work, family challenges, labelling and discrimination. There is therefore an urgent need to properly understand how adolescents experience sickle cell pain in order to help and improve management of pain in SCD. Correspondence: *Mary Akua Ampomah, Mphil, University of Ghana, Legon, Psychology Department university of Ghana, Legon Ghana. aframahampomah@gmail.com*

#### **Monteiro N, Balogun S. Ouch it hurts: A psycho-social-cultural examination of pain and coping in Botswana**

While acute and chronic physical pain are pressing medical problems for patients globally, research has shown that patients in many developing countries are afflicted with untreated pain at high rates. The current study is a cross-

sectional survey investigating the prevalence and impact of physical pain among patients in Botswana. The objective is to investigate the severity of pain experienced by patients, the impact of the pain on multiple aspects of their lives, their access to prescription and OTC analgesic pain medication, the psychosocial coping mechanisms and traditional practices they use to deal with their pain, and cultural beliefs that influence perceptions and management of pain. Three-hundred and sixty-eight adult participants were surveyed at hospitals and clinics in Gaborone and Maun, Botswana. Participants completed the Brief Pain Index, the Pain Disability Index, the Spiritual Wellbeing Scale, the Multidimensional Scale of Perceived Social Support and Functional Dimensions of Coping Scale. Additionally, participants answered qualitative questions about their beliefs regarding traditional cultural and spiritual approaches to treating pain. Multiple hypotheses were proposed that highlight the relationship among coping, perceived wellbeing and social support, cultural beliefs and pain disability. Correspondence: *Nicole Monteiro, PhD, Chestnut Hill College, 118 W. Haines St. Philadelphia, PA 19144. drnmonteiro@gmail.com*

**Wadende P. Genograms and Ecomaps: Investigative tools for emerging support structures for people living with chronic Diseases in Bomet County, Kenya**

The ongoing phenomenon of Globalization has impacted the context of human development in multiple ways. Epidemiologists cite both Non-Communicable Diseases (NCDs) and Communicable Diseases as a double burden of disease. Undoubtedly, it is time for multidisciplinary teams of researchers to study emerging sources of support for the increasing NCDs patients. The objective of the study was to investigate perceptions of supportive and non-supportive social structures for the elderly living with high blood pressure (HBP) and diabetes (D). The main research question was: What structures do elderly HBP and D patients perceive as supportive or not of their health conditions? Forty-six participants (25 Female and 21 Males) on active medication were included from Bomet County, Kenya. Using interviews patient's Genograms and Ecomaps graphics were generated to reveal participant's perceptions of supportive and non-supportive social structures. Interpretive phenomenological thematic analysis was used to analyse the data. Findings suggest that the church emerged as a leading support structure. Immediate family members were most supportive but ironically at times also a source of harmful distress. Other supportive groups included medical providers, herbalists and friends. The African traditional safety net, though weakened, still endures and should be strengthened through government policy. Government policy could also improve the capacity of helpful sources to offer more of the much needed spiritual and even tangible support to patients. Correspondence: *Wadende Pamela, PhD, Kisii University, Kenya, Kisii University-Kericho Campus, P.O BOX 269-20200, Kericho, Kenya. pamelawadende@gmail.com*

**Naidu T, Pillay S. Stigma and discrimination associated with multidrug-resistant TB and HIV in South Africa**

Tuberculosis and HIV are major contributors to the burden of disease in South Africa. Both diseases also have a reportedly high level of stigma. MDR-TB is a more serious type of TB and to date, there are few studies that investigate potential social psychological implications associated with these complications. Specifically little is known about stigma and discrimination in patients with MDR-TB and HIV. This study aimed to measure MDR-TB and HIV stigma and discrimination in the developing world context of South Africa. A survey of 200 patients in a South African hospital specialising in treatment of MDR-TB treatment was conducted. Patients were asked to rate their agreement with items measuring TB and HIV stigma and discrimination. Preliminary data indicates high levels of stigma and discrimination among study participants with MDR-TB and HIV co-infections. It is likely that social construction around TB as a more lethal disease may be associated with the advent of MDR infection and the increased attention around the multi-drug resistant nature of the disease. Correspondence: *Thirusha Naidu, PhD, Dept of Behavioural Medicine, UKZN, Room 301 3rd Floor, George Campbell Building, Department of Behavioural Medicine, School of Nursing and Public Health, Nelson R Mandela School of Medicine, University of KwaZulu-Natal. naidut10@ukzn.ac.za*

**Wiafe-Akenten B. Protection, mainstreaming and challenges of persons living with albinism in Ghana**

The Universal Declaration of Human Rights (UDHR) was proclaimed by the United Nations in 1943. Among others, the declaration was aimed at protecting individuals and groups especially minorities, from discrimination and other forms of inhuman treatment. This declaration has been ratified by a number of countries including Ghana. One group of minorities who have suffered negative attitudes, stigmatization and marginalization especially in parts of Africa, are persons living with albinism (PLWA). This study is in two parts: part one examined the policies and programs put in place by successive governments in Ghana aimed at protecting and mainstreaming PLWA as well as reducing negative attitudes and stigmatization. The second phase investigated the challenges confronting PLWA through in-depth interviews of seventeen respondents. An additional twenty-five PLWA made up of three groups participated in focus group discussions. Examination of the available policies and programs indicated that even though some headway has been made in the protection of minorities in general, there are no specific ones targeting PLWA. Analysis of both the individual interviews and that of the focus group discussions revealed a lack of relevant legislation, low sensitization about the condition of albinism, and health and economic issues as the major themes of concern to PLWA. Correspondence: *Wiafe-Akenten Brenya, Dr, University of Ghana, Legon Box LG 877 University of Ghana Legon, Ghana. cbwaife-akenteng@ug.edu.gh*

**Paper Presentations. Educational/Social**

**Chair: Viljoen C**

**08:30—10:30**

**Mafumbate R. The use of Ubuntu in enhancing wellness of orphans in a developing country: Does it really work?**

This paper provides empirical findings of a study which was conducted in Zimbabwe over a period of two years to ascertain intervention strategies employed by extended family heads to promote emotional, social, career, intellectual and physical wellness of orphaned learners in a developing country. The study is underpinned by two theoretical frameworks, Ubuntu and Wellness theory, which intersect in their emphasis on a holistic interrelated approach to achievement of wellness. The study is embedded within an interpretive paradigm and it followed a qualitative research method. Purposive sampling was used and 6 orphans and 4 extended family heads participated on a voluntary basis. Interviews, questionnaires and observations were used for data collection. Interviews were used for gathering data from extended family heads while questionnaires were completed by orphans. The duration of the interviews was approximately 30 to 45 minutes. Data was analysed manually and the following themes emerged: indigenous activities are assisting to improve orphans' wellness; household chores are disturbing orphans' socialisation; and there is need for revival of the Ubuntu principle and a synergistic approach by community members and other stakeholders to assist in enhancing wellness of orphans. Correspondence: *Mafumbate Racheal, Dr, University of Swaziland. 24 Kwaluseni Circle, Swaziland. rmafumbate@uniswa.sz*

**Boahen-Boaten B, Ndlovu M. Ubuntu Philosophy and Peace-Building in Africa: Critical Reflections Through a Developmental Approach**

The postcolonial African socio-political scene has experienced a plethora of inter-ethnic violence, civil wars and conflicts that have destabilised peaceful living and development. Given that these socio-political turbulences in the African setting have largely occurred in the context of governance, peace-building and conflict resolution mechanisms rooted in colonial systems, it becomes imperative for the African-centred intellectual to invoke Africa's deep philosophical thought to drive peace-building on the continent. Thus, this paper sets out to address this imperative. Drawing on information from existing literature, this paper invokes and expands the Ubuntu philosophy of southern Africa as an instructive philosophy to guide and inform peace-building within the African context. Ubuntu philosophy hinges on the belief that the welfare of the group is greater than that of the individual and espouses the values of humaneness, care, respect and compassion. Uniquely, this paper proposes a developmental approach to peace-building. Such an approach should involve conscious efforts to inculcate Ubuntu values in young children through the socialisation process and reviewing the educational curricula to create pedagogic systems to embrace such values. Ultimately, this paper offers a bottom-up framework for ensuring sustainable peace by raising a younger generation of Africans better positioned and equipped with indigenous knowledge to resolve and prevent conflicts. Correspondence: *Baffour Boahen-Boaten, BSc, MSc, Swaziland Christian University, Faculty of Applied Social Sciences Swaziland*

*Christian University Post Office Box A624 Swazi Plaza Mbabane H101. baffourboahenb@gmail.com*

**Ustaoglu E, Tosun S. The influence of parenting style on individuals' experience of learned helplessness**

The present study investigated the influence of parenting styles on experiencing learned helplessness (LH) among university students. It was hypothesized that university students who had authoritarian and permissive parents felt more learned helplessness and depression after LH treatment. The experiment was conducted in two phases. The first phase was to select participants according to their family types and the second phase included LH treatment. In LH treatment, participants were exposed to 40 Turkish anagrams, which included both twenty solvable and unsolvable anagrams. To measure the experienced LH score, problem solving accuracy score and persistency level were considered. At the end of the experiment, a depression scale was re-presented to participants to measure how depressed they felt. The findings of the study indicated that there was an increase in participants' depression level between before and after LH treatment. Consistently, their accuracy score decreased between before and after LH treatment as predicted. However, there was no difference found between their accuracy score and depression score depending on participants' family types. In addition, correlational measures provided some evidence of a positive relationship between depression after LH and the strictness dimension of parenting styles and a negative relationship between the first accuracy score and the strictness dimension. Correspondence: *Sumeyra Tosun, PhD, Independent Researcher, 437 Kyalami Hills, Midrand, Johannesburg, South Africa. ustaogluusra@gmail.com*

**Viljoen C, Chele T, Mashau I, Keerate GC, Le Roux V, Terburgh L. Health Promoting Voices from the South: Is there anybody out there?**

Health promotion finds itself in an increasingly complex world. The growing global complexity in the reconfiguration of nations presupposes an urgent and in-depth unpacking of the ambiguities beyond control as well as the helplessness that calls for community building and social innovation. The focus of this presentation is to collate research from South Africa, as well as Botswana, focussing on health and health promotion in and through schools. Projects were done from a holistic, ecosystemic and salutogenic approach investigating the role of teachers, parents, students and vulnerable children (Aids affected) and their perceptions of health and health promotion. Results emerging from the various projects include: schools and communities are functioning between the two poles of either being dysfunctional/toxic and healthy; the concept of health and health promotion should be broadened to include sources of strengths (fortigenesis) as well; a better understanding of the growth, strengths, prevention, protection and enhancement of the individual, school and community should be a central focus; the medical model is still the basic point of departure in health promotion; the pathogenic view of society and salutogenesis can be viewed as two opposing positions on the illness/wellness continuum; health literacy should be

developed by all stakeholders. Correspondence: *Charles T. Viljoen, PhD, North West University, Faculty of Education Sciences, School of Educational Psychology, Potchefstroom Campus, South Africa. charles.viljoen@nwu.ac.za*

**Daley T, Memela N. The impact of Autism Spectrum Disorder (ASD) on the family system**

Raising a child with an autism spectrum disorder (ASD) can be an overwhelming experience for parents and families. The severe and pervasive nature of the condition can be associated with a number of difficulties in caregivers. However, until now, the subjective experience of the family has been overshadowed by a focus on the affected child and his/her symptomatology. This study sought to explore the impact of having a child diagnosed with Autism spectrum disorder on a family system. Nine in-depth qualitative interviews were conducted with families within the greater Durban area in South Africa. Through the use of an adapted Global Family Functioning framework it was discovered that the impact of the condition on the family surrounds the following areas; personal strain and the impact on personal coping resources, family's financial resources, family adaptability, family cohesion and social support system. The financial impact of the condition on the family as well as research on how single parents cope with the condition was identified as an area that needs further exploration  
Correspondence: *Tristan Daley, MA student, School of Applied Human Sciences, University of KwaZulu-Natal, Howard College, Glenwood, Durban, KwaZulu – Natal, 4041, South Africa. Memelan@ukzn.ac.za*

**Du Plooy J. Autism Spectrum Disorder: Treatment through the eyes of a volunteer**

Not much research has been done on Autism Spectrum Disorders (ASD) in South Africa, largely due to a lack of resources. Most of the schools or centres for ASD are NGO's like Ernie Els Centre, and The Star Academy, who base their treatments on American research and statistics. The latest statistics in America state that 1 in 68 children are diagnosed with ASD. We can only estimate the statistics in South Africa. The purpose of this research study is to examine current literature on the treatments for ASD available in South Africa, as well as a comparison of these current treatments. It is a mixed methods research study that comprises of the various experiences of volunteers who have worked with children on the Autism Spectrum who have received different treatments and interventions in a South African context. The main treatments that are focused on in this study are remedial schooling, and one-one treatments like Applied Behaviour Analysis. A comparison is made between the different treatments to determine what treatment delivers long-lasting results and what treatment helps to get a person on the Autism Spectrum to the point of functioning independently in society. Correspondence: *Justine du Plooy, BA Psychology, University of Pretoria, University of South Africa, 71 Panorama Avenue, Unit 1 Villa Elite, Kempton Park, Gauteng, 1619, South Africa. justinedp101@gmail.com*

**Paper Presentations. Community  
Chair: Dube-Addae T  
08:30—09:10**

**Dube-Addae T. More than just a number: Life Story Interviews with unemployed youth in a low-income community in South Africa**

Ten life story interviews were conducted with unemployed youth in a low-income community in South Africa. A life story is a person's story as they choose to tell it, in a given context with regard to their life experience as a whole. This paper outlines the themes emergent from the life story interviews with unemployed youth. The experience of undertaking life story interviews in Kayamandi, a township is highlighted. The narratives were characterized by a sense of powerlessness, the promise of education, the immediacy of the unemployment experience and a sense of stuckness, the urgency of remunerative work, the importance of supporting family of origin and making a contribution at home, as well as a difficulty in conjuring up positive images. The paper offers an opportunity to hear the voices of unemployed youth who too often are reduced to statistics in discussions about (youth) unemployment. The paper concludes with a reflection on the principles of Ubuntu and their enduring resonance and relevance. Correspondence: *Thembelihle Dube-Addae, PhD Student, Stellenbosch University, Victoria Street, Stellenbosch, 7600. South Africa. td@thembelihledube.com*

**Leary M. Poverty unemployment: Factors working against entrepreneurial development in South Africa**

Poverty is evident in large sections of our society, with approximately 22 million people in South Africa living on the brink of poverty. Unfortunately, poverty and unemployment in South Africa are interrelated with unemployment often a long-term situation for many young jobseekers. It is a fact that many jobseekers will never find work in the formal sector and ultimately in order to survive and prosper need to start their own ventures. Poverty has deleterious consequences for venture and employment creation. The unemployed starting from a disadvantaged position rarely develop high-growth ventures that provide sustainable employment for themselves and other jobseekers and often remain necessity entrepreneurs or give-up when their businesses go through a difficult period. This study set out to determine the factors negating the creation of successful entrepreneurs within the context of poverty and unemployment. The sample group consisted of 47 unemployed participants, from a high poverty area with unemployment, poor infrastructure and overcrowding present. A mixed methods approach was used in the research design. Results indicate that the manifestations of poverty and unemployment have serious negative effects on efforts to initiate small business ventures. Specific consequences of poverty and unemployment are unpacked as they specifically affect the youth in their endeavours to create business ventures. Correspondence: *Michael Leary, MCOM, University of South Africa. learymb1@gmail.com*

**Invited Keynote. Hope- healing communities in contemporary Africa: An evidence-based example of the generative function of languages**

**Chair: Thwala J**

**Presenter: Augustine Nwoye**

**09:10-09:50**

**Nwoye A. Hope-healing communities in contemporary Africa: an evidence-based example of the generative function of languages**

The major aim of this presentation is to report on an interregional study conducted among hope-healing communities organized by religious ministers in two regions of Africa. The paper gives narrative accounts of the key hope-generating processes incorporated into the eight-stage structure of their practice, presenting new concepts and highlighting the healing factors in these communities intended to help people to cope with the devastating conditions in today's Africa. The result suggests that among the key inspirational variables through which healing is induced on participants are the creative function of difference, and the generative and the transformational power of language. Correspondence: *Augustine Nwoye, PhD, University of Kwazulu-Natal, Durban, South Africa. Nwoye@ukzn.ac.za*

**Invited Keynote. Community defined evidence practice: Implications for African Psychology**

**Chair: Thwala J**

**Presenter: Cheryl Grills**

**09:50—10:30**

**Grills C. Community defined evidence practice: Implications for African Psychology**

Explicating the body of knowledge to be mastered, the methods and metrics for credible evidence to build and expand the knowledge base, and the skills to be acquired before one can proclaim disciplinary expertise are fundamental tasks and challenges facing the discipline of African psychology. A collective framework is needed from which to develop an inclusive shared vision that is collaborative, community-based, flexible, and grounded in culture and context from an African-centered perspective. This presentation offers lessons learned from efforts to develop and validate prevention, early intervention and treatment practice among indigenous peoples where culture and context inform the implementation and validation of community defined evidence practices. A three-dimensional conceptualization and framework are offered to guide the development of ethnic specific and Pan-African theories, praxis, and African-centered science to establish credible evidence within African psychology. It can act as a road map for African Psychology to 1) guide descriptions of culture, as manifested and expressed in African centered interventions—where culture is placed at the heart of the ecological system, and 2) account for historical factors that

influence the organizational, community, and systems contexts within which African psychology praxis occurs. Correspondence: *Cheryl Grills, PhD, Psychology Applied Research Center, Loyola Marymount University, 1 LMU Drive, 4753 University Hall, Los Angeles, CA 90045. Cheryl.Grills@lmu.edu*

**Symposium. The social anatomy of public protests in south Africa**

**Chair: Swaty LA**

**08:30—10:30**

**Day S, Seedat M, Suffla S, Mochudi M, Swart LA. Resisting the peaceful-violent binary in public protests: A multimodal analysis of a service delivery protest in Cape Town, South Africa**

Many communities living within informal settlements in South Africa have limited or no access to services, and are excluded from participation in the political, socio-economic and legal systems that determine their social realities. Resultantly, there has been a marked increase in service delivery protests during the last decade. The inherent insurrectionist purpose of protests is often found to be in contravention of public order regimens that seek to regulate the enactment of public protests, minimise the disruptions inherent to protests, and legitimise those defined as peaceful. This produces a peaceful-violent protest binary, which fails to account for the dynamic nature of protests and the rapid shifts that may occur within single protest events. This study aimed to interrogate the peaceful-violent binary in public protests through a detailed analysis of unedited video footage of a selected authorised protest in the city of Cape Town, South Africa. The data were analysed using multimodal analysis. The findings suggest that protests shift between moments of resistance to the official scripts that seek to contain their insurrectionist intent and moments of appeasement. Current definitions of protests as either violent or peaceful are incomplete in their contributory value to research, practice and policy on public protest. Correspondence: *Sarah Day, MA, Unisa's Institute for Social and Health Sciences and the South African Medical Research Council's Violence, Injury and Peace Research Unit, 22 Rosyntjebos Street, Randpark Ridge, Johannesburg, South Africa, 2169. daysk@unisa.ac.za*

**Makama R, Seedat M, Suffla S, Day S, Swart LA, Mochudi M, Cornell J, Koekemoer K. Traditional weapons as protest symbols in contemporary South Africa" to "Protest symbols in Contemporary South Africa**

Despite the end of apartheid over two decades ago, the economic and social landscape of South Africa remains remarkably unchanged. As a result, the state has witnessed an increased frequency of protests as a response to the exclusion, poverty and marginality experienced by the majority of South Africans. This presentation focuses on a neglected dimension in the analysis of public protests; that is, protest symbols as an enactment of meaning. Specifically, the authors draw from a sample of visual protest material to

examine the situated meanings of traditional weapons in the context of contemporary protest events in South Africa. Through the analysis, the authors demonstrate the re(claiming) of traditional weapons, as well as their rhetorical power and resonance in the representation and articulation of dissent. The analysis is referenced against African cultural narratives and practices relating to traditional weapons. The authors conclude that the symbolic importance of cultural artefacts such as traditional weapons in maintaining protest movement continuity remains largely unrecognised. Correspondence: *Makama Refiloe, M.A Research Psychology (PhD candidate), College of graduate studies-UNISA, Institute of Social and Health Sciences, 1, South East Metropolitan Complex, Lenasia Drive M10, Lenasia South, Lenasia, 1827 Sout Africa makama.refiloe225@gmail.com*

**Swart LA, Koekemoer K, Day S, Govender R, Seedat M. Protest in South Africa: Characteristics of non-protestors, protestors and violent protestors**

Although protest action in South Africa has increased in frequency and intensity, little is known about the individuals who protest or engage in political violence. Drawing on data from the 2012 Afrobarometer, the current study explored whether South Africans who have protested, not protested, and protested violently differ in socio-demographic characteristics, socio-economic circumstances, and perceptions of government. Results indicate that compared to non-protestors, non-violent protestors were more likely to experience greater poverty and rate government's performance in service delivery favourably. Compared to non-protestors, violent protestors were more likely to view government as more corrupt and rate government's economic performance and local government's performance more favourably. Compared to non-violent protestors, violent protestors were more likely to have lower education, view violence as acceptable or understandable, rate government's economic performance and local government's performance favourably, and rate government's performance in service delivery negatively. Therefore, while non-violent and violent protestors differ from non-protestors, they also differ from each other on a number of other dimensions, including education level, views of violence, and views of government performance. This study provides partial insight into the characteristics of protestors, which can inform prevention strategies targeting protestors who are the most likely to engage in violence. Correspondence: *Lu-Anne Swart, PhD, UNISA & SAMRC, P.O. Box 1087, Lenasia, 1820, Johannesburg, South Africa. swartl@unisa.ac.za*

**Cornell J, Mochudi M, Suffla S, Makama R, Seedat M. Public protest in a low-income South African community: A contested oral history**

South Africa has a well-documented record of public protest, which has been signalled as a vital means for marginalised communities to express dissatisfaction with authorities. Although typically enactments of resistance and agency, South African public protest tends to be constructed as unorganised and violent. The study examined community members' constructions of public protest, particularly the interlocking cycles of violence and peace that have come to

define this low-income community's struggles against structural violence. Interviews and focus groups were held with participants from in and around the community. The engagement with participants included mapping of key historical events in the community to illuminate the social actor, and the spatial and temporal aspects of the anatomy of public protest. The findings suggest there are multiple discourses shaping constructions of public protest in this community, including protest violence as legitimate resistance, as criminal activity, and as political strategy. The data revealed fluidities and contradictions in the discursive mapping of the circumstances associated with public protest. This points to the need for nuanced, layered and situated social justice approaches that aim to de-escalate episodes of violence at the local level while simultaneously supporting community activists' enactments of civil disobedience through protest and the pursuit of equity. Correspondence: *Josephine Cornell, MSocSci, South African Medical Research Council-University of South Africa, PO Box 19070 Tygerberg 7505, Cape Town, south Africa. josephine.cornell@mrc.ac.za*

**Invited Keynote. Psychology, Assemblages of Racialisation, and the Age of Populism**

**Chair: Barnes B**

**Presenter: Garth Stevens**

**08:30—09:10**

**Stevens G. Psychology, Assemblages of Racialisation, and the Age of Populism**

This paper begins with the premise that the making of the raced subject and its associated processes of racialisation are comprised of a set of interwoven assemblages that are mutually reinforcing, acting in tandem to craft a more-or-less coherent system – an apparatus or dispositif – that is central to the production, reproduction and maintenance of racism. The paper then selectively explores the ways in which psychology has historically attempted to understand this range of assemblages, both empirically and conceptually, but also contemplates what future conceptual terrains may be important for psychological theory to be deployed upon, in an attempt to deepen such understandings. Spanning experimentalism, historico-materialist analyses, the signifiatory and discursive turns, this selective focus then also highlights the importance of performativity, habitus, corporeality, affect and the decolonial turn as important sites for conceptual development. The paper concludes by transcending the frequent exceptionalism seen in studies on race in South Africa, to thinking about how psychology may be utilised in interdisciplinary ways to understand the various and uneven assemblages of racialisation in a global context of populism. Here, elements of both left-wing and right-wing populism have perhaps ushered in new forms of racial essentialism, conflict, waves of anti-immigrant sentiment, Islamophobia, hate crime and xenophobic violence, and psychology may offer important anti-foundationalist insights into the mechanisms and processes that underpin these newer manifestations of race, racialisation and racism. Correspondence: *Garth Stevens. PhD, Department of*

**Invited Keynote. Psychology in Meta-colonized Africa: New challenges in a new era**

**Chair: Cooper S**

**Presenter: Hussein Bulhan**

**09:10—09:50**

**Bulhan H. Psychology in Meta-colonized Africa: New challenges in a new era**

The presentation will discuss: 1) the experience of oppression in the history in Africa, 2) the uses of psychology in fortifying and extending that history of oppression, 3) the change of psychology as discipline from colonial era to post-colonial era, and 4) the new challenges awaiting African psychologists in theory, research, and practice. My presentation will build and expand on my previous and recent works, in particular three of them—firstly my book on Frantz Fanon and the Psychology of Oppression, secondly my earlier chapter on “Imperialism in Studies of the Psyche: A Critique of African Psychological Research,” thirdly my most recent article on “Stage of Colonialism in Africa: From Occupation of Land to Occupation of Being.” In addition to these intellectual endeavors, I draw on my experiences and observations while engaged in clinical, political, and social practice in Somali society during the past twenty-two years since my return from the United States. Correspondence: *Hussein Bulhan, Dr. drbulhan@hotmail.com*

**Paper Presentations. Counselling**

**Chair: Maree K**

**08:30—10:30**

**Sherwood P. Clay Therapy: The role in recovery from genocide experiences**

Somatic psychotherapy processes for working with Indigenous Australian Aboriginals and Rwandan Genocide survivors to process grief and loss, anger, shock, fear and abandonment using clay as a sensory medium of expression, in environments with very limited mental health resources. These communities represent cultures of economic, cultural and political disadvantage with compounded problems caused by a history of political oppression and the historical experience of genocide policies. This innovative psychotherapeutic model of delivery focuses on their core issues of grief and loss, fear, terror, anger, betrayal and abandonment. In keeping with the cultural emphasis on group activities rather than individual activities, and in recognition of the paucity of mental health resources, the delivery of these counselling processes has been done in community based groups. The use of clay therapy to work non-verbally through such types of trauma will be discussed and the particular sequences explicated with reference to cases studies in Rwanda and among indigenous Australians.

Correspondence: *Patricia Sherwood, PhD, Notre Dame University, PO Box 27, Boyanup, Western Australia. cctrust111@hotmail.com*

**Maree J. Promoting decent work and sustainable development in a resource-scarce environment: Group-based life design counselling**

The integrative test adaptation development model guided the BLAS test adaptation and development process. The purpose of the present work was to meet the learner support needs of Botswana’s school guidance and counselling program and enhance the Guidance and Counselling programmes in the primary and secondary schools in Botswana. A number of tests/ questionnaires were selected for piloting for possible conceptual adaptation. The Phase 1 test adaptation and development further adapted and developed these tests. The final collection of tests was field-tested as the Phase 2 study to establish the stability of scores with the same respondents pegged against the results from Phase 1 data. Methodologically, the project applied both classical and modern test theory approaches to take full advantage of both these approaches to test development. Rasch analysis was utilized for test calibration. Findings: applying International Test Commission guidelines on test development adaptation, an appraisal rather than an assessment testing portfolio was developed from these efforts. The results showed strong evidence of reliability, validity and trustworthiness (where applicable) and confirm that the test portfolio is usable in Botswana schools. Future research should include the development of similar tests/ strategies (qualitative and quantitative) for use across Africa. Correspondence: *Jacobus Maree, PhD, University of Pretoria, Pretoria, South Africa. kobus.maree@up.ac.za*

**Ragpot L, Robinson L. Five rungs to the top of the ladder: a model for a brief therapeutic intervention with young clients**

The focus of this paper is to present a model of solution focused therapy which could be utilised with younger clients (individually and in groups) to address varied difficulties in diverse contexts. Solution Focused Brief Therapy (SFBT) is a feasible approach to working with children, as it focuses on the here and now, is powerful and works quickly. The created model within the SFBT framework, serves as a guideline which could be adapted in various ways to give the therapist a guideline for five sessions of interaction with young clients. Case examples will be used to illustrate how the model will assist therapists who work with children to: (i) Do validation and normalisation - thus acknowledge their past experiences; (ii) Use externalisation as a way to distance themselves from presenting problems, be more objective, and to take control; (iii) Find exceptions to the problem in identifying instances when the problem was not in control; (iv) Access inner resources and make strengths visible; and (v) Create a future possibility picture to deal with similar issues. Correspondence: *Lara Ragpot, PhD, DEd, Department of Childhood Education, University of Johannesburg, Chris Hani Road, Pimville, 1809, Soweto, South Africa. lragpot@uj.ac.za*

**Chinyamurindi W, Dlaza Z. The role of mindfulness in navigating through life & career challenges: Narratives of working adults**

This paper seeks to illustrate the role of mindfulness in assisting individuals undergoing life and career challenges. The backdrop of this study is within the career psychology literature, where scant focus has been given to understanding (subjectively) the role of mindfulness amongst working adults. Through a sample of 15 participants, unstructured interviews were conducted using a snowball sampling technique with individuals who had undergone a life and career change. A narrative analysis was conducted using the three levels of meaning-making approach for the purpose of analysis. Two main themes emerged based on the analysis. First, mindfulness provided a window of opportunity for individuals to make sense of their lived experience given the life or career challenge they faced. Second, concerning mindfulness activities used; individual meditation, prayer, seeking spiritual guidance and physical exercise were found most common. Given these mindfulness activities, participants praised these activities as assisting in managing the life or career challenge and also getting to know more about their inner self. Based on these findings, implications for career counselling are made. Correspondence: *Willie Chinyamurindi, PhD, University of Fort Hare, 50 Church Street, East London, South Africa. wchinyamurindi@ufh.ac.za*

**Documentary Screening. Doctors of the Dark Side  
09:00—10:30**

**Symposium. Interfacing 'race', culture and clinical supervision: global perspectives to practice  
Chair: Falender C  
10:35—11:55**

**Falender C. Clinical Supervision through the lens of the United States**

With the emergence of guidelines for clinical supervision and for regulation of supervision in states and provinces of the U.S. and Canada, movement has increased towards accepting that clinical supervision is a distinct professional practice that requires education and training. The backdrop to this is the emerging research reporting that substantial numbers of supervisees are reporting subpar clinical supervision, both inadequate and harmful with significant lack of supervisor cultural competence. Attitudes in the U.S. still lean towards viewing clinical supervision as a process that is learned through osmosis, or internalizing and replicating one's own supervision while in training. Research has concluded that individuals who do not have formal training in clinical supervision do not value such training. In this symposium, approaches to enhancing cultural competence in supervision, drawing upon global supervision strategies, will be elucidated. Correspondence: *Carol Falender, PhD, Graduate School of Education and Psychology, Pepperdine University,*

*Los Angeles, Department of Psychology, University of California, Los Angeles, 1158 26th Street, #189, Santa Monica, CA 90403, USA. cfalende@ucla.edu*

**Pillay B. Supervision within the context of the regulatory frameworks**

Supervision of psychological practice is a mandatory requirement in professional training in South Africa and many other countries. This requirement, as well as other aspects of professional training, is regulated by national statutory bodies tasked with this function, and in the case of South Africa it is the purview of the Health Professions Council of South Africa (HPCSA). Such regulation serves to ensure: (i) appropriate standards of care being delivered by trainees, in order to protect the public, and (ii) minimum standards of training across the country in line with professional competency requirements. Of particular importance is the HPCSA's concern to transform the training of practitioners to meet the specific needs of the population and address the psychological issues associated with the past and current injustices. The presentation explores the issue of clinical supervision against this background as well as the broader sociocultural context of South African society. Correspondence: *Basil Pillay, PhD, University of KwaZulu-Natal, Durban, South Africa. pillayb@ukzn.ac.za*

**Pillay A. Power differentials and dynamics in clinical supervision with psychology trainees**

Being a mandatory and regulated component in psychology training, clinical supervision serves both teaching and evaluation, among other functions. However, this combination has the potential to set up a dyadic context in which learning may occur in a milieu of anxiety, stress, pressure, fear, duress or constraint. The extent to which this transpires depends on the personalities involved, but is also heavily influenced by social constructions such as race, gender, culture and others that can contaminate the relationship. The nett effects of skewed power differentials and interpersonal dynamics are significant enough to impede optimal learning and, therefore, not conducive to academic and clinical skill development in trainees. The presentation engages this issue and explores possible strategies of addressing these difficulties. Correspondence: *Anthony Pillay, PhD, University of KwaZulu-Natal, Fort Napier Hospital, P O Box 370, Pietermaritzburg, South Africa. anthony.pillay@kznhealth.gov.za*

**Bawa U. Bringing the collective back into the individual: Contextual-Clinical supervision for psychology trainees working in low income African contexts**

Clinical supervision in psychology is premised on the notion of individual development for clinical competence for the appropriate delivery of mental health services. The South African Bill of Rights emphasises that the provision of quality mental health services is a fundamental human right for all citizens, particularly those seeking help at public health facilities. Training institutions have as a regulatory requirement the development of knowledge of diagnostics, assessment and treatment. Despite the overwhelming need for public mental health services, many professional training

programmes seem to struggle to embed a contextualised, psychological model of mental health care in the dominant private practice training model. This sometimes leaves psychology trainees ill-equipped to meet the challenges of providing services in public health facilities in resource constrained communities in South Africa. The presentation will address this difficulty and explore how a contextualised clinical supervision perspective may assist trainees in being more reflexive and responsive to the private-public nexus of disparate contexts. Case examples of community based programmes and public-private mental health delivery partnerships in African LMIC contexts will be offered. Correspondence: *Umesh Bawa, University of the Western Cape, South Africa. ubawa@uwc.ac.za*

**Invited Keynote. Clinical supervision through a global lens**

**Chair: Pillay B**

**Presenter: Carol Falender**

**11:55—12:35**

**Falender C. Clinical supervision through a global lens**

Clinical supervision is gaining momentum internationally. Moving from a theory of osmosis, or simply supervising as one was supervised, supervision is gaining momentum as a distinct professional practice that requires education and training for competence. The valence and means of providing supervision differ, but multiple international venues are developing accreditation and supervision guidelines or checklists, refining practices, and reimagining supervision. In this keynote, commonalities and distinctive features of international supervision practice will be highlighted. Attention will be given to culturally specific themes, cultural humility and the impact of these on the trajectory of supervision competence in a competency-based supervision frame. Emphasis will be on the intentional and systematic quality of supervision, anchored in benchmarks or specific competencies that have been agreed upon by the profession. Identification of the multiple components that comprise competency-based supervision will be reviewed in the context of the cultural identities of client(s), supervisee-therapists, and supervisors. In addition, regulatory aspects including assessment and maintenance of competence, use of self-assessment, and supervision training requirements will be reviewed. Correspondence: *Carol Falender, PhD, Graduate School of Education and Psychology, Pepperdine University, Los Angeles, Department of Psychology, University of California, Los Angeles, 1158 26th Street, #189, Santa Monica, CA 90403, USA. cfalende@ucla.edu*

**Invited Keynote. The integration of human rights into codes of ethics in psychology:**

**Critical issues and recommendations**

**Chair: Pillay B**

**Presenter: Janel Gauthier**

**10:35—11:15**

**Gauthier J. The integration of human rights into codes of ethics in psychology: Critical issues and recommendations**

Codes of ethics of a number of psychology bodies explicitly refer to human rights (HR). But whether or not such references or integration add something to codes that are lacking and cannot be remedied in another way is unclear. In this address, I consider the relevance of using HR standards to complement and strengthen ethical standards. First, I examine the historical development and the contemporary meaning of human rights. Second, I analyse the concept of ethical principle and the historical development of ethical codes for psychologists. Third, I explore the relationship between HR and ethical principles as articulated in the Universal Declaration of Human Rights and the Universal Declaration of Ethical Principles for Psychologists, respectively. I conclude that HR, as defined in the UDHR, is neither a unitary nor a universal construct, which raises questions about the extent to which HR can provide a value-added component to codes of ethics, particularly in a globalizing world. I suggest that the ethical principles, as defined in the UDEP, offer a better reference to the drafters of codes who are looking for ways to supplement and strengthen their ethical codes. Correspondence: *Janel Gauthier, PhD, School of Psychology, Pavillon Félix-Antoine-Savard, Laval University, Quebec, QC, G1V 0A6 CANADA. janel.gauthier@psy.ulaval.ca*

**Paper Presentations. Ethics**

**Chair: Beukes J**

**11:15—12:35**

**Beukes J. Morality and White-Collar Crime within the South African Context**

This study was inspired by literature on the purported “neuromoral network” situated in the frontal lobes, said to be responsible for moral reasoning. The study investigated the moral reasoning patterns of white collar offenders in South African correctional centres. This was achieved by a descriptive study design, measuring the moral reasoning ability of white collar offenders and linking these measures to frontal lobe functioning and ethical ideology. The study found that the moral reasoning ability of the sampled white-collar offenders did not differ significantly from that expected of the average educated person. Furthermore, no significant frontal lobe deficiencies were detected. The moral ideology assumed by the sample of white collar offenders imply that they follow universal moral codes, although they are open to exceptions depending on the situation – an ideology in line with the African moral theory as proposed by Prof. Thaddeus Metz. This research study was intended to inform future research on white collar offenders and the development of preventative measures and interventions for white collar crime in the South African context. Correspondence: *Johanni Beukes, MA Research Consultation (Psychology), Unisa, 1 Preller St, Muckleneuk, Pretoria, 0002, South Africa. johannidutoit@gmail.com*

**Kwakyenuako C. Developing on an island: The development of an ethical code for psychologists in Africa**

Ethical codes are required for every profession and psychologists in Africa are no exception, however, most associations in Africa use 'foreign' ethical codes to guide their work. Using the concepts of cultural universalism and relativism this conceptual paper aggregates ethical codes from three regional ethical groups (American Psychological Association, the British Psychological Society and South African Psychological Association) as well as an international body-- the International Union of Psychological Sciences (IUPS) with the view to synthesizing the core elements of ethical codes that may be relevant to the African context. It makes recommendations towards the drafting of an ethical code for the practice of psychology in Africa which will at the same time incorporate elements that are universally applicable and also make modifications suitable for the African context. The proposal may be of interest to the Psychological Associations in Africa. Correspondence: *Charlotte Kwakyenuako, MPhil, LLB, BL, Methodist University College Ghana, P. O. Box DC 940 Dansoman, Accra, Ghana. ckwakyenuako@gmail.com*

**Paper Presentations. Industrial/Organizational Chair: Masole L**

**10:35—12:35**

**Botha E, Van Zyl L, Stander M. The mental health of industrial and organisational psychologists within South Africa**

Little is known about the mental-health of healthcare professionals within South Africa. Even less is known about the mental-health of industrial/organisational psychologists (IOP) within this context. In order to function effectively as a mental-health care professional, IOPs should present with moderate to high levels of mental-health. In this investigation, mental-health is defined as the culmination of work-role fit, a balanced affect ratio, the experience of psychological meaningfulness and work engagement culminating in high levels of flourishing and life satisfaction. The purpose of this paper was to investigate the self-perceived mental-health of industrial and organisational psychologists within South Africa. This investigation could provide an accurate diagnostic framework for overall mental-health within the sample (n = 273) of IOPs. A survey-based research design was used on a census sample of IOPs within South Africa. SEM was used to determine the relationship amongst the variables. The results indicated the IOPs experience moderate levels of mental-health and are strongly influenced by affect-balance, life satisfaction, work engagement and psychological meaningfulness as outcomes of work-role fit. The main contribution of this study would be a diagnosis of the mental-health of IOPs in practice with implications for training and self-development. Correspondence: *Elrie Botha, PhD, Optentia Research Focus Area, North-West University; KU Leuven, Belgium. Elrie.botha@nwu.ac.za*

**Van Heerden A. Exploring specialised military performance motivation from an African ubuntu perspective**

South Africa with its multi-cultural composition consists of both individualistic and collectivist cultural groups. Indigenous Psychological Research, particularly in the Military Selection and Training domains, is of key importance in understanding the context of studies. The meaning and understanding of various concepts like "motivation" may differ significantly between the various cultural groups in the country. The combined societies in South Africa pose a significant challenge in terms of ensuring that our research is grounded within the African Context. The presentation will focus on the results of a qualitative exploration in the form of a literature review, into the possible influence of African Culture on training performance during SANDF training. In order to recruit and select military candidates with the right combination of psychological attributes, there needs to be an "appreciation" and "understanding" of the context from which these candidates come. For instance, in the Xhosa and Zulu cultures, there is great emphasis on the concept of "Ubuntu" meaning fraternity, this implies compassion and open-mindedness and is opposed to individualism and egotism. The time has come to enrich psychology's underlying assumptions by complimenting it with the rich diversity of indigenous African Psychological investigations.

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**Masole L. Culture and water-based occupations amongst African cultures: An exploratory study**

Water plays a significant role in sustaining life. Water also has great cultural and religious significance. Many traditional and religious rituals are associated with water and have an influence on our beliefs. According to career psychology, our career choices are tainted by our beliefs. Stereotypes such as "black people cannot swim" are a consequence of the association between water and culture which has dissuaded many from pursuing water-based careers. As a result, these occupations remain grossly underrepresented by the majority in South Africa. This exclusion is not in line with the constitutional requirements of transformation. The extent to which cultural beliefs associated with water serve as an entry barrier to water-based occupations amongst the African cultures is unexplored. What is evident is the challenge to entice young Africans to water-based occupations, as experienced by military units specialising in diving. Through individual interviews and thematic analysis, this paper explores the experiences of African military divers. The objective is to explore the role and impact of cultural beliefs associated with water as well as how to leverage those challenges. The results will provide insights which may serve to guide military efforts aimed at attracting and retaining young Africans to water-based occupations.

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*Behavioural Science Unit, 11 Jan Cellier Street, Stellenbosch, South Africa. lmasole@csir.co.za*

**Ansah-Nyarko M. Predicting counterproductive work behaviour among wholesale and retail shop workers in Accra and Kumasi**

The present research examines hostile work environment (gender harassment, abusive supervision, ethnic discrimination and religious harassment) and interpersonal conflict in predicting counterproductive work behaviour among wholesale and retail shop workers in Accra and Kumasi. A survey method was used to collect data from a diverse sample of 318 workers from different wholesale and retail shops in Accra and Kumasi. Hierarchical multiple regression was used to analyze the hypotheses. Results indicate that hostile work environment accounts for more variance in predicting counterproductive work behaviour than interpersonal conflict. In addition, gender harassment, a sub-theme of hostile work environment accounted for more variance in explaining counterproductive work behaviours followed by abusive supervision, ethnic discrimination and religious harassment respectively. The moderating analysis showed that sex and age of respondents moderated the relationship between interpersonal conflict and counterproductive work behaviour. That is, female and older workers engaged more in counterproductive work behaviour than males and younger workers. It is recommended that owners of wholesale and retail shops should provide workers with respectful and conducive working environment so as to motivate them to put up their best in enhancing organizational performance. Correspondence: *Michael Ansah-Nyarko, University of Ghana, Ghana. ansahnyarkom5@gmail.com*

**Pheko M. Theory of Cognitive Adaptation: A Powerful Buffer against those with Legitimate Right and Power to Bully Subordinates**

Work is undoubtedly fundamental to human life, social development and economic development of individuals, organisations and nations. However, the experience of working is not always pleasant as there are many instances where relationships between workers, managers, and clients deteriorate leading to practices and behaviours that can be characterised as workplace bullying and/or mobbing. Bullying and mobbing which may include ganging up behaviours – adopted to ‘wear and tear’ a colleague down emotionally through unjustified accusation, humiliation, general harassment and emotional abuse has led to severe social, psychological, and psychosomatic problems for many victims. While there has been an increase in research investigating both mobbing and bullying in the workplace; personal experiences of survivors of bullying, as well as research in academic institutions and in the African continent remains scant. The current study used self-ethnography to investigate the experiences of academic bullying and mobbing and relates the practices to power structures in academic institutions. Specifically, the author shares personal experiences and explores the physical and emotional pain of being bullied and mobbed while working for a local university in Botswana, Africa. The author also outlines how

the cognitive adaptation strategies were used to cope with both the physical and emotional distresses associated with the negative experiences. Correspondence: *Mpho Pheko, PhD, University of Botswana, Private Bag 0022, Gaborone, Botswana. mphopheko@live.com*

**Paper Presentations: Musclicity/Gender  
Chair: Siweya T  
10:35—12:35**

**Siweya T, Sodi T. Notions of manhood by adolescent African boys in Ngove village, Limpopo Province**

The aim of the study was to determine the notions of manhood by adolescent African boys in Ngove Village, Limpopo Province. Specifically, the study sought to describe the subjective representations of what it means to be a man in this rural community. This was a qualitative study that sampled a total of 10 adolescent boys through purposive sampling. Data was collected using individual semi-structured interviews and focus group discussions, and analysed through interpretive phenomenological analysis (IPA). Three key themes emerged from this study, namely: a) manhood is a status that is earned when a male person possesses specific qualities that one’s community and culture consider to be in keeping with being a man; b) from early childhood, African boys experience social pressure that compels them to behave in ways that are in keeping with standards set by the community; and, being a man is a developmental reality that is manifested behaviourally. The results of the study are discussed in the context of culture and human development. Correspondence: *Tryphosa Siweya, Student, University of Limpopo, PO BOX 2473 Giyani, 0826, Polokwane, South Africa. siweya.try5@gmail.com*

**Agyei F, Wullf-Caesar MC, Anakwah A, Asante PW, Anarfi O. Gender differences in social representation of power: A qualitative inquiry in Ghana**

Power is instrumental in shaping interpersonal relations. Power differentials mediate social interactions through objectification and subjectification of the less powerful. Some psychological studies also show the effect of power on cognitive processes. However, the discourse has been dominated by an intuitive notion of what power means. This creates limited understanding of subjective interpretations and experiences of power and power relations. Using Foucault’s concept of power and social representations theory, the current study addressed this problem from a critical psychology perspective. The study qualitatively examined social representations of power among 60 participants of different socio-economic backgrounds in Ghana. Data was gathered using social constructionist individual interviews and analyzed using thematic analysis. Findings showed that participants’ representation of power is fluid, characterized by superiority, resistance and subordinacy and distributed within five spaces of social interactions: political space, economic space, psychosocial space, family space and religious space. Men were seen to exercise higher power within political and economic spaces while women exercise higher power within psychosocial

space. Both men and women share equal power within family and religious spaces. Implications of the findings are discussed within the context of conceptualizing power in psychological research as multidimensional and distributed across different interactional spaces. Correspondence: Francis Agyei, PhD Student, University of Ghana, P.O. Box LG 25, Legon, Ghana. fagyeyi007@st.ug.edu.gh

**Magodyo T, Andipatin M, Jackson K. The role of Xhosa traditional circumcision in constructing masculinity**

Ulwaluko is a Xhosa word that refers to an initiation ritual. The purpose is to transform boys into men. Circumcision is one of the rituals performed. The ritual aims to instil good moral and social values. Due to socio-cultural shifts, the practice of Ulwaluko has changed and this has culminated in instances of criminal activity, drug abuse, risky sexual behaviours, and inhumane behaviours among some of the initiates. There has been a recent upsurge in research on Ulwaluko in South Africa. While many studies examined Ulwaluko from a constructionist framework, very few have focused on subject positions and how Ulwaluko contributes to the construction of masculinity in Xhosa men. Using social constructionist theory, the study employed a qualitative exploratory design and semi-structured interviews that were analysed using thematic decomposition analysis and positioning theory. Data from seven participants, from a university in Cape Town, reflected that, Ulwaluko created an idealised masculine identity and through self-reflection and critical engagement, some men contested Ulwaluko resulting in the creation of rival masculinities and thus the study created spaces to rethink masculine identities. Correspondence: Tapiwa Magodyo, MA Res Psych, The South African College of Applied Psychology, 1st Floor Sunclare Building 21 Dreyer Street, Claremont 7708 Cape Town, South Africa. tapiwa@sacap.edu.za

**Tsabedze W, Maepa M, Pila-Nemutandani R. Emotional intelligence and aggression among adolescents: Are there gender differences?**

The study aimed to explore gender differences in aggression and emotional intelligence among adolescents. Using a cross sectional design, a total of 440 participants were sampled through a stratified sampling method to participate in the study. Participants completed a questionnaire with three sections, namely; a) Biographical information, b) Emotional Intelligence Questionnaire and c) Aggression Questionnaire. The study hypotheses were tested using independent sample t-tests. The study results revealed significant statistical differences between male and female adolescents on hostile aggression ( $t=6.56$ ;  $DF=438$ ;  $p<0.01$ ) and utilisation of emotions ( $t=4.38$ ,  $-2.65$ ;  $DF=436.47$ ;  $p < 0.05$ ). It is concluded that gender differences exist in aggression and emotional intelligence among adolescents. Intervention programmes should be aimed at lessening aggression and improving emotional intelligence among adolescents. Correspondence: Wandile Tsabedze, MA (Research psychology), Psychology Department, North West University Mafikeng Campus, Unit9 10th Celery Street, Annlin, Pretoria, 0002, South Africa. wandile.tsabedze@gmail.com

**Qhogwana S. "We are Human too": A narrative analysis of rehabilitation experiences by women classified as maximum-security offenders in the Johannesburg Correctional Centre**

Historically correctional centres have presented a form of social control for women. This meant that the corrections as well as the rehabilitative programmes stereotyped women offenders into socially constructed gender roles. Using a feminist criminology framework, the study aimed at exploring the subjective, inner experience and meaning given by female maximum-security inmates to the holistic rehabilitation processes in correctional centres. Data was collected from 18 incarcerated women classified as maximum offenders and narrative analysis was used to analyse the data. The identity of being a maximum-security offender seems to pose a challenge of further perceived discrimination, alienation and isolation among women who describe limited involvement in rehabilitation. The results also reveal challenges in implementing gender sensitive programming in a penal system context. Therefore, the current study suggests a need for reformation of the correctional centre context so as to respond in a way that is sensitive to the needs of incarcerated women. Correspondence: Sibulelo Qhogwana, PhD, Department: Psychology, Unisa, 17 Ferero Road, Glenanda. smatrose@gmail.com

**Mqhehe T, Langa M. Contradictions and tensions of being an African female ex-offender**

The study explored African female ex-offenders' lived experiences of reintegration back into their communities post their incarceration. Individual interviews were conducted with eight African female ex-offenders about challenges encountered after being released from prison. Thematic content was used to analyze data in this study. Key findings in the study reveal that there is a contradiction between the African and cultural connotations associated with the representation of being a mother who was incarcerated. Such mothers are seen as "not good enough African mothers". The women in this study seem to have challenged and resisted the normative and African construct of being a mother by not conforming to the traditional notions of being a woman. This includes their personal struggles to reconnect with their children. Most participants stated they have often experienced resentment from family members because they have failed to live up to their caregiving responsibilities. In conclusion, it is recommended that programmes that specifically focus on the experiences of female ex-offenders after incarceration should be reformulated. Correspondence: Thapelo Mqhehe, MA, Centre for the Study of Violence and Reconciliation, 3rd Floor, Forum Five Braampark 33 Hoofd Street, Braamfontein, 20, Johannesburg, South Africa. mqhetj@gmail.com

**Paper Presentations. Indigenous**

**Chair: Bemath N**

**11:15—12:35**

**Bemath N, Laher S, Subjee S. Understandings of Major Depressive Disorder amongst Indian Muslim women in South Africa: A mixed methods study**

Depression is a prevalent mental illness in South Africa. While research suggests that cultural and religious beliefs influence perceptions and presentations of depression, there is a paucity of such research within the South African context. This is concerning as the findings obtained from these studies may assist in developing culturally-appropriate frameworks for understanding and treating depression. Thus, this research explored the perceptions of Major Depressive Disorder (MDD) in South African Indian Muslim women, and the relationships between their religious identity, perceptions of MDD and help seeking behaviours. A mixed method approach was used. Semi-structured interviews were conducted with 12 Muslim females from Lenasia, Johannesburg. The data was analysed using thematic analysis. Questionnaires which assessed knowledge of MDD, beliefs about the aetiology of MDD, attitudes towards people with MDD and care and management of MDD, as well as help seeking behaviours and religious identity were also administered to another sample of Muslim females within the Johannesburg area. This data was analysed using descriptive statistics and regressions. These results are discussed within the context of debates regarding the cross-cultural perceptions and presentations of depression. Implications for understanding and treating depression in Indian Muslim female communities are discussed. Correspondence: *Nabeelah Bemath, BAHon, University of the Witwatersrand, 196 8th Avenue Bezuidenhout Valley Johannesburg 2094, South Africa. nabeelah.bemath@wits.ac.za*

**Painter D, Constant M. A genealogy of indigenisation debates in South African psychology, 1990 – 2015**

In this paper, we present a critical analysis of an archive of texts that all reflect on the indigenisation of psychology in South Africa after the end of apartheid in the early 1990s. We focus on journal articles, books, thesis and other textual material in which issues of psychology's Western-centrism, the need and nature of indigenisation and the meaning of 'African' are explicitly thematised, problematised and debated. We analyse where, why and by whom these issues were raised and what the terms, stakes and contradictions of the debates were. Our aim is to illuminate current calls for the decolonisation and Africanisation of psychology by locating these within a discussion with a long history, reaching particular intensity and significance in the early 1990s, when many South African psychologists attempted to reorient and relocate their discipline beyond its colonial and apartheid instrumentality. We will argue that indigenisation remains a relevant but incomplete project in South African psychology, and that a genealogy of the problematisation of psychology's Western-centrism can make an important contribution to current calls for the decolonisation of the discipline. Correspondence: *Desmond Painter, D Litt et Phil, Stellenbosch University, 42 Fynbos Street, Welgevonden Estate, Stellenbosch, 7600, South Africa. dpainter@sun.ac.za*

**Chowles J, Mfundisi T, Mauda A. The decolonization of psychotherapy practices within the African context:**

**What is the current state of African psychology practices?**

For more than the past 30 years there has been a growing body of knowledge related to the development of African Psychology. This is largely due to the criticisms claiming that the Westernized principles taught at university and practiced across the African continent are not applicable to the needs and cultural understandings of the African people. Despite this, there are limited amendments that have been made to the curriculum and training of psychologists and social workers within South African university programs. Is it that despite the discussions and body of knowledge that has been developed in relation to African psychology that there has been a failure to implement these principles within the broader body of psychological practice in the African context? Or is it that there are Westernized psychological principles and practices that are applicable to meeting the mental health needs of these individuals? This paper aims to explore the current state of African psychology in practice through the lived experiences of practitioners that provide therapeutic and community interventions to those affected by violence, and whether there is a need for the implementation and training of contextually relevant psychological principles and services within the African continent. Correspondence: *Chowles Jacqui, MA, The Centre for the Study of Violence and Reconciliation, 3rd floor, Forum 5, Braampark, 33 Hoofd street Braamfontein Johannesburg, South Africa. Jchowles@csvr.org.za*

**Invited keynote. Social and biological processes in the development of Anti-Social Behavior**

**Chair: Naidu T**

**Presenter: Oscar Barbarin**

**10:35—11:15**

**Barbarin O. Social and biological processes in the development of Anti-Social behavior**

The early development of boys of African descent is unremarkable and typical but by adolescence many fall along a trajectory marked by disparate and high levels of externalizing behaviours (namely, aggression, opposition, impulsivity, inattention, hyperactivity). Often this shift is attributed simply to poverty or low socio-economic status. This address examines cross-sectional and longitudinal studies that can help clarify the timing of the developmental shift and provide clues about the conditions that give rise to and maintain an increasing trajectory of behaviour problems. The empirical studies suggest inflection points beginning at age 5 and again at ages 8-10. Although economic hardship is often involved, its impact is mediated by the triggering of social and biological processes. Specifically, poverty is hypothesized to lead to trauma and adverse childhood experiences. In the US case, race and poverty are also associated with stigma and stress that are hypothesized to unleash a host of biological processes that influence the trajectories of externalizing behaviours. Correspondence: *Oscar A. Barbarin, PhD, Chair and Professor of African American Studies, Professor of Psychology, University of Maryland. barbarin@umd.edu*

## **Symposium. The psychology of hate in South Africa**

**Chair: Nel J**  
**11:15—12:35**

### **Mitchell Y, Nel J. The Hate and Bias Crime Monitoring Form Project: Key findings and future directions in combating hate crime**

The Hate Crimes Working Group (HCWG), a multi-sectoral network of civil society organisations that cover a cross-section of vulnerable sectors and people at risk of becoming victims of prejudice-motivated attacks, conducted a five-year longitudinal research study to gauge the types, nature and impact of hate crimes against individuals and communities in South Africa. The aim of this presentation is to highlight key findings of the research; describe critical challenges experienced in this project; and elucidate the ongoing endeavours of the HCWG member organisations, including the Psychological Society of South Africa (PsySSA), in combating hate crimes. In particular, the findings discussed here are focused on the impact of hate crimes on individuals, communities, and South Africans generally with emphasis on the psychological impact, access to psycho-social support structures and efficacy of counselling services for survivors. Challenges pertaining to the monitoring of hate crimes are described, accentuating difficulties in integrating the use of the monitoring form into case management processes of member organisations. Recommendations stemming from the research underscore the need for organisational research skill and capacity development as well as disrupting the pervasive rhetoric of bigotry and intolerance that drive hate-based incidents. The presentation concludes by outlining an endeavour towards establishing trauma-informed community efforts in combating hate crime. Correspondence: *Yolanda Mitchell, University of South Africa/ Uboraresearch Solutions, South Africa. Yolanda@uboraresearch.com*

### **Nel J, Judge M. Holding hate to account: The Psychological Society of South Africa as amicus in Jon Qwelane's homophobic hate speech case**

In March 2017, the matter of Jon Qwelane, journalist and political figure, was before the courts in South Africa for an article he wrote eight years ago, titled: Call me names, gay is not okay. The public outcry around the homophobic and prejudicial contents of the article resulted in the South African Human Rights Commission approaching the Equality Court to seek a public apology and damages from Qwelane on the grounds that the contents of his article constitute prohibited hate speech in terms of section 10(1) of the Promotion of Equality and Prevention of Unfair Discrimination Act, 2000 ("the Equality Act"). In response, Qwelane mounted a constitutional challenge to the hate speech provisions of the Equality Act. As friend of the court, The Psychological Society of South Africa (PsySSA) made submissions to the court regarding the importance of the relevant provisions of the Equality Act in stemming verbal and physical violence, and argued that these provisions meet constitutional muster. PsySSA also highlighted the pernicious psychological and social effects of the speech

contained in Qwelane's article and its impact on LGBTQ communities and on society at large. This presentation reflects on the important role a Learned Society, such as PsySSA, can play in holding hate to account in a constitutional democracy. Correspondence: *Juan Nel, D Litt et Phil, Department of Psychology, UNISA, PO Box 511 Droenkloof 0027, Pretoria, South Africa. nelja@unisa.ac.za*

### **Nel H, Hasan M, Nortje S. The Hate and Bias Crime Monitoring Form Project: Students journeys and experiential learning**

The Hate Crimes Working Group (HCWG), under the research leadership of the Psychological Society of South Africa (PsySSA) and the University of South Africa, is currently in the final stages of executing the Hate and Bias Crime Monitoring Form project. This project aims to determine the nature and impact of hate crimes on individuals, communities and South African society towards lobbying government to develop interventions that will act against hate crimes. This presentation explores the PsySSA Student Division's support role in the project in its efforts to gain more information on the reality of South African research, along with establishing opportunities for its student members who wish to put their academic theory into practice, while providing much needed research assistance. We furthermore explore the envisioned short- and long-term outcomes of this collaboration from the perspective of the Student Division, including testing models for practicum opportunities that can translate into future projects involving registered counsellors, clinical, counselling and educational psychology students. A further aim is to identify gaps in the current psychology curriculum, especially in relation to research capacitation. Utilising the Kolb experiential learning model, critical reflections are explored from the perspective of the students as research assistants, in particular, considering the dynamics between students, researchers and stakeholders of the study. Correspondence: *Hennie Nel, PsySSA Student Division, 1320 Dickenson Ave Waverley, Pretoria 0186, Pretoria, South Africa. hennie.nel@stols.za.net*

## **Symposium. Visual research methodologies as liberatory psychological praxis**

**Chair: Malherbe N**  
**10:35—12:35**

### **Malherbe N, Suffla S, Seedat M, Lau U. Collaborative documentary film as a form of critical consciousness and epistemic praxis**

Although technocratic societies present increasingly militant forms of state control over and surveillance of citizens, advances in technology have also allowed for innovative ways by which citizens can organise and challenge oppressive state structures. Evidenced by the Arab Spring and the Black Lives Matter movements, film has proven an especially visceral form of centralising marginalised voices

while simultaneously visibilising forms of oppression and injustice. Within community psychology research, film allows participants to expand the boundaries of knowledge beyond the realm of legitimate knowledge systems and producers. This presentation examines a collaborative documentary film research project that provided a multimodal engagement platform to participants living in a marginalised community through which to articulate their psychosocial experiences. Through film, participants drew on local knowledges to tell their stories in ways that functioned to resist state-directed master narratives on marginalised communities in South Africa. These stories were then screened in and beyond the community as a means of disseminating the films message through channels not typically considered by traditional research protocol. Importantly, the public screenings were conceptualized as enactments of epistemic correction. The study explored how using film as a research method is able to facilitate a visceral kind of critical consciousness. Correspondence: *Nick Malherbe, PhD Intern, UNISA & SAMRC, 4 Gordon Road Kalk Bay, Cape Town, South Africa. nicholas.malherbe@mrc.ac.za*

**Mochudi M, Seedat M, Suffla S. Participatory theatre with marginalized youth: An exploratory study**

Low-income communities in South Africa, particularly informal settlements, remain key sites of inequality, poverty, unemployment and are under-resourced. Youth from these communities are often depicted as at-risk, deviant and having limited influence to effect change. In its performance and participatory dimensions, arts-based methodologies are frequently employed with marginalised groups to empower them as experts of their own lives. In this study, participatory theatre inspired by Paulo Freire's Pedagogy of the Oppressed, was employed to foreground voices of the youth, and to facilitate their self-expression and meaning-making through practices of theatre performance. This study argues that employing the participatory theatre method with marginalised youth facilitates the creation of a safe space. Furthermore, it enables marginalised youth to exercise their agentic capacities and offers a platform to challenge dominant discourses of marginalised youth and their capacity to effect change within the broader social system. This intervention to be discussed in this presentation focuses on youth-derived interventions to influence aspects of their community. The presentation will be based on the lived-experiences shared by the youth and discusses how participatory theatre as an intervention enabled the youth to voice and critically explore various issues within community life. Correspondence: *Mapula Mochudi, Student UNISA & SAMRC, 13816 Sol Plaatjies Crescent Kagiso 2, Ext8, Mogale City, South africa. mochum@unisa.ac.za*

**Segalo P. Narrating lives through embroidery**

Because of the embodied and psychic limitations of the spoken language, it becomes crucial to think of aesthetic methods as creative resources to storytelling and knowledge production. This presentation aims at engaging with what some scholars call aesthetic and provocative methods. I will specifically look at embroidery as a form of visual artistic

expression which highlights the power of embodied sharing. Furthermore, the presentation will look at embroidery as a liberatory and engaged method that reveals the various genres through which stories can be told over time, working across time, context, affect and desire. I will engage with ways in which embroideries allow and offer space for the embodied to be re-presented, felt and released onto a blank canvas that shows the contours, straight lines, holes, and spaces in between. Finally, the presentation will highlight ways in which embroideries allow people to document their stories, pains, voices, struggles, subjectivities and dreams as they perceive them; and how this artistic expression allows refusal of linearity, transcendence or single-voicedness and instead enables narratives typically silenced. Correspondence: *Puleng Segalo, PhD, Office of Research and Graduate Studies, University of South Africa, 1 Preller Str, Muckleneuk, Pretoria, South Africa, 0003. segalp@unisa.ac.za*

**Pitcher S, Boonzaier F. Creating space; centring voices: A photovoice**

The existing literature around transgender youth is scarce and has either emerged from the global west or contributes to narratives of inherent risk. This participatory Photovoice Project thus sought to increase the visibility of transgender youth within academic and lay contexts by creating a space where they could discuss and represent their experiences on their own terms. Through this process, the project aimed to challenge dominant narratives about transgender youth; youth, gender and sexuality, and to expand transgender research in South Africa. This project also aimed to contribute to the empowerment of participants by positioning them as experts and centering their knowledge. The study was conducted in partnership with an LGBTI+ advocacy NGO and purposive sampling was used to recruit 5 trans-identifying participants between the ages of 18-26 years. In-depth interviews were conducted around what it means to be a young transgender person in Cape Town today, and the photographs they took to represent these experiences. All data were analysed using thematic narrative analysis. The analysis revealed the challenges and experiences of transgender youth, and how these are intersected by racialised and other identities and are expected to contribute to transgender policy development and advocacy work in South Africa. Correspondence: *Pitcher Sorrel, Masters' student, University of Cape Town, 10 Forest Drive Pinelands 7405, cape Town, South Africa. sorrel.p@gmail.com*

**Paper Presentations. Community**

**Chair: Van der Riet M**

**10:35—12:35**

**Van der Riet M, Akhurst J, Wilbraham L. Interventionist participatory research: Auntie Stella promotes sexual health in two South African university settings**

In the formal literature, there are fragmented evaluations of innovative South African community-based sexual and reproductive health programmes, with findings being dominated by behavioural or biological outcome indicators

and little reference to discursive processes. In Higher Education settings, sexual health programmes have had limited research attention; however, statistics show a high incidence of pregnancy and unprotected sex in this age group. There is an urgent need for programme development, focused on managing relationships and encouraging safer sex, moving away from top-down information-based didactic approaches to incorporate psychosocial and structural factors and challenging social norms that lead to vulnerabilities to enhance protective behaviours at group and community levels. This paper will report on the methodology and findings of a peer-facilitated group sexual health intervention using the dialogic model of the Auntie Stella (TARSC) 'agony aunt' approach: involving a letter and facilitated discussion to promote critical thinking. The features of the participation will be explored, illustrating students' knowledge-sharing, experiences and concerns about sexual relationships, health and risk. We will discuss the unfolding processes, critiquing the constructions of gender and sexuality inherent in the material, illustrating the potential of this approach to create sex-positive discourses and fostering agency, including considerations for wider roll-out. Correspondence: *Mary van der Riet, PhD, University of KwaZulu-Natal, South Africa. vanderriet@ukzn.ac.za*

**Simons A, Van Niekerk A, Koekemoer K, Govender R. Parental supervision and discomfort with children walking to school in low-income communities in Cape Town, South Africa**

Parents play an important role in child pedestrian safety with regard to safety education and decisions around pedestrian supervision. This study examined the effects of child pedestrian variables on the frequency of adult supervision and on parents' discomfort with letting their child walk to school, while controlling for child age and gender. A cross-sectional, non-randomised self-report survey was utilised, and a convenience sample from three schools situated in low-income, high-risk communities in the City of Cape Town was implemented. The response rate was 70.9%, and only parents of children who walk to school and back were included in the final sample (n = 359). A child's time spent walking to school was found to be a significant predictor of both the parent's comfort level and the extent of adult supervision; the less time children spent walking, the more comfortable parents felt, and the higher the frequency of adult supervision. Younger children also received a higher frequency of adult supervision. Parents, especially in low-income settings, have limited options with regard to getting their child to school safely. Regardless of the child's age and gender, the time that they spend on the roads is an important factor for parents regarding pedestrian safety. Correspondence: *Abigail Simons, Degree (MD, PhD, etc.), SAMRC-UNISA, 235 Christian Street Ravensmead, 7493, Cape Town, South Africa. abigail.simons@mrc.ac.za*

**Shammah MLV. The psychology profession: Its uses and implications for sustainable African development**

Various professions in Africa need to know where and how to find supporting material to use in order to enhance their career in the quest for sustainable African development.

Various methods and techniques have been suggested for the: analysis, assessment, modification and improvement of behaviour toward sustainable societal development. Theories generated through psychological science find practical applications on societal rules, principles, techniques and skills. This is being done in real life situations by various professionals, such as, in the field of: education, medicine, business and industry, criminology, politics, military science as well as in human relationships and self-development. Psychological science has become necessary in every profession because of increasing emphasis on the interplay of body, mind and spirit in the adaptation of every individual to the environment. Success in life depends largely on how individuals and groups get along with others, influence others and react to others. The ability to understand ourselves and others comes from the study of psychology and assists individuals and professions in working towards sustainable societal development. Correspondence: *Shammah Monday Linson Victor, PhD, MSc, MEd, MSc, P.O Box 100, Gwagwalada, Abuja Nigeria. m\_shammah@yahoo.com*

**Asante PY, Akotia C, De-Graft Aikins A. Exploring perspectives of social capital in two urban poor communities in Accra**

Individuals living in low and middle-income counties such as Ghana are more vulnerable to the development of common mental disorders as a result of stressors such as rapid social change, urbanisation, insecurity and poor physical health. However, social resources, such as social capital, have been identified as one of the main protective factors against such stressors. Despite this, psychological research exploring social capital in the context of poor urban populations is limited. As part of a mixed-method study, the qualitative component aimed at exploring the functions of social capital among adults in Ga Mashie, Accra. Four focus group discussions were held among 40 participants. Using thematic analysis, the results showed that social capital (despite its buffering role in the extant literature) plays a dual role in the poor urban context. The themes showed that while participants benefitted from social capital by providing social support, sense of worth and socialisation, they also suffered from negative outcomes as they became victims of envy, disrespect, sexual harassment and poor sanitation. Social capital was found to impact mental health via tangible benefits including financial support, advice, visitation by group members, employment opportunities and participation in community activities. The implications of this study for operationalising social capital as a tool for community-based mental health care are discussed. Correspondence: *Paapa Yaw Asante, PhD Student, University of Ghana, Legon, P.O. Box 15548 Accra – North, Ghana. pyasante@st.ug.edu.gh; paapayawasante@gmail.com*

**Almeida E, Sanchez Diaz de Rivera ME. Peace and violence: Community Psychology approaches in Mexico, a country facing internal and external growing life threats**

This contribution to the process of making psychology a science and a practice centered on society rather than on the individual directs its focus on the difficulties endured by the

people of Mexico. Historically, Mexico has moved from one system of oppression and plundering to another over the centuries, since its forced inclusion in the Western world in the 16th century. These times of political submission, in which different shades of State and Law as sources of terror and suffering for people of colour, have reached abyssal dimensions. Indignation, fear and impotence have been installed in the daily life of Mexico, threatening its population that has been forced to lose its life perspective, making it almost impossible to foresee a future of peace, healthy life and freedom, to chart the personal and collective destiny. Can Community Psychology contribute to destroy the chains that have been imposed by the extreme violence that strikes here and now our persons, our families and our communities? This paper will explore ways to create structural bases of endurance, the courage of truth to fight for personal and collective dignity and the audacity to create cohesive nuclei of friendship and support. Correspondence: *Eduardo Almeida, PhD, Health Sciences Department, Universidad Iberoamericana Puebla, Río Colorado 5921, Puebla, Pue. 72570, Mexico. eduardo.almeida@iberopuebla.mx*

#### **Cherrington A. Rural South African children's conceptualisations of hope**

There is a growing need to explore and understand indigenous knowledge and subjective experiences around hope from children raised in rural African communities. Through a critical transformative lens, and a visual participatory methodology (using collage-making, drawing, Mmogo-method, and photovoice), the author explored the concept of hope with 12 children (aged 9-13 years) attending an aftercare centre in a rural QwaQwa region of South Africa. Using evidence generated from this study, and drawing on Scioli's Integrated Theory of Hope, this presentation posits an Afrocentric Framework of Hope that develops along four interdependent and interrelated levels: contextual, personal, relational, and collective. The framework also highlights how the spiritual and cultural worldview dimension plays a key role in mediating the interactions between these levels. Understanding rural South African children's perspectives of hope could contribute towards engagements and interventions aimed at nurturing, shaping, and strengthening hope in collective-oriented communities. Correspondence: *Cherrington Avivit, PhD, Nelson Mandela Metropolitan University, Faculty of Education. PO Box 7700, Nelson Mandela Metropolitan University, Port Elizabeth, South Africa. avivit.cherrington@mandela.ac.za; avie@worldonline.co.za*

### **Symposium. Liberation practice qua peace building among psychologists across the diaspora**

**Chair: Thompson C  
10:35—11:45**

#### **Cairo A. Promoting peace while at war**

Being at peace has a specific connotation in Afro-Surinamese cosmology and mental well-being. However, obtaining,

maintaining and promoting peace while living in the Netherlands is a challenging endeavour. The Dutch, self-proclaimed as one of the most tolerant European nations, have a very specific history which contributes to a xenophobic and divided society, yet remains steeped in ignorance and denial. Gloria Wekker has explored the Dutch state of white innocence as a unique cultural phenomenon. Whereas the older generation of Surinamese and Dutch Caribbean immigrants that came in the 1950's through to the 1970's focused on adaptation and assimilation, the current generation has declared war. There is an active movement of young people engaged in anti-racism, decolonization and self-empowerment activism. From fighting racist public holidays to decolonizing education, to politics, they are visible and audible. How do they define and pursue peace making both internally and socially? Do they draw from their heritage, as well as their spiritual and cultural traditions? If not, what do they use, and what do they have to teach us about internal and external peace making? Correspondence: *Aminita Cairo, PhD, University of Leiden, Netherlands. a.cairo@bb.leidenuniv.nl*

#### **Bernal G. A global family psychology**

This presenter will share some of the conceptual, theoretical, and practical challenges of global family psychology. His research uncovers that the global in family psychology appears to be more a myth than a reality, as the evidence of universality for a genuinely global psychology were not present. Universalities need to be identified for all sectors of the world population in order for family psychology to be able to claim a global status. The origins of family psychology is clearly linked to the contextual, systemic, and complexity epistemologies. The systemic perspective, and the thesis of interconnection between components of the system, fits well with global notions that by its very nature offer the possibility of linking family processes inherent with larger social, cultural, political and economic processes inherent to globalization. The dialectic between the dominant psychology from the West and the rise of regional and indigenous psychologies that challenge theories, constructs, and approaches that have disregarded or omitted culture and national identities will be highlighted in the presentation, as well as the significance of these omissions to the promotion of peace. Correspondence: *Bernal Guillermo, PhD, University of Puerto Rico, Rio Piedras, Puerto Rico. gbernal@albizu.edu*

#### **Grills C. A community-based strategy to uproot unconscious racial bias**

According to the United Nations (2016), people of African ancestry are among the poorest and most marginalized groups in the world, have limited access to quality education, health services, housing and social security. They all too often experience discrimination in their access to justice. In the Caribbean and the Americas, four hundred years of psychological abuse, physical violence, and denigration perpetrated against people of African ancestry have been at an immense personal and collective price. This reign of terror persists. In spite of all the constitutional amendments, legislation, and litigation, Black communities are not

actualizing their full potential. To promote liberation, racial justice, and peace building, African communities across the global village must address the root cause of racial injustice, the lies of White superiority and Black inferiority, its psychological impact on people within and outside of the Black community, and the requisite community driven self-healing for emotional emancipation-freedom from the lie. This deadly mindset has fostered unconscious biases reinforcing negative stereotypes that have stressed the development of Black children, challenged Black families, and threatened harmony and agency in Black communities. Correspondence: *Correspondence: Cheryl Grills, PhD, Psychology Applied Research Center, Loyola Marymount University, 1 LMU Drive, 4753 University Hall, Los Angeles, CA 90045. Cheryl.Grills@lmu.edu*

**Discussant.**

**Chair: Guerda Nicolas**

Correspondence: *Guerda Nicolas, PhD, Department of Educational & Psychological Studies, School of Education and Human Development, University of Miami, 1507 Levante Avenue, Max Orovitz Building, Room MO 308-B, Coral Gables, Florida 33146, United States. nguerda@miami.edu*

**Invited Keynote. The African Dream or Nightmare?**

**Chair: Maree D**

**Presenter: Saths Cooper**

**11:45—12:35**

**Cooper S. The African Dream or Nightmare?**

Although Africa is the cradle of humanity, the continent remains the most underdeveloped in almost all areas of human and societal development. Psychology – the quintessential interpreter of behaviour – unfortunately plays little role in helping to shape policy at most levels of African life and society. Regarded at best with scepticism in most countries, psychology’s tendency to lapse into internal navel gazing and tendentiousness limits its impact and reduces its potential to seriously influence public discourse and credible transformation. This Presidential Address will reflect on the advent of PAPS as the African continent’s representative body, and suggest ways that psychology’s flag may fly high, especially in vulnerable contexts where most have lost hope in Africa’s ability to rise above the seemingly indelible marks of its recent history. Correspondence: *Saths Cooper, PhD, President, International Union of Psychological Science (IUPsyS), PO Box 989, Houghton 2041. scooper@kenako.org*

**Invited Keynote. The evolution of the psychological study of ethnocultural identities:**

**Racial identity, ethnic identity, and ethnicracial identity**

**Chair: Magwaza S**

**Presenter: Frank Worrell**

**10:35—11:15**

**Worrell F. The evolution of the psychological study of ethnocultural identities: Racial identity, ethnic identity, and ethnicracial identity**

In the 1970s and 1980s, the study of racial identity focused primarily on African American samples using both developmental and attitudinal conceptualizations. Beginning in the 1990s, several new measures were introduced to examine and compare ethnic identity statuses across multiple groups. The 1990s and 2000s also ushered in the multidimensional model of racial identity and the expanded nigrescence theory, with the latter leading to the discovery of generalizable racial identity profiles in African American populations, profiles which have been found to be related to psychological wellbeing, psychopathology, and acculturation, among other outcomes. Recent conceptual articles have suggested that ethnic identity and racial identity may not be separate constructs as previously theorized. In this presentation, Professor Worrell will review the leading ethnic and racial identity theories and measurement instruments, comment on the “developmental versus status versus attitudinal” conceptualizations of these constructs, and review recent findings from a new measure—the Cross Ethnic-Racial Identity Scale—developed to assess ethnic-racial identity across subgroups, cultures, and nationalities. Correspondence: *Frank C. Worrell, PhD, School Psychology at the University of California, Berkeley. frankc@berkeley.edu*

**Symposium. Conceiving Africa in psychology**

**Chair: Ratele K**

**11:15—12:35**

**Ratele K. African psychologies for the confused: Implications for teaching, therapy and research**

Debates about the foundational questions and *raison d'être* for African psychology in South Africa (SA), can be very intense, confusing, petrifying and leave students, teachers, researchers, and therapists not knowing which way is West. But questions such as: what precisely is African in African psychology, for whom is African psychology, and whether non-Africans can do psychology are fundamental, go way beyond SA, and warrant ongoing engagement. And yet, instead of clearing up the smoke about African psychology, recent work on African psychology has replayed, and at times intensified, the decades-old confusion, resistance, and alienation from the stimulus for and ultimate aims of an African psychology within SA. In this presentation, an attempt is made to explicate what appear to be basic misperceptions by responding, after a fashion, to some frequently asked questions, as well as other questions that usually remain unasked, about African psychology. I elucidate the impetus, end-goals, horizon, but also how, within the context of the call for the decolonisation of higher education in SA, we – meaning students, teachers,

researchers, therapists – might build African psychology that is open to the world, how we can teach it, use it in therapy rooms, and deploy it to decolonise practice, structures, and relations in different areas of work in Africa, the diaspora, and beyond. Correspondence: *Kopano Ratele, PhD, University of South Africa/South African Medical Research Council, South African Medical Research Council, Violence, Injury & Peace Research Unit, PO BOX 19070, Tygerberg, 7505, South Africa. kopano.ratele@mrc.ac.za*

### **Lazarus S, Ratele K. Implications of decolonising and decolonial lenses for the professional development of psychologists in Africa**

Drawing on the concepts of and current debates about decolonisation and decoloniality, this presentation will explore the implications of decolonising and decolonial perspectives on the education and training of psychologists in Africa. This examination will focus on all aspects of the curriculum including: philosophy or paradigm, key values and principles, the aims and outcomes envisaged, the structure and process of the curriculum, curriculum content, teaching and learning strategies and methods, teaching and learning materials and sources required, assessment procedures, and market needs and opportunities. Correspondence: *Corresponding (or submitting) author name, Degree (MD, PhD, etc.), Department if given, Affiliated Institution, Street Address given during submission (such as 123 Street, City Name, State or Province, Postal Code, Country). E-mail: email@email.com*

### **Suffla S. The inward gaze: Ethico-reflexive praxis as an epistemological site for emancipatory African psychologies**

Epistemologies of resistance and liberation have long issued the call for a critical and reflexive review of the ethics of knowledge-making to address the distortions and inequalities that have come to shape the modern knowledge economy. Psychology in Africa is no exception to the critiques of orthodoxy and the challenge to disturb the prevailing geopolitics of knowledge. The recent discursive resurgence in South Africa and elsewhere on the continent to centre the geography and biography of psychology's knowledge base has included the imperative for researchers to (re)think their ways of knowing and making knowledge, and equally their identities and positionalities. However, conversations about reflexivity in the context of research engagement across difference, and with inequality, have remained largely muted. Accordingly, this presentation considers ethico-reflexive praxis as a device for destabilising hegemonic knowledge practices and promoting more critical and emancipatory consciousness among researchers. Drawing from a reflexive dialogue among a group of researchers, I highlight both the potentialities and limitations of reflexivity as an epistemological site from which to reorganise knowledge forms and processes, and enact more situated and emancipatory African psychologies. I also reflect on the discomforts and dislocations that such ethico-reflexive praxis engenders within its very own disruptive impulse. Correspondence: *Shahnaaz Suffla, PhD, Violence, Injury and*

*Peace Research Unit, South African Medical Research Council Francie van Zijl Drive, Parow Valley, Cape Town, Western Cape, South Africa. Shahnaaz.suffla@mrc.ac.za.*

### **Titi N. Wahbie Long, let's talk about culture: A centred understanding of child sexual trauma**

Some psychologists in African contexts continue to dismiss or undermine the role of culture in thinking on psychotherapy, teaching and research. Wahbie Long has for example argued that "an authentic African psychology must address the inequality and violence" and that a cultural undertaking in this regard is an unworkable project. In this paper, which focuses on how children make sense of sexual trauma, I agree that inequality and violence are important in understanding experiences such as child sexual trauma. However, I also contend that culture emerges out of socio-economic conditions, including inequality. People make sense of experiences such as child sexual trauma using cultural explanations and these explanations are rooted in socio-economic conditions. Therefore, in relation to understanding topics such as child sexual trauma, African psychology needs to address culture as enrooted in socio-economic conditions. Correspondence: *Neziswa Titi, MA, South African Medical Research Council, 57 Spice Street Bardale Village, Juilsriver, South Africa. neziswa.titi@mrc.ac.za*

## **Symposium. Adapting evidence based trauma therapies for the South African context**

**Chair: Padmanabhanunni A**

**10:35—12:35**

### **Padmanabhanunni A. Dissemination and implementation of an evidencebased treatment model for PTSD**

The evidence based practice (EBP) movement is a central feature of mental health care systems internationally and has the potential to significantly advance the quality of psychological care provided to patients. However, there has been a notable lack of adoption of EBP and this has impeded the transfer of evidence based psychological interventions (EBPI's) from academic research contexts to service provision settings. In South Africa, few people with psychological disorders receive evidence based treatments and this represents a significant public health concern. A central factor contributing to this research-practice gap involves limitations in current dissemination efforts, that is, purposeful efforts to facilitate adoption of a treatment by distributing relevant information and materials to mental health care practitioners. This study details the findings of a project focusing on disseminating an EBPI for post-traumatic stress disorder (PTSD) in local clinical settings. Sixty mental health care providers in the Western Cape area participated in the project. Dissemination took place through a series of training workshops and ongoing clinical supervision of PTSD cases. This presentation aims to detail the process involved in generating the dissemination-implementation programme. In addition, the challenges encountered in disseminating an EBPI for PTSD are discussed and the

implications for future dissemination efforts highlighted. Correspondence: *Anita Padmanabhanunni, PhD, PhD Department of Psychology, University of the Western Cape, Cape Town, Western Cape, South Africa, Robert Sobukwe Road, Bellville, Cape Town. apadmana@uwc.ac.za*

#### **Booyesen D. Implementing a Brief Trauma Treatment Programme for Survivors of Trauma: A Pilot Study**

The high prevalence of violence and traumatic stress in South Africa remains a challenge for the public mental health system. Therefore, counselling services are accessible to survivors of trauma at community health clinics and non-governmental organisations. However, the evidence-base of psychological treatments in South Africa is an on-going debate. There is a need to evaluate and implement evidence-based treatments to ameliorate disorders such as traumatic stress in South Africa. A current PhD research project is piloting a Brief Trauma Treatment Programme (BTTP) as a psychological treatment among clients receiving counselling at the Trauma Centre for Victims of Violence and Torture in Cape Town. The pilot study is exploring four questions to determine the acceptability of the BTTP at the trauma centre. The presentation will focus on the initial stages of the study, for example, the training and assessing the trainability of counsellors, and general issues related to implementing an evidence-based psychological treatment in a South African context. The research will contribute to the literature on evidence-based practices in South African psychology, with a specific focus on treating PTSD at primary healthcare or non-governmental (NGO) level in South Africa. Correspondence: *Duane Booyesen, MA (ClinPsych) Stellenbosch University, 32 Pennylane H. O De Villiers Street. duaneb@gmail.com*

#### **Simmons C, Kaminer D, Seedat S. Reflecting on the challenges of adapting and implementing TF-CBT for South African youth**

Based on several randomised controlled trials (RCTs) in high income countries, Trauma-Focused Cognitive Behaviour Therapy (TF-CBT) has been identified as a first line treatment for posttraumatic stress disorder (PTSD) and other trauma-related symptoms in children and adolescents. However, there have been few RCTs of TF-CBT in the Global South and none in South Africa to date, despite high rates of trauma exposure and related psychopathology amongst South African youth. An ongoing RCT in Cape Town is evaluating whether an abbreviated 8-session version of TF-CBT is associated with significant improvements in PTSD, as well as depression, aggression and neuropsychological functioning, amongst trauma-exposed adolescents when compared with an enhanced treatment as usual (TAU) control group. To date 25 participants have been through the RCT. This presentation will reflect on some of the challenges encountered thus far in adapting and implementing TF-CBT for South African youth, with regard to abbreviating the therapy protocol, acceptability of the different treatment components to participants, feasibility of implementation, and addressing the impact of past traumatic events in conditions of ongoing trauma exposure. Correspondence: *Candice Simmons Mpsych, Stellenbosch*

*University Swarthout Crescent Platteklouf 7500. csimmons@sun.ac.za*

#### **Eagle G, Kaminer D. Psychotherapeutic Interventions for Traumatic Stress Conditions: Examining Current Evidence in Relation to the Contextual Realities of South Africa**

Over the past decade there has been an exponential increase in research into treatment of posttraumatic stress disorder (PTSD) and related conditions, much of this aimed at establishing a credible evidence base for practitioners. While such research has enriched the field, the vast majority of research into interventions has been conducted in the Global North, despite the fact that trauma related conditions are prevalent in the Global South, including in South Africa and other parts of the African continent. The paper will provide an overview of the international evidence base for psychotherapeutic interventions for PTSD giving particular consideration to some of the questions and complexities that may arise when attempting to apply this evidence base to local contexts. Some of the contextual features to be examined include resource constraints, cultural presentations and practices, lack of current safety, indirect and collective traumatization, likely duration of attendance, and concomitant stressors. It is argued that knowledge of the evidence base is useful such that approaches can be applied with a degree of flexibility and contextually appropriate modification. Further research into more indigenously generated interventions is also warranted and may contribute to better integration and receipt of treatment by traumatized populations. Correspondence: *Gillian Eagle PhD, Dept of Psychology, SHCD, University of the Witwatersrand, P. O. Wits. 2050, South Africa. gillian.eagle@wits.ac.za*

#### **Rossouw J, Van de Water T, Seedat S. Results and experiences of stakeholders in a taskshifted community-based prolonged exposure and supportive counselling randomized control trial of post-traumatic stress disorder**

Prolonged exposure (PE) has established itself as an evidence based treatment for post-traumatic stress disorder (PTSD). Prolonged exposure for adolescents (PE-A) is now also starting to establish itself as a treatment of PTSD. The incidence of PTSD in South Africa and particularly in the Cape Town area is well-documented. A randomised control trial (RCT), with 63 adolescents that entered treatment, comparing PE-A with Supportive Counselling (SC) is now in the follow-up phase. The RCT task-shifted treatment to previously treatment naive nurses that treated the participants at their community schools. The quantitative results on the primary outcome, PTSD severity and good responders at post-treatment, as well as secondary results, such as depression scores, general functioning and presence of a PTSD diagnosis will be reported. A nested qualitative study examined the experiences of some stakeholders in the study. Interviews with participants, nurses and coordinators at schools led to valuable insights around barriers and facilitators of treatment and participant's experience of the treatments. Correspondence: *Rossouw Jaco, PhD Candidate, Stellenbosch University, 67 Visagie Street Monte Vista, Cape Town. jacorossouw@telkomsa.net*

## **Documentary Screening. Beats of the Antonov**

**11:00—12:35**

### **Paper Presentations. Training**

**Chair: Pistorius A**

**12:40—14:00**

**Van Eden R, Hagen S, Van Deventer V, Erasmus H. The expert-novice discourse and the development of a professional identity in the case of student psychometrists**

It is assumed that the practical training of student psychometrists facilitates the student's socialisation into the community of psychometric practice, thus contributing to the development of a professional identity. But the question is: How exactly does the student's professional identity develop? The experiences of student psychometrists who completed the BPsych Equivalence programme at Unisa were explored using thematic, discursive and deconstructive forms of analysis. Thematic analysis revealed a three-dimensional domain of practical training, namely the broad multicultural context, the psychological domain and the organisation specific domain. In addition, a highly structured generic process was identified that reflected the Board's requirements for professional training. Discursive analysis revealed that, as interns, these students' identities were constituted by an expert-novice discourse. The novice discourse served to construct an identity characterised by deficiency in terms of the knowledge, skills and competencies expected of professional psychometrists whereas the expert discourse constructed the identity of the ideal psychometrist. Students integrated these identities in a temporal narrative in which they subsumed 'what I was' under 'what I have become'. But a deconstructive reading of these narratives exposed how interns moved against prescriptive structures and processes at the very moment they pretended to tow the line. Correspondence: *Chrizanne van Eden, PhD, North-West University, chrizanne.vaneden@nwu.ac.za*

**Pistorius A. Post-modern experiential group therapy training in master's clinical psychology education at Sefako Makgatho Health Sciences University**

Experiential groups to train psychologists are used regularly even though these pose difficulties, amongst them the dilemma of dual roles. This presentation will reflect on the use of critical and social therapy theories and methods to foster students' ability to co-create humanistic environments. The group is facilitated by their lecturer, who also conducts the theory class during the first six weeks of the group. The M1 and M2 students who view themselves as two classes are combined into one group with the task to build a new group; which further challenges existing power and authority arrangements. The group method entails that participants are requested to build a group environment for everyone's development; and, the facilitator focuses on group process and how the group talks (rather than focusing on problems). The group runs over approximately 18 weeks, and students keep a reflective journal about their growth and development of the group. The presentation offers observations on the

growth factors of such a group; for example, an appreciation of the personal as socio-cultural activity and everyone's active role and history therein, and how these may allow for students' socio-cultural and emotional development. Correspondence: *Pistorius Annalie, D Litt et Phil, Sefako Makgatho Health Sciences University, PO Box 2153 Brooklyn Square Pretoria 0075. annalie.pistorius@smu.ac.za*

**Kahl C. Research psychologists' scope: Self reflections on a successful, independent practice**

I have been a registered research psychologist since 2010. The benefits of my registration category are often overlooked by the shortcomings: being unable to implement interventions – the objective of positive change within psychology. I chose to engage in transdisciplinary research where I led data collection, captured and analyzed information before other team members applied the necessary changes within the field. As a team, I recognized the contributions we made to communities at grassroots level and systemic leverage we created by policy briefs. Despite the findings we generated, one central theme remained: the injustice people face living in structurally deficient communities. I registered my own company and will present, with permission of my clients, key examples of how I developed my research niche: conducting high-quality research, qualitative analysis and using information gathered to promote social justice within research settings. In addition, I built my researcher toolkit to include training in qualitative analysis methods, using computer-assisted qualitative data analysis software, training field workers and researchers in using translation in the field, and ethical dissemination practices. I hope that the examples I will show may promote research psychology as a valid field with multiple opportunities to provide positive change within research settings. Correspondence: *Carlien Kahl, MSc Psychology, Inspireck (Pty) Ltd, PO Box 5374, Kockspark, Potchefstroom, South Africa. info@inspireck.co.za; carlien.kahl.research@gmail.com*

**Invited Keynote. Disability and African psychology: Some dilemmas and an agenda for action**

**Chair: Den Hollander D**

**Presenter: Leslie Swartz**

**14:00—14:40**

**Swartz L. Disability and African psychology: Some dilemmas and an agenda for action**

Psychology has a long, and problematic, history of interest in disability issues. For example, psychologists have advocated for eugenicist programmes, and have been complicit in medicalization and incarceration of disabled people. More recently, a growing number of psychologists have aligned themselves with emancipatory disability scholarship, but disability remains under-researched as an issue of concern for social, community, and health psychologists. There is much common cause theoretically between critical disability studies and calls for Africanization, decolonization, and

indigenization of psychology. Both traditions emphasise the extent to which knowledge is constructed by the powerful, and both call for practices which value the voices of those who have been excluded from dominant modes of knowledge production. It is also true, however, that disablist attitudes and research remain a feature of African scholarship, and of African psychology. In this presentation, I reflect on my engagement with issues of disability politics and disability knowledge in Africa. A background in psychology has been helpful in this engagement, but I remain concerned at contradictions which are glossed over in projects to indigenise disability studies, and at the continuing problematic relationship between psychology and disability studies. I suggest some ways forward to develop thinking and practice. Correspondence: *Leslie Swartz, PhD, Stellenbosch University, South Africa. lswartz@sun.ac.za*

### **Invited Keynote. Research ethics and evidencebased practice**

**Chair: Nel J**

**Presenter: Douglas Wassenaar**

**12:40—13:20**

#### **Wassenaar D. Research ethics and evidencebased practice**

Many fields of applied psychological practice are increasingly becoming evidence-based. Practitioners are expected to be aware of and apply current relevant research findings to their fields of practice. Researchers in psychology and related disciplines are increasingly generating data that may or may not be useful to applied practitioners. Applying this data to real-world psychological and/or psychosocial and public health problems increasingly requires practitioners to be research literate so that they can identify and evaluate appropriate, sound and relevant data to inform their interventions. Research ethics is a crucial but generally hidden and neglected skillset that makes a contribution to the scientific validity, social value and risk/benefit profile of the scientific publications that practitioners access. This presentation highlights some key elements of research ethics that could enhance better understanding of the intimate links between research, research ethics and evidence-based practice in psychology. Ethical issues common to research and practice will be highlighted. Correspondence: *Douglas Wassenaar, PhD, University of KwaZulu-Natal, Private Bag X01, Scottsville, 3209, South Africa. wassenaar@ukzn.ac.za*

#### **Paper Presentations. Trauma**

**Chair: Amone-P'Olak K**

**13:20—14:40**

#### **Simoneaux G. Expressive Arts Therapy and Trauma with children and women in Africa**

Since 2008, Harambee Arts - an international grassroots organization - has led three on-going programs in Kenya to address the growing concerns around mental health and the importance of psychological well-being specific to the Africa Region. These programs provide therapeutic intervention for

incarcerated women who are HIV+, establish expressive outlets for autistic children at the primary school level, and offer children from one of Africa's largest slums a safe place to develop skills around empathy and leadership through creativity. Harambee Arts relies on local professionals and trained staff from the community to foster a sustainable and culturally competent approach that embraces the use of art making as the primary modality to encourage personal growth, reduce suffering, and enhance emotional well-being. During this innovative presentation, participants will learn about Harambee Arts' three distinct programs in Kenya, with a focus on a culturally sensitive, collaborative and relational approach. Using exercises that have been tested and proven successful at counseling sites and other contexts, participants will experience the power of expressive arts therapy first hand, and will learn how to successfully enter and engage any culture with respect, curiosity and wonder, to create community, foster empowerment and improve the human condition. Correspondence: *Gloria Simoneaux, MA, Registered Expressive Arts Therapist Executive Director, Harambee Arts, California Institute of Integral Studies, San Francisco, California. gloria@harambeearts.org*

#### **Van Rooyen K, Waife-Akenten B, Thompson S. The cultural conceptions of traumatic stress symptoms and consequent coping mechanisms of the Mole-Dagbon of Northern Ghana**

It is widely accepted that there are differences in how individuals from different cultures experience and understand clinical conditions such as posttraumatic stress disorder (PTSD). The understanding of symptoms will be influential in terms of how individuals choose to cope with the symptoms and which sources of support they use to ameliorate their symptoms. However, what an individual is supposed to do in terms of culture, is not always what they do as the transmission of cultural norms and values are subjected to personal experience and preference. The current study used triangulation of interviews of culturally authoritative focus groups (N=40 over 4 groups) and traumatised individuals (N=13) to explore and describe the understanding of PTSD symptoms and the coping strategies employed by the Mole-Dagbon of Northern Ghana. There was a great degree of agreement between culturally authoritative and individual lived experiences, but there were also significant nuanced differences. Some common findings included the understanding that symptoms were produced as a function of either natural or supernatural causes and that the amelioration of symptoms involved communal activities. Differences included that whereas focus groups saw symptoms as definitive signs of transgressions against a natural order, individuals sometimes experience symptoms more positively. Recommendations for treatment adaptation are discussed. Correspondence: *Kempie van Rooyen, MA ClinPsych Psychology Department, Nelson Mandela University Summerstrand South Campus, Port Elizabeth 6031, South Africa. kempie.vanrooyen@nmmu.ac.za*

#### **Invited Symposium. Regulating professional psychology in South Africa: Lessons learnt**

## **Chair: Pillay B**

**12:40—14:40**

### **Moloi TP, Mashego T-AB, Pretorius GH, Phala RM. Regulating professional psychology in South Africa: Lessons learnt**

To highlight the Professional Board for Psychology's response to the challenges in the profession to indicate 'Lessons learnt by the Board as a Regulator'. At this symposium, the Professional Board for Psychology will highlight among others the deliberations, implications and outcomes on: (i) The Board's mandate unpacked through establishing policies, guidelines, the SGB documents and discussion on the promulgation process as followed by the Board, Council through the Minister of Health (eg. the opening of registers); (ii) The Scope of Practice (Committee for Preliminary Inquiry findings); (iii) The Ethics Task Team group; (iv) The funding models and the role of Council on Higher Education, training institutions and internship sites and tailor-made internship programmes (EDUC & AQAC challenges), International benchmarking and CPD challenges; (v) Registration Fees, examination fees, test classification fees and accreditation fees; (vi) The role of Professional Associations as important stakeholders; (vii) The Board's position on interest groups; (viii) Litigation cases against the Minister of Health, the HPCSA and the Board by Relpag in 2016; (ix) The ATP versus HPCSA judgement in May 2017 and (x) The Board's position regarding the Board of Healthcare Funders and Medical Aid schemes and the (Act).

Correspondence: *Moloi Thandeka, PhD, Vice Chairperson of the Board and Chairperson of the Accreditation and Quality Assurance Committee, Pretoria, South Africa. mthandeka@mweb.co.za*

## **Paper Presentations. Gender**

### **Chair: Makama R**

**12:40—14:40**

#### **Makama R. Lobolo as an apparatus for the construction of gendered identities and the maintenance of discursive power**

Marriage rates among young black couples in South African have notably decreased in recent years. Racial difference can be attributed to various factors such as the remnants of apartheid policies and increased cost of living. This paper explores an alternative, but not independent factor- lobolo. Informed by a Foucauldian understanding of discourse as a form of knowledge-power, this presentation will explore the discursive underpinnings of lobolo as they relate to constructs of masculinity and femininity, the gender roles, and how the practice of lobolo influences the formation and performances of families. The issue has been a very hot topic for feminist research, with the focus being on the objectification of women as possessions for trade in a patriarchal system. This presentation will focus on how masculinities are discursively constructed through the practice of lobolo and the implications on masculine identities in contemporary South Africa. This paper hopes to

contribute to the growing scholarship of critical African psychologies that demystifies African knowledges by unearthing knowledges and practices that influence behaviours from an African centred perspective without demonizing or problematizing them. Correspondence: *Makama Refiloe, M.A Research Psychology (PhD candidate), College of graduate studies-UNISA, Institute of Social and Health Sciences, 1, South East Metropolitan Complex, Lenasia Drive M10, Lenasia South, Lenasia, 1827 Sout Africa makama.refiloe225@gmail.com*

#### **Nel KJ. Lobola as a factor in women abuse in Limpopo Province**

The study investigated whether lobola has an influence on women staying in abusive relationships. According to statistics in South Africa (SA) one in every five women is battered by her partner, and one in every four of all women in SA is assaulted by their partners weekly. The research approach was qualitative in nature. Sampling for the study was purposive and utilised eight participants who met the criteria for the investigation. The study was conducted at a hospital trauma and victim empowerment centre in Limpopo Province. Data were gathered using a semi-structured questionnaire guide. Data were analysed, using Thematic Content Analysis (TCA), to gain an in-depth account of each participant's experience of abuse. The results of the study indicate that cultural factors still play an important role in facilitating women abuse. The women in the study used religion, denial and avoidance, guilt and self-blame as coping mechanisms. Lobola was identified as an important factor in women deciding to stay in abusive relationships.

Correspondence: *Kathryn Nel, PhD, 268 Teak Street Amandasig, Extension 2, Akasia, Pretoria 0186, University of Limpopo, Department of Psychology. Kathryn.Nel@ul.ac.za*

#### **Coetzer Y, De Villiers D, Theron L. What difference do young historically disadvantaged voices make in addressing gender-based violence in South Africa?**

Positive psychology is a strengths-focused perspective emerging as a dynamic system to drive positive social change. Gender-based violence (GBV) is a harsh reality in South Africa, perpetrated against South African youth, particularly those who have been marginalised and who live in rural areas. The aim of the Networks for Change and Well-being: Girl-led 'from the ground up' policy-making to address sexual violence in Canada and South Africa is to investigate (through the positive lens of a strengths-focused perspective) how visual messages created and delivered by Canadian and South African youth themselves can lessen GBV. This paper reports on two sub-studies from the aforementioned study. These phenomenological studies applied visual participatory methods to explore the messages historically disadvantaged young women/men in South Africa have regarding how their community can better protect them against violence as well as whether their voices bring about change. The messages of the nineteen historically disadvantaged young women/men (ages 18 – 24) indicate that protective strategies, facilitated by various stakeholders in their social ecology are needed to support, protect and equip youth to avoid violence. We

conclude the paper by discussing the implications for mental health practitioners, more particularly those who serve historically disadvantaged young people from rural areas. Correspondence: *Yolandé Coetzer, Master's in Applied Positive Psychology (MAPP), Psychology, North West University – Vaal Campus, 20 Denne Street, Golf Park, Meyerton, Gauteng, 1961, South Africa. yolande@ppts.co.za*

**Endo-Milewska A, Nawrocka J. Women, Gender, Stereotyping**

Psychological research shows different forms of prejudices, bias tendencies and stereotypes that influence social perceiving and group processes. The research also shows some changes in the contents of stereotypes. The results of social cognition have been applied to work out some educational programs in order to weaken stereotyping and exclusion of out-groups. Yet the programs seem not to work effectively. The reason for the inefficiency is that stereotype prevalence is based on some cognitive strategies. These include: maintaining stereotypes by up-dating their contents; stereotype accounting models; subtyping; ambivalent stereotype contents and masked forms of prejudices, as well as the stereotype content model. As stereotyping processes result in excluding out-groups and destroying interpersonal relations, it is interesting to explore the subtle permeation of stereotypes and the changes in stereotype contents. In spite of making up half of the human population, women are treated and perceived as a minority group, especially elder women who are strongly prejudiced against. Knowing that no-one is free from stereotyping processes and prejudices, we would like to present the findings of our research in social cognition. Correspondence: *Agnieszka Endo-Milewska, PhD, NWSP. ilendoa@wp.pl; ilendoa@icloud.com*

**Upiter M, Ebrahim S. "The representation of women's bodies on the covers of three South African health and fitness magazines: A critical discourse analysis"**

The aim of this study was to determine how selected health and fitness magazines create certain representations of the women's ideal body, through the use of discourses and power structures. The front covers of these magazines were analysed, as this section of the print media reaches large and diverse audiences, including those that do not read the actual content of the magazine. A Foucauldian discourse analysis method was used to analyse these covers. One cover for each month of the year of 2016 was selected. Therefore, in total, thirty-six magazine covers were analysed. From the content analysed on the covers, three main themes emerged. One where the women's body was viewed as an object to be manipulated. The second focused on the shape of the women's body, reinforcing the representation of the ideal body. The third theme brought uplifting and empowering representations of the women's body to the fore. It is evident that the language used on covers of magazines can create certain discourses and representations of women's bodies that hold a power on the audiences of these magazines. It is recommended that the research be taken further by collecting

data from actual women who read these magazines. Correspondence: *Mikayla Upiter, MA Counselling Psychology (completing), University of Johannesburg, Department of Psychology, 1285 Edenvale, Edenvale Gauteng, South Africa. mikayla.upiter@gmail.com*

**Paper Presentations. Indigenous  
Chair: Kambon M  
12:40—14:00**

**Kambon M. African Ways of Knowing and Healing: Traditional healing practices to understand and foster mental health for people of African ancestry**

African-centered/Black psychologists are African still and are, thereby, required to re-member and restore healing practices that have successfully served people of African ancestry for millennia. Traditional Healers tend to be the most trusted practitioners when dealing with mental illness. Studies have indicated the effectiveness of Traditional Healers in mitigating mental health challenges, particularly among indigenous people within Africa and people of African ancestry in the diaspora. As a part of the FAP symposia this presentation provides an African-centered socio-cultural perspective of "mental illness" and a process of restoring balance and well-being to the afflicted based on fundamental African principles including assessment and practice within traditional healing systems. We will support the fusion of traditional healing methods within the psychologist's therapy milieu, as well as, incorporate the Traditional Healer as a collaborator or facilitator of the treatment process. Correspondence: *Mawiyah Kambon, PhD, Onipa Psychological and Consulting Services, 2011 Poole RD, Raleigh. mawiyahkambon@gmail.com; info@asaseheals.com*

**Bradbury J. Rethinking personhood: Vygotskian theory and the concept of Ubuntu**

The paper utilises the African concept of 'Ubuntu' to rethink the psycho-social domain, exploring synergies with Vygotsky's notion of the subject as formed through interpersonal processes that only subsequently become intrapersonal. 'Ubuntu' entails a relational ethics, recognising that our wellbeing is inextricably linked with that of others, and can be effectively deployed for antiracist and other humanist political agendas. While the ethical and political implications of Ubuntu are clearly important and valuable in imagining a more caring world, I will argue that the concept offers a broader theoretical contribution to psychology that generally remains unrecognised. Ubuntu (Umuntu ngumuntu ngabany' abantu) literally means that a person becomes a person through others. This idea of individual persons being relationally constituted resonates very strongly with Vygotsky's notion of socio-genesis and theories of relational or dialogical selves. The paper will draw together these perspectives suggesting a surprising synergy between ancient African philosophy and a theory of psychology developed in the early decades of the Soviet Union, offering resources

through which to reframe what is understood as 'psychological' in the Western tradition. Correspondence: *Jill Bradbury, PhD, Wits, PB 3 Wits Johannesburg 2050, South Africa. Jill.Bradbury@wits.ac.za*

**Atta OK. "The Pastoral Educator and Psychologist Uniting for Afrikan-centered Healing"**

This paper will explore the interface of Afrikan-centered Psychology and Afrikan Spiritual Healing through the lens of a clinical spiritual educator whose discipline demands integration of person-centered theory (the living human document) and developed text theory (the written text). As an Afrikan-centered pastoral educator, I seek to educate and heal from an Afrikan-centered perspective. This Afrikan-centered education and healing embraces the notion of integration of mind, body and spirit. Yet, I am aware that the Spiritual Care and Education discipline has had limited engagement and interaction with the discipline of Psychology, or vice versa. In this Pan African conference where global healing of Afrikan communities and peoples will be the focus, I believe the dialogue between African-centered Psychology and African-centered Spiritual Care and Education would be very significant. We will explore similarities of disciplines and develop collaborative and cooperative resources for the health of the Afrikan peoples. My goal will be to invite persons of Afrikan-centered perspectives of Psychology and Spiritual Education/Care into collaborative dialogue toward the optimal health of Afrikan peoples in global communities. Correspondence: *Osofo Kwesi Atta, M.Div., ACPE Supervisor, Life/Relationship Coach, 5121 S. Drexel Avenue, Unit #3, Chicago IL 60615, USA. osofo@lovingspirit.com*

**Invited Keynote. The Connection-Disconnection Motif in Africentric Thought:**

**An Afrikological Analysis**

**Chair: Edwards S**

**Presenter: Nhlanhla Mkhize**

**14:00—14:40**

**Mkhize N. The Connection-Disconnection Motif in Africentric Thought: An Afrikological Analysis**

This presentation seeks to show that the connection-disconnection motif is one of the primary considerations in Afrikan-centred psychological and social thought. The primary purpose is to show that, to be a fully human (ethical) self, is a never-ending struggle, comprising a series of transformations, from one state of being, to another. Ideally, each transformation should strengthen connections within and between the self, and other realms of existence, including the Divine. The author argues that Afrikology, as propounded by Nabudere, provides a framework for the grounding of Africentric knowledge traditions, thereby avoiding the fragmentation (disconnection) of knowledge that was brought about by the colonisation of thought. Commensurate with the interdisciplinarity and

transdisciplinarity of Afrikological studies, the presentation draws from Afrikan oral and written sources, news articles, historical documents, and African rituals and myths, to advance the thesis that umuntu/motho is not only internally connected, in terms of the multiple components of the self, but is also ethically grounded in his or her community, including the community of the living-dead. The author goes on to discuss various forms of disconnection, and in so doing, highlights the revolutionary potential of Afrikan centred psychological and social analysis. This includes disconnection from other human beings that manifests itself in hunger; violence/rape/low regard for life; disconnection from the land; spiritual disconnection; and epistemological disconnection, to mention a few. Implications for teaching, research and community development are discussed. Correspondence: *Nhlanhla Mkhize, PhD, School of Applied Human Sciences, University of KwaZulu-Natal, Memorial Tower Building, Mazisi Kunene Avenue, Durban, 4041, Kwazulu-Natal ProvinceE, South Africa. mkhize@ukzn.ac.za*

**Paper Presentations. Trauma & Psychology**

**Chair: Redda AH**

**12:40—14:00**

**Gyaban-Mensah A. Conceptualization of child neglect in a Ghanaian Community**

Child neglect has been considered an important component of child maltreatment. As a concept, it has attracted conflicting opinions among various researchers leading to various proposals on what child neglect should constitute. These views have been largely influenced by the location of the studies. Studies done in Africa have mostly concentrated on the effects of child maltreatment using quantitative research methods. The current study explored child neglect as conceptualized in Tema a suburb of the Greater Accra Region in Ghana using content analysis of narratives from participants. Child neglect has been on a steady rise in Ghana, hence, the need to explore the understanding Ghanaians have of the concept. Sixteen purposively sampled participants were interviewed to obtain their knowledge and views on child neglect as it occurs in their community. Overall, child neglect was viewed as a function of parental omissions in child care. However, fathers or men were identified most commonly as perpetrators of child neglect. Participants' responses on the physical presentation of child neglect were further categorised and used in the development of a 16-item culture specific child neglect scale named the Child Neglect Questionnaire (CNQ). Implications of findings will be reviewed. Correspondence: *Anna Gyaban-Mensah, MPhil, P. O. Box CS 8737, Tema-Ghana, Ghana. annagmensah@gmail.com*

**Redda AH. The psychosocial consequences of female victims of trafficking in Ethiopia**

The purpose of this presentation is to share the story of female victims of trafficking and how it affects their social and emotional wellbeing, as well as to gain insight into the challenges faced by the wider population. The study is based in social constructivism and the epistemological framework

and involves in-depth interviews with five returnees whose experiences as victims are explored. The participants were selected using purposive sampling from a list of victims of trafficking identified by the International Organization for Migration (IOM) in Addis Ababa. Following the advance confirmation, consent forms were signed by all participants. The findings show that the victims experience difficulties due to post-traumatic psychological factors. It further shows the experiences of the victims of trafficking had a profound social and psychological impact, which prevented them from working and earning their living after they had returned home. In conclusion, the study shows how important it is to see the world of human trafficking through the eyes of the victims. Correspondence: *Asefch Haileselassie Redda, MA, BEZNA Counseling & Training Center PLC, 30683 Addis Ababa, Ethiopia. asefubctc@gmail.com*

**Van Der Westhuizen A, Hoelson C. Human trafficking survivors, their needs, and the role of psychology**

South Africa is a source, transit, and destination country for adults and children trafficked for various forms of exploitation such as labour and sexual exploitation, forced marriage, and forced begging. While in the trafficking situation, victims of this crime are regularly exposed to extreme forms of abuse and dehumanisation, resulting in physical and psychological trauma. International research revealed that human trafficking survivors display a complex range of health, psychological, and relational difficulties, which sometimes exceeds those of individuals who experienced torture. Internationally, as knowledge of human trafficking became more prominent in the public eye, a sharp rise in the number of reports, manuals, articles, and books about human trafficking resulted. One area that has received research attention pertains to addressing the psychological needs of human trafficking survivors to aid their reintegration back into society and reduce their vulnerability to be re-trafficked. South African research, however, lacks this particular focus as the largest number of peer-reviewed research has been generated by the legal discipline, while very little research has emerged from the discipline of psychology. This presentation highlights areas in which the discipline of psychology can add to knowledge about human trafficking survivors and their needs in the South African context. Correspondence: *Amanda van der Westhuizen, D. Phil, University of Pretoria, PBag X20, HSB, Department of Psychology, Rm 21-28, Hatfield, 0028. amanda.vanderwesthuizen@up.ac.za*

**Invited Keynote. Trafficking: New scandals of slavery amidst old regimes of power**

**Chair: Wassenaar D**

**Presenter: Ingrid Palmary**

**14:00—14:40**

**Palmary I. Trafficking: New scandals of slavery amidst old regimes of power**

This chapter traces the invention of trafficking as a preoccupation in South Africa. I consider the paths of influence that led to the creation of the South African

Trafficking Act. In the discourses that have become dominant I consider how trafficking has been made through particular, often psychologized notions of vulnerability, victimization and care. In addition, I argue that the global influence and concern for migration control has resulted in law that is at odds with South African realities and, in ignoring significant forms of violence whilst attending to others, new forms of entitlement and exclusion are created. The focus of this paper is therefore on how and why trafficking has come to matter and the post-apartheid moral orders that inform the preoccupation with trafficking over other forms of violence. Correspondence: *Ingrid Palmary, University of the Witwatersrand, South Africa. ingrid.palmary@wits.ac.za*

**Invited symposium: International test commission: guidelines for good testing practice  
Chair: Odendaal A**

**12:40—14:40**

**Geisinger K. Introduction to the developing saga**

Guidelines are one of the primary and most celebrated products of the International Test Commission. The ITC Guidelines are written for an international audience and with the specific intent to set clear standards for best practices in the domain of tests and testing. This introduction will describe briefly the various guidelines developed by the ITC and those which are currently under development or consideration. Following this introduction, the session includes papers that discuss the scope, usage, impact and possible evolutions of different ITC Guidelines. Correspondence: *Kurt F. Geisinger, PhD, Director and Meierhenry Distinguished University Professor, Buros Center for Testing, The University of Nebraska-Lincoln, 21 Teachers College Hall, Lincoln, NE 68588-0352, USA. kgeisinger@buros.org; kgeisinger2@unl.edu*

**Odendaal A. Test-Taker's Guide to Technology Based Testing**

The ITC Guidelines on Test Use were developed in the late 1990's. The focus is specifically on the competence of the test user, on the basis that a competent test user will use tests appropriately, professionally, and in an ethical manner, paying due regard to the needs and rights of those involved in the testing process, the reasons for testing, and the broader context in which the testing takes place. As this outcome is dependent on the test user having the necessary competencies to carry out the testing process, the guidelines are presented in the form of performance requirements. The guidelines are generic with the intent to provide a general framework for test use standards and related specifications for test user qualifications or certifications. The guidelines are currently available in English and fourteen other languages. In addition, emphasis will also be placed on guidelines for test-takers who are asked to complete tests based on any kind of modern IT technology. Correspondence: *Aletta Odendaal, D.Phil. Chairperson and Associate Professor, Stellenbosch University, Matieland, 7602, South Africa. odendaala@sun.ac.za*

### **Stark S. ITC Guidelines on Adapting Tests**

The ITC Guidelines on Adapting Tests were developed by a 13-person committee representing a number of international organizations. The objective was to produce a detailed set of guidelines for adapting psychological and educational tests for use in various different linguistic and cultural contexts. This is an area of major importance as tests become used in more and more countries, and as tests developed in one country get translated or adapted for use in another. Adaptation needs to consider the cultural context within which a test is to be used. Indeed, the adaptation guidelines apply wherever tests are moved from one cultural setting to another - regardless of whether there is a need for translation. There are 22 guidelines that fall into four main categories: those concerned with the cultural context, those concerned with the technicalities of instrument development and adaptation, those concerned with test administration, and those concerned with documentation and interpretation. Correspondence: *Steven Stark, PhD, Professor and Associate Chair, 4202 E. Fowler Ave. Department of Psychology, PCD 4118G, University of South Florida Tampa, FL 33620. sestark@usf.edu*

### **Geisinger K. ITC Guidelines on Quality Control in Scoring, Test Analysis and Reporting of Test Scores**

Tests are used for many purposes and sometimes serve as the basis for important decisions, and yet it cannot be taken for granted that tests – or the testing process – are of a high quality. Mistakes, such as the computing or reporting of an incorrect score may have a number of disturbing implications in any context of educational and psychological measurement. There are many steps and stages at which mistakes can occur and the only way to achieve a low rate of error is by maintaining extremely high standards at all times and applying adequate quality control procedures. The ITC Guidelines on Quality Control in Scoring, Test Analysis and Reporting of Test Scores include general points that should be considered and agreed upon prior to scoring, test analysis and reporting of test scores. The Guidelines relate to a wide variety of techniques and are suitable for use in a number of different applications and assessment situations, with the main focus on large-scale high-stake educational tests. *Kurt F. Geisinger, PhD, Director and Meierhenry Distinguished University Professor, Buros Center for Testing, The University of Nebraska-Lincoln, 21 Teachers College Hall, Lincoln, NE 68588-0352, USA. kgeisinger@buros.org; kgeisinger2@unl.edu*

## **Symposium. Promoting youth civic engagement: Exploration and action in tanzania and the united states**

**Chair: Neville H**

**13:20—14:40**

### **Neville H, Kafanabo E. Malkia Wa Nguvu: Naming and disrupting genderbased violence transnational project**

In this paper, we describe Malkia wa Nguvu, a participatory action research project undertaken by students and professors at the University of Dar es Salaam and the University of

Illinois at Urbana-Champaign. The idea for the project emerged from the focus groups described in the first two presentations in the symposia. Girls and young women participants identified gender-based violence as a major concern affecting their lives. The scope and activities of Malkia wa Nguvu were in large part determined by the young women student researchers. Project activities included: (a) two semesters of dialogue facilitated by Skype and new media across the two school settings; (b) a digital storytelling documentary describing different forms of gender-based violence in Tanzania and in the United States; (c) a college-wide survey describing college women's experiences with gender-based violence; and (d) an exchange study abroad in which the University of Illinois research team members visited the University of Dar es Salaam, allowing for rich cross-cultural exchange and continuing collaborations. We are in the process of finalizing the documentary and collecting the data from the survey. For the presentation, we will show one of the digital stories and summarize findings and recommendations from the survey. Correspondence: *Helen Neville, PhD, 1002 S. Elm Blvd, Champaign, United States. helen.neville1@gmail.com*

### **Kafanabo E. Siasa Na Jamii: Civic engagement among secondary school students in Tanzania**

Building on the youth civic engagement (CE) literature, we explored secondary school youth's identification of pressing concerns in their daily lives, and the strategies they believe are needed to improve the wellbeing of the communities in which they belong. A total of 61 students participated in 1 of 10 focus group discussions in the Dar es Salaam and Pwani regions of Tanzania. Findings from thematic analysis suggest that the youth identified eight interlocking and pressing concerns: Corruption/misuse of resources, poverty, limited resources, gender-based violence and discrimination, bias and conflict, diminished school and learning environment, diminished quality of life and future potential, safety and health and wellbeing. Corruption was viewed as one of the main sources of poverty and the reason for the limited resources in the country such as poor infrastructure. Poverty and poor infrastructure, from their perspective, served as the basis for health concerns such as waterborne infections and sexual exploitation. Youth proffered a number of solutions including providing employment opportunities, building safe schools and educating citizens about their rights and future leaders about ethics. Youth were involved in a number of activities to improve their communities, including educating their friends about issues and serving in leadership roles. Correspondence: *Eugenia Kafanabo, PhD, University of Dar es Salaam, Tanzania. ekafanabo@yahoo.com*

### **Betha S. K.I.R. (Keep it Real): Civic engagement among black youth in the United States**

Building on the youth civic engagement (CE) literature, we explored Black youth's in the United States identification of pressing concerns in their daily lives, and the strategies they believe are needed to improve the wellbeing of the communities in which they belong. A total of 49 students participated in 1 of 7 focus group discussions in a large metropolitan and a smaller urban community in Illinois.

Findings from thematic analysis suggest that youth identified a number of interlocking concerns that both complement and extend the findings from Tanzania: Disparities/inequalities/unfairness, violence, being judged, group conflict, media, mental/ behavioural health, and family strain. Within these larger dimensions, youth talked about the ways in which racism, poverty, and racialized violence shaped their lived experiences in neighbourhoods and schools. Girls and young women also identified gender-based violence as an area of concern. Youth proffered a number of solutions including findings ways to improve community education, relations, and resources along with working with schools and families to promote wellbeing. Similar to the findings of the study conducted in Tanzania, youth were involved in a number of activities to improve their communities. These included educating their friends about issues, serving in leadership roles, and becoming active in student and community organizations. Correspondence: *Sharon Bethea, PhD, Northeastern Illinois University Chicago, IL, United States. s-bethea@neiu.edu*

**Invited Keynote. Psychological science, psychologists and public engagement: Science, practice and impact**

**Chair: Johns L**

**Presenter: Pam Maras**

**14:00—14:40**

**Maras P. Psychological science, psychologists and public engagement: Science, practice and impact**

Psychological science is relevant to many social, political and environmental situations across the world, yet evidence for the impact of psychology is often narrowly defined, with academics tending to focus on journal impact factors, 'H' scores and 'Scopus' ratings and practitioners focusing on factors relating to individuals experience especially in the global north. Both of these types of activity are important, relevant and appropriate and clearly psychology has affected the bodies of science and practice relating to human behaviour. It's surprising therefore that, with a few exceptions, psychology is less likely to be the first 'point of call' of politicians and policy makers looking for advice than other disciplines such as economics. This is disappointing, and probably an effect of our own behaviour as psychologists and the psychology discipline rather than an actual lack of effect. In this paper, I briefly note some examples of my own research on children's behaviour before considering and inviting comments on how psychologists and psychology might be better located in policy for public good. Correspondence: *Pam Maras, PhD, Social & Educational Psychology and Director of Research & Enterprise at the University of Greenwich, London. P.F.Maras@greenwich.ac.uk*

**Paper Presentations: Decoloniality/Prejudice**

**Chair: Kessi S**

**12:40—14:40**

**Dlamini S, Young C. #FeesMustFall: Lessons from the post-colonial Global South**

The imputes for this study came from a study of factors that influenced academic performance amongst first year psychology students at a historically white university (HWI) in South Africa. A wide array of demographic data was collected during the course of the study which included; age, gender, race, type of school, and socio-economic status of the participants. The results indicated that there were no differences in the socio-economic status of the participants along racial lines as would be expected in a public university, the majority of whom were in the middle to upper class strata. This paper explores some lessons that can be learned from other post-colonial countries in the global south and their applicability to the current South African higher education crisis. The focus in this paper was to highlight the disproportionate distribution of the classes in higher education and what may continue to maintain this phenomenon. Fundamental questions are asked about post-colonial South Africa and the function of higher education; will universal free higher education benefit the poor? What type of free higher education should South Africa adopt? (Will)Is higher education reproducing and maintaining a classist society? Correspondence: *Sipho Dlamini, MA, 62 Keats Road, Lombardy East, 2090, Johannesburg, South Africa. Siphodlamini72@gmail.com*

**Lau U, Seedat M, Suffla S. Towards decolonizing the regimes of university excellence: Mapping the conceptual co-ordinates of the Alternative Academic Performance Measures Project**

World university rankings are heralded as key to knowledge advancement in the higher education context. Within this paradigm, however, the university, under the dictates of global capital, is fast losing its legitimacy as an institution of knowledge advancement geared towards serving society. In its managerialist ethos, funding is tied to performance metrics such that meaning and knowledge accumulation is synonymous with monetary gain. The use of technocratic tools to measure performance and ensure research quality and impact—all in effort to secure the university an esteemed rank among elite universities of the world—have contributed to colonial hierarchies of knowledge. This presentation provides initial thinking around the Alternative Academic Performance Measures Project. The Project, an initiative of the UNISA Institute for Social & Health Sciences, aims to decenter the technocracy of university performance measures through a critical interrogation of the 'world-class university' ideology, its colonial/neoliberal foundations and its technologies of power. Guided by a decolonial approach, the presentation maps the trajectories of this problem using Maldonado-Torres' conceptual co-ordinates of coloniality of power, coloniality of knowledge and coloniality of being. In turn, it explores the question: what would a decolonizing methodology look like to decenter the technocracy of performance measures? Correspondence: *Ursula Lau, MA, Institute for Social & Health Sciences, University of South Africa & South African Medical Research Council Violence, Injury and Peace Research Unit, 1517 Miradelle, 170*

*Bellairs Drive, Northriding, Ext. 43, Johannesburg, South Africa. lauu@unisa.ac.za; ursula.lau@gmail.com*

### **Thomas T. Experiences of prejudice at South African higher education institutions**

This study investigated the experiences of undergraduate students in a historically Black higher education institution (HBHEI) and a historically White higher education institution (HWHEI). This paper exclusively focuses on accounts specifically related to prejudice in the higher education context, especially taking into account the participating HEIs' historical racial identities. Three focus groups were conducted with undergraduate students at an HBHEI and two at an HWHEI. One racially mixed focus group and one comprising Black participants only were conducted at each HEI; in addition, one focus group comprising White participants was conducted at the HBHEI. A total of 31 students were selected for participation in the study. Thematic analysis was used to analyse the data. Participants mainly reported not having experienced peer-related racial incidents at their HEIs. Interactions with members of one's own race and ethnic group, as a result of familiarity, were widely reported. Some attributed lack of integration to institutional cultures, structures and procedures that do not promote racial integration. Moreover, although African participants at the HBHEI were apparently drawn towards the institution to avoid racial discrimination, they reported discrimination by academic and managerial staff. Under-representation of Black academic and managerial staff was also reported. Correspondence: *Tsholofelo Angela Thomas, MA, Department of Psychology, University of Pretoria, 12-9 Human Sciences Building, Department of Psychology, Lynwood Road, University of Pretoria, Pretoria, 0002, South Africa. angela.thomas@up.ac.za*

### **Kessi S. Decolonising higher education: notes on race, gender, class and activism**

The imperative to decolonize institutions of higher education is high on the agenda in current debates in South Africa. Various forms of activism have been driving the call for decolonization with students playing a central role in the Fees Must Fall (FMF) and Rhodes Must Fall (RMF) movements. The centrality of student activism makes higher education a crucial space for enquiry into its role as producer and reproducer of both coloniality and decoloniality with far reaching impacts on society as a whole. In this talk, I will explore the university as an imagined community of students and scholars located in a contested space of knowledge production. A particular focus will be on how everyday politics in university spaces inform broader contestations of raced, gendered, and classed identities in society; and when, why and how members of the university choose to engage in activism. Findings from research projects with black students and staff engaged in activism at the University of Cape Town (UCT), voicing their daily experiences of the University, will serve to illustrate the dimensions of identity, knowledge and power that form part of the decolonisation project. Correspondence: *Shose Kessi, PhD, Department of Psychology, University of Cape Town, Private Bag X3, Rondeboschshose, Cape Town, South Africa. kessi@uct.ac.za*

### **Maseti T. "University is not your home": Lived experiences of a black academic woman in an institution of Higher Education**

Entering academia as the youngest black female lecturer in my department, I encountered my blackness in ways similar to my days as a university student. Joining a university department with few black academics can be psychologically scarring, some devastation has been constantly wondering whether my employment had been to fulfil demographic obligations or based on merit and suitability for the job. This experience evoked feelings of nostalgia of my experiences as a black student in classes with very few black bodies to engage with and/or look up to. This came with a burden of constantly needing to prove my worth and intellectual capability which became an artificial barrier to belonging in those spaces. This constant questioning of belonging in higher education is the isolating burden of blackness, especially as a female. It is a struggle I have borne as a university student and continue to bear as a black academic in a South African university. Reflecting on transformation at South African higher education institutions, in this paper I take a critical race theory stance to reveal my experiences of (un)belonging and exclusions in academia as a way of revealing the psychological cost of being a 'body out of place'. Correspondence: *Thandokazi Maseti, MA, University of Johannesburg, 6 Boundary Road, Parktown. Johannesburg, South Africa. Thandom@uj.ac.za*

### **Simango J, Segalo P. What decolonising psychology means: An Africanist perspective**

Colonialism was a global system which led to the conquering, oppression and suffering of many people around the world. It is a process that deemed human beings as belonging to different categories of humanity. While arguments may be made that colonialism has ended, it is critical to note that the remnants of it can still be felt today as the present structures continue to operate using the colonial tools. For example, the discipline of psychology continues to prescribe and draw from Euro-centric theories while keeping African knowledges in the margins. When prescribed; African ways of being are used as 'add-ons'. With this in the background, this presentation aims at highlighting the need to decolonise the psychology discipline. Decolonisation is about where you locate yourself in the world. It is about contextual understanding of people's beings if we are to make sense of their lived experiences. Drawing from the works of Biko, Fanon, Du bois, Garvey, and Sobukwe, the presentation will highlight that decolonisation is not an arrival, but a historical ongoing process which engages imperialism and persistent colonial tendencies at multiple levels. We will conclude by calling for a psychology that acknowledges people's agency, identity, language, history, and ethics, from their own vantage points. Correspondence: *Julia Simango, MA, 72 6th avenue, Florida, Johannesburg, South Africa. Juliasimango@yahoo.com; juliasimango46@gmail.com*

### **Invited Keynote. Protecting Africa's children: Issues of power, community, and sustainability Chair: Swartz L**

**Presenter: Michael Wessells**

**13:20—14:00**

**Wessells M. Protecting Africa's children: Issues of power, community, and sustainability**

Throughout sub-Saharan Africa, international NGOs lead extensive work on child protection at community level and also wider child protection system strengthening. Most often, this entails top-down approaches in which the NGOs hold the power and implement Westernized interventions and processes. This address will critique this approach for its neo-colonial orientation, low community ownership, failure to draw on community creativity and resources, and poor sustainability. Then, using evidence from Sierra Leone, Kenya, and Somalia, it presents a more community owned and led process for addressing child protection issues and strengthening child protection systems from the bottom up. This approach features real community power, inclusive decision making, contextual interventions, and social transformation. The address ends with a reflection on how we need to change our approach if we are to attain the Sustainable Development Goals and protect African children in a contextual, ethical manner. Correspondence: *Michael Wessells, PhD, is Professor at Columbia University in the Program on Forced Migration and Health. mikewessells@gmail.com*

**Documentary Screening. Strike a Rock**

**11:45—14:40**

**Paper Presentations. Disability**

**Chair: Cooke N**

**14:45—16:45**

**Lourens H. "Every now and then I slip up and then I am in trouble": the embodied experiences of visually impaired students at two South African Universities"**

Over the last two decades, South Africa has gained significant ground regarding the inclusion of disabled students in higher education. Not only does the number of disabled students increase on these campuses, their participation is also facilitated through support services offered by the majority of universities. Despite these positive strides towards supportive structures for them, some students are still excluded from full participation in all spheres of campus life. Previous studies failed to provide an embodied understanding of the experiences of visually impaired students in higher education. In this paper, we discuss some of the embodied experiences of 23 visually impaired students in two South African universities. Data was collected through two individual interviews and one focus group interview with 23 visually impaired students and analysed according to the interpretative phenomenological approach. Lost, fearful, shameful and aching bodies revealed prevailing gaps in provision for disabled students. Consequently, students far too often stepped in and took it upon themselves to ensure their social and academic success. These efforts by students might create the false impression that current, mostly

medicalised, practices are effective, which, in turn, will leave institutions unexamined and unchanged. Correspondence: *Heidi Lourens, PhD, University of Johannesburg, University of Johannesburg, Auckland Park, 2006, room c427, Johannesburg, South Africa. hlourens.psych@gmail.com; hlourens@uj.ac.za*

**Adams M, Sodi T. The experiences of teachers' working with intellectually disabled learners in three special schools in Capricorn district, Limpopo province**

Caring for children with intellectual disability often results in stressful experiences for caregivers, even leading to crises in some cases. The aim of the present study was to explore the lived experiences of teachers of intellectually disabled learners in three special schools in Capricorn District, Limpopo Province. The study sought to determine teachers' understanding of intellectual disability, the challenges they face in working with such children, and the psychological strategies they use to deal with intellectually disabled learners. The study was qualitative in nature, and consisted of 9 female teachers selected through non-probability purposive sampling. Data was collected through semi-structured interviews and analysed using interpretive phenomenological analysis. The findings of the study show that the experiences of teachers of children with intellectual disability were fairly positive. In most cases the teachers' feelings were characterised by feelings of fulfilment and contentment. Challenges such as burnout, stigma, and lack of parental and government support were also revealed in the study. The study recommends workshops on effective coping strategies for teachers, and public awareness campaigns in communities about intellectual disability, amongst others. Correspondence: *Martina Adams, MA Clin. Psych, University of Limpopo, Po Box 6278, Polokwane North, 0750, Polokwane, South Africa. lesedi.adams@gmail.com*

**Williams S, Young L. "So I am fine, but I wasn't fine": An interpretive phenomenological study of the experiences of particular caregivers of children with disabilities**

This presentation describes a study that set out to explore and understand the lived experiences of three primary caregivers of children with disabilities living in a disadvantaged community in the Eastern Cape. Data was collected using in-depth semi-structured interviews and analysed using Interpretive Phenomenological Analysis. Findings emphasise firstly, the complexity of caregivers' experiences of their child's impairment with caregivers reporting a sense of privilege at being the caregiver of a 'special child' while also describing distress at their child's inability to communicate or be fully independent. An attitude of acceptance, religious faith and sharing with others is described as relieving this distress. Secondly, the caregivers described having to take extra safety precautions in all their interactions with the child as well as the importance of a sense of joy or happiness reflected by the child for strengthening their bond. Finally, the caregivers experienced current services offered at their local clinics to be very beneficial and particularly valued the encouragement they got from therapists in terms of their parenting abilities as well as the contact with other caregivers

of children with disabilities. The findings in this study are discussed with respect to how they might inform future interventions for children with disabilities and their caregivers. Correspondence: *Sinazo Williams, Honours, Rhodes University, Psychology Department, Box 94, Grahamstown, 6140, South Africa. sinazo.williams94@gmail.com*

**Botha J. I regard myself as a champion: A group of South African athletes' experiences of participation in competitive disability sport**

Regular participation in physical activity is vital to good health, contributes to the prevention of various chronic illnesses and promotes mental well-being. For individuals with disabilities, participation in sport has also been found to have positive effects on self-acceptance. However, little literature has explored the emergence and development of elite disability sport and the issues surrounding participation therein. The lack of information on the factors influencing participation in elite disability sport, specifically in low- and middle-income countries, was the motivation for this study. This study was conceptualised within the paradigm of the social model of disability and aimed to document the narratives of a group of elite athletes with physical disabilities to gain insight into their personal experiences of participation in disability sport competitions and how these experiences contributed to their self-acceptance. The results indicate that participation in competitive disability sport provides participants with feelings of success and accomplishment, which contributes to the development of self-acceptance. The attitudes of able-bodied individuals and personal factors such as perceived abilities and self-efficacy also contributed to the participants' self-acceptance.

Correspondence: *Jeanine Botha, BA,52 Amatoni, Herold Street, Stellenbosch, 7600, South Africa. jeaninebotha14@gmail.com*

**Cooke N, Young L. A case study of the impact and process of a service-learning programme for one particular caregiver and her child with physical disabilities**

This paper presents a case study from data collected as part of a broader research project exploring the process and impact of a service learning programme with caregivers and their children with disabilities. Following a descriptive case series design, both quantitative and qualitative data are presented to create a comprehensive and rich understanding of the case. In particular, the data tracks change processes in the subjective wellbeing of the caregiver, the quality of the caregiver-child relationship and the functional development of the child over a sixteen-week period of receiving public health services and an eight-week period of adding the service-learning programme. The paper also presents qualitative data on one particular caregiver's perception of and experiences of the public services and service-learning programme that she and her child are receiving. The findings provide important insight into this particular caregiver's perceptions of giving and receiving care, with the caregiver's experiencing significant levels of distress and prominent barriers to accessing healthcare that were seemingly eased

with the addition of the service-learning programme. The findings also point to a notable disparity between the quantitative findings and the qualitative interviews with questions being raised about the research being viewed as an intervention in itself. Correspondence: *Nicole Cooke, MA Psychology by Thesis, Department of Psychology, Rhodes University, 1 University Road, Grahamstown, Eastern Cape, 6139, South Africa. nicolecooke91@gmail.com*

**Invited Symposium. Psychology applied to terrorism and violence: Advances and challenges**

**Chair: Gauthier J**

**14:45—16:45**

**Kagaari J. Terrorism in Africa: A case of the twin bombings in Kampala, Uganda**

The African continent has had its share of global terrorism. In 2014, the African continent experienced a peak of 16,840 attacks. However, terrorism in Africa became a reality in 1998 with the bombings of the United States embassies in Dar es Salaam (Tanzania) and Nairobi (Kenya), in which over 16 Americans and 200 Africans were killed. This paper narrates a case of the terrorist attack in Kampala, Uganda. During the FIFA cup finals in 2010, Uganda was woken up with twin bombings at two locations in the capital city, Kampala. One bombing occurred at Kabalagala-Kansanga in a restaurant popularly known as the "Ethiopian village" and another at Lugogo Rugby play grounds, leaving 64 dead and 70 injured. Counselling psychologists felt an impulsive need to intervene and visited hospitals. At the National referral hospital - Mulago Hospital, Counseling Psychologists convened to answer a professional calling. Multidisciplinary teams were deployed to key hospitals in Kampala where victims had been admitted. The psychosocial intervention team organized a debriefing session for Mulago Hospital emergency workers after 14 days, the psychologists organized a debriefing session on the anniversary of the critical incident for survivors, family, media and the public. Unfortunately, a follow up of the survivors remains unknown. Correspondence: *James Kagaari Rubazonzya PhD, Department of Psychology Kyambogo University, C/O P.O BOX 40112, Kampala, Uganda. jmskagaari@gmail.com*

**López-Lopez W. The media dynamics of war: Legitimization of violent action**

Colombia has experienced a war lasting over 50 years, which has been linked to economic, political, legal, environmental, cultural, social and psychosocial aspects. A wealth of literature exists related to some of the above aspects, especially from the points of view of sociology, political science, history and economics. However, the fundamental psychosocial aspects of this war have not been sufficiently studied so far. This presentation aims to show one of these aspects, namely the way in which the mass media have dealt with war. Specifically, we will present the type of media

strategies that different actors of this war have used and how those relate to the ways in which people have conceptualized processes such as forgiveness and reconciliation. The role that they have played, and still play, in the legitimization of violent or peaceful actions, will be clearly shown. Correspondence: *Wilson López-Lopez, PhD, Pontificia Universidad Javeriana, Colombia.lopezw@javeriana.edu.co; lopezlopezwilson@gmail.com*

**Dodgen D. Best practices and planning tools to improve the mental health response to terrorism**

In mass casualty events, particularly terrorist attacks, the mental health consequences are significant and pervasive. However, most planning efforts focus primarily on acute medical care and law enforcement concerns. In the United States, more attention has been given in recent years to planning for the mental health consequences of terrorism and other mass casualty events. This presentation will focus on planning tools, mental health response teams, and online resources that can be used to prepare for psychological needs in such events. Participants will learn about tools developed in the United States and discuss how they have been used in recent events, such as the Orlando Pulse nightclub shooting and Boston Marathon attack. The panel will also talk about how these tools might be adapted for use in other nations to address psychological needs following a terrorist attack. The focus will be on four tools: the Disaster Behavioral Health Concept of Operations, the Disaster Mental Health Coalition Guidance, the Community Self-Assessment for Disaster Behavioral Health Capacity, and the Rad Resilient City project (a tool for local planning for a nuclear detonation). The purpose and development of each tool will be discussed, along with how the resources can be used or modified for the needs of different nations and communities. Correspondence: *Daniel Dodgen, PhD, U.S. Department of Health and Human Services, Washington DC, U.S.A. Daniel.Dodgen@HHS.Gov*

**Garcia-Vera MP, Gutierrez S, Gesteira C, Moran N, Sanz J. Time does not heal all wounds: Prevalence of psychological disorders in victims of terrorism 6-39 years after terrorist attacks**

Nearly all previous research on the psychopathological repercussions of terrorist attacks has focused on the consequences at short term or at medium term, but their true magnitude in the long term, after 5, 15, 25 years, or more, is unknown. This study aimed to examine long-term prevalence of posttraumatic stress disorder (PTSD), anxiety disorders, and depressive disorders in victims of terrorism. The Association of Victims of Terrorism of Spain assisted in obtaining a sample of 507 adults who had suffered a terrorist attack or who were direct relatives of someone who had died or had been injured in a terrorist attack. Terrorist attacks had occurred between 6 and 39 years ago. All participants completed the Structured Clinical Interview for DSM-IV Axis I Disorders (SCID-CV). After an average of 21.5 years since the terrorist attacks, 50.3% of victims showed a mental disorder. The most prevalent mental disorder was PTSD (26.8%), followed by major depressive disorder (17.9%), specific phobia (15%), panic disorder (13.4%), and generalized anxiety disorder (11.8%). Binary logistic

regression analyses revealed that the time elapsed since the attack had no significant effect on the prevalence of mental disorders, but they had the following factors: type of victim, gender, age, and type of terrorist attack. Results are discussed in terms of the need to provide psychological attention in the short, medium, and long term to direct and indirect victims. Correspondence: *Maria Paz Garcia-Vera, Complutense University of Madrid, Madrid, Spain. mpgvera@psi.ucm.es*

**Paper Presentations. Industrial/Organisational  
Chair: Tladi K  
14:45—16:45**

**Kock R, Veldsman TH, Crous F. The construction of an authentic workrelated identity among young, black professionals in South Africa**

In the global talent war, the concept of work-related identity is a unique angle for professionals to develop their full potential as authentic professionals. Positive Organisational Scholarship provides an insightful basis from which to explore authentic work-related identity, made up of personal, professional and social identity pathways. An ethnographic case study was undertaken in the Johannesburg office of a multi-national company, conducted through in-depth interviews with Young Black professionals (YBPs) (24 – 34 years old) and People Managers. The findings revealed that work-related identity is authentic when YBPs are characterized by certain virtuous attributes, integrated values, and a boundary-less work-orientation. Authentic YBPs evaluated, adapted, balanced and progressed their work-related identity toward an optimal authenticity state. They experienced positive self-esteem, productive energy, career advancement, and trusting relations because of their authenticity at work. In contrast, inauthentic and limited authentic YBPs experienced fragile self-esteem, unproductive energy, limited career mobility, and mistrusting work relations. The findings offer invaluable insights into the attributes, construction, and consequences of pursuing an authentic work-related identity. The study's value lies in its practical recommendations on how to assist YBPs in the conscious construction of authentic work-related identities, enabling them to contribute to a positive organisational culture and climate. Correspondence: *Ruwayne Kock, PhD, Candidate, University of Johannesburg, PO Box 1779, Parklands, Johannesburg, 2121, South Africa. Ruwayne.kock@outlook.com*

**Visagie N, Van Wyk S. The utility of a Psychological Support Model for South African National Defence Force (SANDF) Battalions post deployment: Society in motion**

Peace Support Operations expose SANDF members to unique and continued stressors, beyond the stress associated with contact situations, implying a need for support broader than a post-deployment clinical intervention. To ensure the wellbeing of the organisation, it is imperative that the individual's relationships (organisational and family structures) as well as healthy clinical functioning are maintained. The study aims to examine the utility of a SANDF specific psychological support model for Infantry

Battalions 6-7 months' post-deployment, with specific reference to interventions based on three main spheres. These include: Organisational Factors, Clinical Risks and Psychological Relationship functioning. A mixed method approach was utilised using survey questionnaires (Post Deployment Survey and Relationship survey), quantitative instruments (IES-R, BRUMS and Clinical Symptom Checklist) as well as focus groups. Each sphere's data was analysed using basic descriptive statistics and thematic analyses. Both quantitative and qualitative findings showed utility of this proposed model as a means to adequately identify an individual's well-being in relation to all three spheres. Furthermore, the findings gave credence to the fact that all three spheres were necessary in optimally assessing post deployment risks in members of the SANDF. Correspondence: *Nicolette Visagie, MA, Military Psychological Institute, Postnet Suite 284, P/Bag X0001, IFAFI, 0260, Hartbeespoort, South Africa. krugernicolette@gmail.com*

#### **Tladi K. The Influential Factors of Career Orientation of Employees within a Government Department in South Africa**

Employees have different approaches to making decisions about their career paths. Some prefer to work on their own while others would prefer co-workers. Leaders and managers must evaluate their talent management practices in order to identify and eliminate factors that may contribute to burnout and in contrast, lead to a success in career orientation. The objective of this research was to assess factors affecting career orientation. The Career Orientation Inventory and a biographical questionnaire were used to assess the career orientation of respondents. A descriptive measure was utilized with a stratified random sample (N = 205). The reliability of the measure was confirmed using the Cronbach's Alpha coefficient. An exploratory factor analysis was used to determine the underlying factor structure of the variables. The results showed that some of the departmental employees are comfortable with their current working conditions. The findings indicated that most professionals have realized that they possess their own goals and ambitions with regards to their careers. Correspondence: *Karabo Tladi, MA, NWU (Mafikeng Campus), 3427 Tswelolepe Street, Rustenburg, South Africa. tladi\_k@yahoo.com*

#### **Hall S, Van Zyl CJ. Investigating main and interaction effects of trait pessimism and external locus of control as predictors of workplace deviance**

Workplace deviance is a well-known cause of direct and indirect harm to organizations in all industries. Several broad and narrow personality traits have been found to be predictive of workplace deviance, although, such studies typically focus only on main effects. The objective of the present study is to investigate both main and interaction effects of trait pessimism and external locus of control as predictors of two types of workplace deviance, organizational and interpersonal. The personality variables of this study have been implicated in previous research as important elements of an individual's attribution style, which in turn has been found to be an important antecedent of

workplace deviance. Participants were 952 working adults that completed a locally validated personality-based integrity measure (WRISc), and a well-known measure of workplace deviance (Counterproductive Checklist). The results of the study will examine the predictive power of the personality variables in isolation along with possible moderation effects in combination. Implications following the outcome of the research will be explored with regard to our theoretical understanding of workplace deviance and how this information may be used to manage its occurrence in organizations. Correspondence: *Stephen Charles Hall, BSc (Hons), Psychology, University of Johannesburg, Car Kingsway and University Rd Rossmore, Johannesburg, 2001, Gauteng, South Africa. stevecharles89@gmail.com*

#### **Van Der Vaart L, Stemmet L, Van Zyl L. Positive psychological interventions aimed at enhancing psychological ownership**

Interventions aimed at the enhancement of positive organisational behaviours, within organisational contexts, are imperative for creating and sustaining a high-performance culture, where individual and organisational strengths are optimized and top-talent retained. Psychological ownership, one form of positive organisational behaviour, comprises of self-identity, belongingness, self-efficacy, accountability and territoriality, and is a critical factor in the enhancement of individual performance. Despite this importance, limited research exists regarding evidence-based positive psychological intervention strategies aimed at the development of psychological ownership within organisational contexts. As such, the purpose of this chapter will be to propose evidence-based intervention strategies centred on the development of self-identity, belongingness, self-efficacy, and accountability, as well as the management of territorial behaviours within multi-cultural contexts from a positive psychology perspective. This chapter aims to present both the theoretical implications and practical guidelines for building psychological ownership. Correspondence: *Leoni van der Vaart, MCom, School of Industrial Psychology and Human Resource Management, North-West University (Optentia Research Focus Area), Hendrik van Eck Boulevard, Vanderbijlpark, Gauteng, 1911, South Africa. leoni.vandervaart@nwu.ac.za*

### **Paper Presentations. Violence and Sexual Violence**

**Chair: Martin J**

**14:45—16:45**

#### **Van Niekerk T, Boonzaier F. Kissing and making-up: Response narratives of intimate partner violence against women in two marginalised Western Cape communities**

South African literature on responses to intimate partner violence (IPV) against women has only just emerged; yet has great importance for informing community engagement, interventions and campaigns targeted at ending gendered violence. This paper qualitatively investigates responses to intimate partner violence against women in two marginalised communities in the Western Cape Province of South Africa.

Seven focus group discussions with community members are analysed using thematic narrative analysis to explore the social and collective features of violence against women and how it emerges within community responses to this violence. A core narrative of 'kiss and make-up' emerged in the data, which defined how community members responded to this violence. The temporary nature of the violent event was emphasised by participants, and the aftermath was described as an opportunity for the victim and perpetrator to 'reunite', thereby providing justification for non-intervention in future violent events. In addition, constructions of IPV as an 'everyday' event surfaced in the data, and mutualising language was often employed by community members to construct IPV as a reciprocal activity with no clear distinction between attacker and victim. Correspondence:

*Taryn Van Niekerk, PhD. taryn.vanniekerk@uct.ac.za*

### **Boonzaier F, Carr K. How does a 'postcolonial', 'Afropolitan' university communicate about sexual violence on its campus?**

South African universities are in the midst of highly visible struggles around decolonization. Over the past two years these struggles have foregrounded racialised, classed, gendered and other forms of exclusion – these being challenged both by black academic staff as well as by black students. Most visibly and deeply connected, have been the challenges to the ways in which universities, as particular types of institutions, have dealt with sexual violence and harassment of its women students. In this context, we ask about how a postcolonial university that describes itself as 'Afropolitan' communicates about sexual violence on its campus. In an archival analysis of the university's public communication on sexual violence during 2015 and 2016, we ask what kinds of messages it conveys about violence, victims and perpetrators. We are interested in the ways in which the university positions itself in relation to the issue of sexual violence. The paper finds that institutional discourse on sexual violence produces and reproduces some of the same discourses on sexual violence in both public and media discourse more broadly. Correspondence: *Floretta Boonzaier, University of Cape Town, Private Bag X3, Rondebosch, 7701, Cape Town, south Africa. Floretta.Boonzaier@uct.ac.za*

### **Martin J. Taxi rape: South African women's experiences of the affective atmosphere of rape in taxis**

Inspired by Pumla Gqola's *Rape: A South African Nightmare*, the researcher of this study examined South African women's everyday experiences of sexual violence in taxis. While sexual violence within the public transport system, generally, and taxis, specifically, is not a recent phenomenon; there has been increasing attention by the media, law enforcement, and commuter groups, directed towards the incidence of sexual violence. Against this backdrop, data was collected through individual and group interviews with a focus on how a sample of South African women experience the "affective atmosphere" of everyday taxi-going in relation to South Africa's "rape culture". Putting to work the concept of "affective atmosphere", preliminary findings revealed that South African women's

fears and experiences of unwanted sexual harassment, aggression, and violence in taxis is co-produced through a complex taxi-commuters-bodies assemblage. It was found that South African "rape culture", or, what the researcher dubs the micro-cosmic "rape atmospheres" of South African taxis, becomes experienced in and through women's bodies as part of which the intense threat of sexual violence by men seeps into women's flesh, ultimately informing how women negotiate their bodies, the bodies of men, as well as their taxi-going and commuting practices. Correspondence: *Jarred Martin, PhD student, University of Cape Town 212 Hiddingh Village, Hiddingh Avenue, Gardens, Cape Town, 800, South Africa. Ijmukzn@gmail.com*

### **Tlali T. Countertransference reactions of incest survivor therapists in psychotherapy treatment of adult incest survivor patients**

This study aims to gain in-depth understanding of the lived experiences of countertransference reactions of incest survivor therapists (ISTs) providing psychotherapy treatment to incest survivor patients (ISPs). Using purpose sampling methods, four registered psychologists were interviewed regarding their lived countertransference experiences in psychotherapeutically treating ISPs. The semi-structured interviews were transcribed and analysed based on the interpretative phenomenological analysis (IPA) framework suggested by Smith and Osborn. The analysis of each participant's transcripts provided seven master themes. Participants in this study experienced various yet expectable reactions to the reality and the narrative of their patients' trauma, such as feelings and behaviour of shock, disbelief, denial, ambivalence, powerlessness, frustration, anger, avoidance, shame, and re-traumatisation. While some participants experienced a sense of competence in treating ISPs, the majority of participants felt incompetent and ill-equipped to treat ISPs. Most participants experienced ISPs as defensive, dissociated, gullible, and frustrating, as well as resilient. Finally, the narratives of the experiences of all participants emphasise the importance of clinical supervision and personal therapy while treating ISPs. All participants experienced treating ISPs as a mutual and reciprocal process. Correspondence: *Tshepo Tlali, SEP; PhD, Department of Psychology, Faculty of Humanities, Auckland Park Kingsway Campus, University of Johannesburg, South Africa. tlali@uj.ac.za*

## **Invited Symposium. Indigenizing psychology education and training in the majority world:**

### **Perspectives from Africa**

**Chair: Thompson A**

**14:45—16:45**

### **Oppong S. Indigenizing Psychology in Africa through historical studies**

History is an account of past events, the sequence of the events and the key persons involved therein. Knowledge of our past is very useful in challenging certain stereotypes that immobilize African psychologists. History can teach us about the contributions we have made in the past and open up

uncharted areas that hold potential for even greater contributions. It can equally help us avoid the mistakes of the past as we forge new trajectories in psychology education in Africa. A review of modern psychology textbooks will reveal that nothing is said about the history of psychology in Africa. As a result, the current introductory psychology courses implemented globally have been described as 'introductory Western psychology courses'. To illustrate how historical studies can be used to decolonize psychology education in Africa, the author uses his own historical studies on psychology in Ghana to showcase the role history can play in changing the mind-set of the psychology graduate. That psychology is a discipline in which the psychology of the practitioner affects the way he/she practices the discipline calls for decolonizing the mind of the next generation of psychologists. Historical studies have a key role to play in this regard. Correspondence: *Seth Oppong, PhD cand. (ABD), Department of Psychology, University of Ghana, Legon, Accra, Greater Accra, Ghana. oppon.seth@gmail.com.*

**Mpofu E, Nkomazana F, Ntinda K. Religion for health and well-being: Its knowledge processes and effects in an african evangelical church faith community**

This study maps prospective health norms in the context of organized religion in an African Pentecostal church faith community. Specifically, it charts the likely church institutional knowledge processes on the ways the faith community members construct guides to their behaviours for health and well-being. Preliminary findings from a Botswana study suggest that church supported knowledge values influence the health norms of the membership, which in turn influence their health-related activity and actions. Moreover, faith community members appear to adopt negotiated health norms from resolving contradictions in messages for health and well-being within their practiced religion, and in the context of competing secular knowledge environment system influences. Findings are consistent with structural behaviour theory in which social beliefs and actions of faith community members are influenced by their collective historical experience, interpreted in the context of current and prospective health needs. Further research is focused on designing and trialling public health messages for use with faith communities for health and wellbeing. Health psychology education and training in African heritage settings should explore prevalent and emergent interpretive social values for rich and situated understandings of the host knowledge communities. Correspondence: *Elias Mpofu, PhD, University of Johannesburg, Rehabilitation Counseling at the University of Sydney, Australia, Journal of Psychology in Africa. elias.mpofu@sydney.edu.au*

**Barnes BR. Indigenizing psychology in a South African university: Lessons and questions**

Encouraged by recent student protest movements and longstanding critiques of psychology education and training in South Africa, the need for indigenizing/decolonizing psychology is an important focal area for many psychology departments. Curriculum transformation debates are complex and are shaped by, among others, South Africa's

sociopolitical history, individual staff interests and pedagogic philosophies, departmental history, debates about the nature of psychology, relevance to local contexts, university policies and strategies, professional training requirements and practical considerations. This presentation focuses on curriculum transformation at the University of Johannesburg (UJ) Department of Psychology in the context of indigenization/decolonization debates. Based on a departmental social history project, a move towards a 'future' online presence as well as current debates about transformation in the department; this paper raises a number of key questions about the assumptions of current curriculum transformation discourses and what these might mean. The presentation pays particular attention to recent student demands for, and academic responses to, the indigenization/decolonization of knowledge within broader higher education transformation debates. Rather than a description of 'how to' transform a psychology curriculum, the presentation raises a number of key transformative questions that may be relevant to other departments and contexts. Correspondence: *Brendon Barnes, PhD, Department of Psychology, University of Johannesburg, Auckland Park Kingsway Campus, 2006, South Africa. bbarnes@uj.ac.za*

**Ejuu G. Using questions to answer questions: Reintroducing african education pedagogy in the 21st century class**

The emergence of an over schooled generation with limited education is a subject of concern among many parents and employers in many African communities. Many questions regarding the rationale for spending the whole family fortune on a child who finishes university, but cannot solve basic problems including those in which he/she is purported to have excelled in while at school is very disturbing. While many elders in different communities may agree with the notion that content being taught in schools is for this generation of learners, they have problems with pedagogies being employed to develop life skills in learners. Critical thinking, creativity and problem solving is generally seen as deficient among today's learners in many African communities due to purported inadequate pedagogical competences of today's teachers. This paper flags characteristics of African psychology, education and teaching by exploring contexts used in different African pedagogical practices. From them, lessons are drawn for reintroduction into today's class in African educational institutions. Correspondence: *Ejuu Godfrey, PhD, Department of teacher education, Kyambogo university, Kampala – Uganda. godfreyjuu@gmail.com.*

**Nsamenang B. Psychology education and training in the context of indigenous psychologies**

Why should we include Indigenous Psychology in Psychology Education and Training (PET)? First, indigenous knowledge systems are more prevalent in the Majority World and predate scientific knowledge systems which have unfairly become de facto governing theories and narratives. Second, in grappling with local-global challenges, the vast majority of the world's peoples rely on their Indigenous

Psychologies oblivious of scientific psychology. Third, although indigenous psychology is indeed ancient, it is contemporary in the livelihoods of its owners, and as such, it should be contemporary to the science and profession of psychology. Fourth, the project to raise the quality of education and training of psychologists and psychological services worldwide would hardly succeed if the ubiquity and force of Indigenous psychology is not integrated into the PET curriculum. This paper sketches the contours of the indigenous psychology that has evolved in Africa's Cradle of Humanity for PET curriculum. To recognize, protect and promote Indigenous psychology is to extend the frontiers of scientific psychology but also to enhance it as a creative source and enabler of human wellbeing across the globe. Correspondence: *A. Bame Nsamenang, PhD, Human Development Resource Centre, P.O. Box 270 - Bamenda, Cameroon. bamenang@gmail.com; bame@thehdc.org*

### **Discussant.**

#### **Chair: Nsamenang B**

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### **Symposium. Psychosocial rehabilitation, community re-integration and recovery: Current perspectives**

#### **Chair: Anne Kramers-Olen**

**14:45—16:45**

#### **Kleintjes S, Gamiet A, Smith H, Sonnie W. Shifting from clinical recovery to personal recovery: Lessons learnt from preliminary work at a South African Psychiatric Hospital**

South Africa's National Mental Health Policy and Strategic Plan (2013-2020) advocates for mental health care which is recovery-based and utilises a psychosocial rehabilitation approach to treatment and support. This presentation will provide preliminary findings of the process of reorientation from a purely medical model of treatment to a recovery informed service in a treatment programme offered within a South African psychiatric hospital. A working group was formed in February 2017 to inform the process of introducing a recovery orientated programme within an established inpatient rehabilitation service for 20 service users living with persistent mental illness. Document analysis (meeting minutes and process notes), focus groups with the staff, and a clinical records review will be used to monitor progress and preliminary outcomes of the introduction of the new service. The presentation will report on staff experience of the utility of the new programme in promoting patient goals for recovery, and on preliminary data on patient responses to the implementation of the new programme. Ethical approval will be sought from the University of Cape Town (UCT) ethics committee for the conduct of this programme review. Correspondence: *Sharon Kleintjes, PhD, Principal Psychologist, Valkenberg Hospital, Western & Associate*

*Professor, Department of Psychiatry and Mental Health, University of Cape Townsharon.kleintjes@gmail.com*

#### **Kramers-Olen A. Discharged after 15 years! Psychosocial rehabilitation and chronic mental illness**

Psychosocial rehabilitation (PSR) within a recovery context aims to improve service user's autonomy in their chosen settings and to work towards achieving the individual's concept of a meaningful life. Research has shown unequivocally that people with chronic mental illness (CMI) who are exposed to recovery orientated PSR are more likely to be re-integrated into their chosen contexts. Historically, people with CMI were placed in custodial forms of care with little regard for PSR and recovery. As a result, a large number of people with CMI suffer the iatrogenic effects of long term hospitalisation. Using examples from clinical practice, this presentation reviews empirical work on recovery based PSR and reports on lessons learned in a chronic mental health care facility in KwaZulu-Natal. Correspondence: *Anne Kramers-Olen, MCLin Psych, Department of Behavioural Medicine UKZN & Fort Napier hospital, P.O. Box 888, Hilton, 3245, Pietermaritzburg, South Africa. Anne.kramers-Olen@kznhealth.gov.za*

#### **Kleintjes S, Lund C, Swartz L. A conceptual framework for improving the participation of people living with psychosocial disability in their recovery process**

This paper outlines a conceptual framework for working toward participation of people living with psychosocial disability in mental health related policy and service development impacting on their recovery. Ethical approval was obtained from the University of Cape Town (UCT) ethics committee. Data triangulation informed the development of the conceptual framework. A literature review on what supports people with psychosocial disability to participate in mental health policy development was conducted. Ninety-six semi-structured interviews with key stakeholders were conducted, to assess stakeholder, mental health legislation and policy support for the participation of people with psychosocial disability in South Africa. Eleven peer leaders were interviewed on opportunities to support participation in their recovery. Nvivo software was used to analyse qualitative data, using a framework analysis approach. Empowerment is a central element identified in this study to support people with psychosocial disability to participate in social action such as policy participation. The framework comprises three aspects: social transformation, opportunity for self-directed agency, and opportunity for meaningful participation in the service of empowerment of people with psychosocial disability. Greater opportunities are possible for people with psychosocial disability to become involved in their own recovery, beyond mental health service settings, to all civil society settings. Correspondence: *Sharon Kleintjes, PhD, Principal Psychologist, Valkenberg Hospital, Western & Associate Professor, Department of Psychiatry and Mental Health, University of Cape Townsharon.kleintjes@gmail.com*

#### **Pillay A. Dear Government: What part of 'Deinstitutionalisation is not a cheap alternative to inpatient care' don't you understand?**

While mental health care falls by the wayside in many health systems around the world due to other more pressing health problems, the treatment of chronic mental illness receives even less recognition. There is also a tendency to look constantly at how further cuts can be made in this area of health care. Deinstitutionalisation, especially of those with chronic mental illness has been an example, with numerous governments subscribing to the idea that it is a cost-saving approach to care. Is it really cost-saving? Does the evidence support that notion? The presentation examines these issues with reference to the disastrous decision by the Health Department to close a major chronic mental health care facility in Gauteng, South Africa, which resulted in the deaths of around 100 highly vulnerable mentally ill people. Correspondence: *Anthony Pillay, PhD, University of KwaZulu-Natal, Fort Napier Hospital, P O Box 370, Pietermaritzburg, South Africa. anthony.pillay@kznhealth.gov.za*

**Symposium. Born in Africa: the virtual interaction application (viappl) -- a novel network interaction paradigm for social psychology experiments**

**Chair: Quayle M**

**14:45—16:45**

**Quayle M, Durrheim K, Took L. Towards an interactionist social psychology: can methodological advances help us to model emergence in complex social systems?**

Experimental social psychology has largely focused on the unidirectional influence of social structures (such as categories, stereotypes, norms, and situations) on experience and behaviour. Recent calls to understand such social structures as dynamic and contingent on individual and group agency are hampered by experimental methods that minimize interaction and lack the methodological and statistical facility to make sense of the entanglement of structure and agency. This paper identifies the properties of complex systems in which emergence is likely and the methodological advances required to capture and model emergence in social psychological research. We introduce the Virtual Interaction APPLication (VIAPPL), a platform that allows the collection of dynamic network data from social interaction in a controlled experimental environment that allows the linking of network events and structures with self-reported psychological variables. Correspondence: *Michael Quayle, PhD, Centre for Social Issues Research, Department of Psychology, University of Limerick AND School of Applied Human Sciences, University of KwaZulu-Natal, Department of Psychology, University of Limerick, Castletroy, Ireland. mike.quayle@ul.ie*

**Klipp K, Durrheim K, Quayle M, Tredoux C, Titlestad K, Took L. The effects of identifiability, accountability and reputation on ingroup favouritism and selfishness in evolving interaction networks**

Identifiability to an audience is an integral part of social life. It has powerful effects on behaviour, arguably due to moral

and reputational considerations. Some authors have argued that deindividuation, or a lowered sense of personal identifiability results in a loss of control over individual behaviour in a group situation. However, this has been contested. The Social Identity Model of Deindividuation Effects (SIDE) argues that the salience of personal versus social identity and therefore the salience of different sets of norms or standards govern social behaviour. We used VIAPPL (see [www.viappl.org](http://www.viappl.org)) to investigate the effects of various conditions of identifiability on in group favouritism, out group giving and selfishness in an interactive, virtual environment. We argue that identifiability to different audiences has significant effects on the behaviours of participants due to factors such as accountability and reputation, in relation to salient social identities. Correspondence: *Kirsty Klipp, MSocSci, University of KwaZulu-Natal, 30 Bridgeview Road, Durban, Berea, 4001. kirst.klipp@gmail.com*

**Durrheim K. Macro and micro instrumentalities, social identification, and intergroup behaviour**

Social identification can be seen from an ecological, situated social cognition perspective as a dynamic process, involving feedback from context-sensitive power dynamics, stemming from intergroup behaviour, absolute outcomes, and individual differences. In this study, we use a longitudinal economic game experiment to model these dynamics across structural conditions previously found to have impacts on social identification: a) group size, b) group permeability, and c) group status. Results show partial support for social identity theory (SIT) and the congruency hypothesis in bounded reciprocity. However, contrary to prior findings, absolute levels of identification did not vary by structural condition. Further, we find that individual differences are more central to identification when groups were equal in wealth, that group behaviours were more important when groups were permeable and/or unequal in wealth and size, and that status and outcomes were most important in determining identification when groups were distinctive and impermeable. We discuss these results with reference to specific findings and predictions from SIT and the congruency hypothesis, and discuss the implications for future research on social identification and the integration of identity and interdependence in the reproduction of identification as well as in intergroup bias and discrimination. Correspondence: *Kevin Durrheim, PhD, University of KwaZulu-Natal, South Africa durrheim@ukzn.ac.za*

**Mlangeni L, Durrheim K, Quayle M, Titlestad K, Tredoux C. Reciprocation and its evolution in the minimal group context: Evidence from the Virtual Interaction Application (VIAPPL)**

Most reciprocation and outcome interdependence research has investigated how features of the situational context affect the levels or frequency of reciprocation. Very little research has studied how the interactional behaviours of individuals can influence reciprocation over time. The present research aims to study reciprocation in interactive contexts where reciprocation elicits responses from a social network.

Interactional data were collected in the lab using the VIAPPL platform which provides a virtual environment in which participants exchanged tokens over a series of rounds, under varied experimental conditions. The results showed that, when individuals were in clearly distinguished groups, they reciprocated more to the in-group than to the out-group. This was also true when Status and Norm Conditions were accounted for. It was however noted that the Norm Condition of fairness moderates in-group reciprocation somewhat. Status did not influence reciprocation. This study offers support for Yamagishi, Jin, and Kiyonaris' theory of Bounded Generalized Reciprocity. It also adds to the literature by illustrating how reciprocation can evolve over time in a generalized context as well as how the norm of fairness can moderate in-group favouritism with regards to reciprocation. Correspondence: *Lungelo Mlangeni, BSS Hons, Department of Psychology, University of KwaZulu-Natal, King Edward Ave, Scottsville, Pietermaritzburg, 3209 South Africa. lungelomlangeni@gmail.com*

**Titlestad K, Postmes T, Snijders T, Durrheim K, Quayle M. Bridging the gap between social networks and social identities: Emergent cooperation in a repeated social dilemma**

We believe that powerful conceptual advances can flow from integrating the social network and social identity approaches. Social network research tends to focus on emergent social structures but has largely ignored the conceptual contribution of social identities to network dynamics. By contrast, social identity research has largely ignored the emergence of new social identities within social networks. We therefore studied social identity formation in social networks within a repeated public goods game using the experimental platform the Virtual Interaction Application (VIAPPL). In total, 40 networks of 6 participants were given the opportunity to communicate, form co-operatives and exchange and invest resources. In half of these networks, pre-defined social categories were introduced. We investigated how social identity formation relates to network dynamics, focusing on communication, cooperative and competitive behaviour. Multilevel analyses showed that when social categories are pre-defined, co-operatives are often formed top-down along category lines. In the absence of pre-defined social categories, co-operatives tend to develop bottom-up. Findings suggest that even in the absence of a pre-defined category, the emergence of co-operatives is accompanied by the development of a shared social identity. Furthermore, social identity formation is accompanied by sustained cooperation. Correspondence: *Kim Titlestad, Mss, University of KwaZulu-Natal, Psychology Department, PMB campus, University of Groningen, King Edward Avenue, Pietermaritzburg, KZN, 3201, South Africa, Grote Kruisstraat 2/1, 9712 Groningen, Netherlands. ktitlestad@gmail.com*

**Paper Presentations. Community**

**Chair: Lau U**

**14:45—16:45**

**Venter K, Lau U, Seedat M, Suffla S. Humanity in Service of Science: Inviting Community Ways of Knowing**

The primary purpose of universities is the production of knowledge responsive and relevant to their specific political, economic and social contexts, and in service of the public good. However, in the context of neoliberalism, the university has become complicit in reproducing itself as an institution of power that regulates the knowledge economy to stratify knowledge forms, thus producing hierarchies of knowledge and its production. The Alternative Academic Measures Project seeks to trouble hegemonic epistemes through the invention of spaces that include the subaltern. Through conversations with community social actors, we aimed to interrogate the role of the university in contemporary South Africa, and invite unrecognised knowledge workers to sketch the contours of 'good scholarship'. Assuming a discursive approach, the data were examined on two levels: 1) talk as an interactive space between different knowledge-makers, and 2) talk as ideologies of power. The findings pointed to the process dimensions of knowledge-making, revealing instances of disruption and silence, alongside collusion and consensus. The emergent discourses, inasmuch as they subverted hegemonic ways of thinking about knowledge, also reproduced the dominant ideologies that shape the politics of knowledge. This research invites us to reconsider and challenge existing measurement paradigms and practices of knowledge. Correspondence: *Kasia Venter, MD, Institute for Social and Health Sciences, University of South Africa & South African Medical Research Council Violence, Injury and Peace Research Unit, 45 Mountain view avenue, Aldara Lodge, Unit 106, Aldara Park, Randburg, 2194, South Africa. venterkasia@gmail.com*

**Kotze E, Seedat M, Suffla S, Lekoba R. Heterotopology in an urban South African informal settlement: Uncovering counter-hegemonic spaces to facilitate social change**

Two decades after the end of apartheid, South Africa is still characterised by spatial segregation, with neatly contained gated communities for the rich on the one hand, and sprawling informal settlements for the poor on the other. While informal settlements are often discursively constructed in terms of violence, poverty and deficit, the existence of community assets such as small businesses render visible alternative modes of existence. Foucault's notion of heterotopia as analytics of difference provides a useful lens through which to understand such alternative spaces, laying bare the social power structures that contour their existence. This presentation outlines the development and implementation of a participatory heterotopology of entrepreneurial spaces in an informal settlement in Johannesburg, South Africa. Rooted in a critical approach that aims to uncover and strengthen counter-hegemonic spaces, the authors argue that this intervention presents an innovative opportunity for fostering social justice and local change. Furthermore, it aims to facilitate a shift in the ways in which communities in urban informal settlements perceive themselves and are perceived by others. Correspondence: *Ella Kotze, MA, UNISA-SAMRC Institute for Social and*

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**Dube-Addae T. Unemployed youth narratives: A focus on resilience in a low-income community in South Africa**

South Africa has a high unemployment rate and those greatly affected are youth. Unemployed youth often turn to crime and substance use, and early pregnancy is also a feature. This is the case in Kayamandi a township at the edge of Stellenbosch in the Western Cape. However, even in such circumstances there are youth who despite deprivation, thrive and demonstrate resilience. This paper reflects on the literature on resilience in relation to 10 unemployed youth. Using a social constructivist lens as the theoretical foundation, Individual Life Story interviews were conducted. Narratives of challenges and ways of coping with these challenges were explored. Narrative Analysis and Foucauldian Discourse Analysis were used to analyse the data. Hope, connectedness, support and family support in particular emerged as key variables in facilitating resilience. This finding has implications for youth development initiatives because it highlights that the focal point regarding the problem of youth unemployment is not only the youth, but the nature of the contexts they find themselves in, especially the home. Correspondence: *Thembelihle Dube-Addae, PhD Student, Stellenbosch University, Victoria Street, Stellenbosch, 7600. South Africa. td@thembelihledube.com*

**Visser M, Jansen Van Rensburg M, Haupt W, Garforth L, Tefera N. A large-scale community intervention to change gender perceptions: Lessons learned**

Poverty and traditional gender norms hamper girls in rural Southern Ethiopia from making use of educational opportunities. Girls are regarded as fulfilling a household maintenance role and are granted limited development opportunities. A three-year socio-ecological intervention, involving girls, parents, teachers, educational authorities and community leaders was implemented to change community gender perceptions held in the education system, family and community. The multi-level intervention, including sanitary pad provision, counselling, self-esteem development and tutor classes for girls, training in gender responsive teaching, group sessions for mothers and community meetings, was implemented in 125 school communities. Data on gender perceptions over three-time periods was obtained using a survey as part of a quasi-experimental design involving 1500 girls from 30 schools, their parents and a sample of 300 teachers and 120 educational officials. Additionally, participative group discussions were conducted with girls, boys, parents and school management. The findings show that the girls' self-esteem, school attendance and performance improved significantly. Gender perceptions of girls, parents and teachers changed significantly towards gender equality over time and in comparison, with the control group. Correspondence: *Maretha Visser, PhD, University of Pretoria, PO Box 10, Faerie Glen, 0043, Pretoria, South Africa. maretha.visser@up.ac.za*

**Leary M. Growing employment for the youth: The psychological and cognitive variables necessary to create high-growth business ventures**

It is widely recognised that the solution to unemployment is for entrepreneurs to create small business ventures that create jobs for the unemployed. In South Africa 8 out of 10 new ventures are started by necessity entrepreneurs who work to provide for themselves and their immediate families. What is required are opportunity entrepreneurs who seize business opportunities and grow their ventures thereby impacting on the level of unemployment. This study set out to determine the psychological and cognitive variables necessary for entrepreneurs to create high-growth businesses in South Africa. A mixed methods approach was used in the research design. Results indicate that start-up entrepreneurs in the sample require specific interventions and training in areas such as motivation and self-efficacy. Further results indicate that many of the unemployed have problems with self-esteem and well-being which affect their motivation to make a success of their start-up ventures. Interventions that proved successful in getting these young previously unemployed entrepreneurs to establish and grow their businesses are presented in detail. Correspondence: *Michael Leary, MCOM, University of South Africa. learymb1@gmail.com*

**Paper Presentations. Clinical  
Chair: Ramaboes D  
14:45—16:45**

**Van Zyl F. Investigating the efficacy of therapeutic dialogues: Three central elements of the social constructionist model of therapeutic factors (SCMoTF)**

Therapeutic efficacy has long been defined and investigated in terms of therapeutic outcomes versus therapeutic process. The outcomes perspective assumes that model specific mechanisms lead to therapeutic outcomes and therefore seeks to measure these outcomes, whereas the process perspective seeks to explain the mechanisms through which therapeutic change is facilitated. Reflexive dialogue, problem reframing and appropriate therapeutic action are theoretically linked to therapeutic efficacy and the social constructionist model of therapeutic factors incorporates these elements into a theory for understanding how client factors, therapist factors and technique/model factors (i.e. common factors) operate in an effective therapeutic process. Through rating the successful facilitation of these core therapeutic processes and evaluating the therapeutic outcomes, the social constructionist model of therapeutic factors can meaningfully contribute to research regarding the efficacy of social constructionist approaches to psychotherapy. Correspondence: *Francois van Zyl, PhD, University of South Africa, 35 Laurel Valley Street, Silver Lakes, Pretoria, South Africa. fnvz@live.co.za*

**Ramaboea S. Link between Emotional Intelligence and PostTraumatic Stress symptoms and the meditating role of social support among victims of trauma**

Emotional intelligence (EI) has been highlighted as an important theoretical and practical construct that helps

individuals with coping. It has the potential to enable individuals to cope better and experience less stress, thus contributing to a healthy and stable life. People with high EI adapt well to stressful situations and those with low EI may respond with depression, hopelessness and other negative behaviours. Studies have suggested that in most cases people with high EI have the skills to establish social networks that in turn will act as a buffer against adversity. It is through these arguments that the present cross-sectional study explored the link between emotional intelligence (EI) and post-traumatic stress disorder (PTSD), and the mediating role of social support among victims of trauma. Participants completed the Emotional Intelligence Questionnaire, Short Screening Scale for DSM-IV PTSD in Primary Health and the Multi-Dimensional Scale of Perceived Social Support (MSPSS). Path analysis showed that social support did not mediate the relationship between EI and PTSD. The findings of this study are contradictory to other findings that found social support as a mediator between EI and PTSD. Despite its limitations, this study raises questions about the perceptions of EI and social support constructs in predicting PTSD. Correspondence: *Sewela Monicca Ramaboea, MA, P. O. Box 3239, Polokwane, 0700, Polokwane, Sout Africa. moniccar@webmail.co.za; monsewela@yahoo.com*

#### **Wulff-Caesar MC, Delle E, De Souza M. Psycho-social correlates of self-esteem among amputees in Ghana**

The loss of a limb brings unwarranted psychological and social burden on an individual. Researchers have indicated that not every individual adjusts psychologically following an amputation. Accordingly, this study utilized the broaden-and-built theory of positive emotions to examine the psychosocial correlates of self-esteem among amputees in Ghana. A cross-sectional quantitative design was used to collect data from a sample of 36 amputees from 3 limb fitting centres in Accra, Nsawam and Koforidua. Results indicated that self-esteem was highest for amputees whose condition resulted from congenital defects compared to those whose condition resulted from disease and traumatic injury. Body image related negatively and significantly to sexual desires of active amputees. It was also observed that non-users of prosthesis had lower body image than users of prosthesis. Amputees who received high social support had better self-esteem compared to those who received low social support. Findings underscore the need to develop psychosocial interventions to help in the development of self-confidence and self-esteem in amputees. Correspondence: *May Cullen Wulff -Caesar, PhD student, Department of Psychology, University of Ghana, Legon. No. 3, 4th Link Chapel Square, Sakumono - Tema. may@equilinks.org*

#### **Card M. Experiencing the shattered; countertransference experiences of the therapeutic relationship with anorexia patients**

The therapeutic relationship can be a difficult process to negotiate with the anorexia patient. The therapeutic process is tainted by potential negative feelings experienced toward the anorexia patient who eats too little or refuses to eat. Fostering of a stable therapeutic relationship allows for the unconscious dynamics (transference and countertransference)

to develop and be explored. Anorexia patients are known to have significant difficulties in relating to others, which manifests itself in the countertransference situation between psychotherapist and patient. The therapeutic relationship is therefore vital to engaging and retaining anorexia patients in treatment and in facilitating a positive treatment outcome. The therapeutic relationship with the anorexia patient cannot be predicted. There is a sense that the patient can fake connection to appease the therapist but she is actually protecting the presence of anorexia. Should the therapist poke at the anorexia, the patient becomes defensive and this can threaten the therapeutic alliance. Three experienced psychotherapists were interviewed and their narratives were analysed using Interpretative Phenomenological Analysis (IPA). The data analysis revealed four themes that are explored and discussed, namely; negotiation, held hostage, projection-digestion and developmental work, in relation to unpacking the countertransference experiences of the therapeutic relationship with anorexia patients. Correspondence: *Melissa Card, PhD, The University of Johannesburg, 38a 2nd avenue, Melville, Johannesburg, South Africa. mcard@uj.ac.za*

#### **Sandison A, Stroud L. Obsessive Compulsive Disorder: Cause or Effect?**

Howard Hughes was renowned as an eccentric billionaire who was revolutionary in his effect on the world, but concurrently disturbed within his personal pathologies. Hughes was an individual who presented with the narcissistic personality configuration, and obsessive compulsive behaviours at pathological levels. This study took the form of a case study that explored the life of Hughes by examining the interplay between Kernberg's Object Relations Theory and Hughes' lived experiences. Hughes was identified through nonprobability purposive sampling. Data was collected and analysed using Miles and Huberman's strategy of data analysis which consists of three steps, namely data reduction, data display, and conclusion drawing and verification. The main aim of the research was to gain greater insight into narcissism within a lived life. One of the unique findings was that Hughes' Obsessive Compulsive Disorder was a secondary problem, and an outcome of his narcissistic personality configuration. Hughes used obsessive compulsive behaviours to protect his good representations from his bad, and thereby externalise that which he found negative and threatening, and defend his positive experience of self. This research provides an example of an alternative developmental trajectory to understanding Obsessive Compulsive Disorder. Correspondence: *Alida Sandison, MA Psych (Co), Psychology Department PO Box 77000 Nelson Mandela Metropolitan University Summerstrand 6001, Port Elizabeth, South Africa. alida.sandison@nmmu.ac.za*

#### **Molobela LR. Understanding abortion practices from an African perspective: Research results presentation**

Abortion is a publicly contentious topic as it speaks to and draws on localized understandings of body politics, abortion beliefs, women's role in society, the sanctity of life, and the role of the state. South Africa's liberal abortion law has led to the removal of abortion restrictions at the macro-structural level. However, cultural and religious constraints at

individual and community levels continue to exist as barriers to women's access to safe abortion which may put women's lives at risk. These constraints to safe abortion were explored through giving attention to the context of the participants so as to comprehend the nature of the resistance as well as to understand constructions and perceptions of abortion. This study used a combination of frameworks: the African epistemologies, Judith Butler's performativity theory and Foucault's notion of power. The data were collected through individual interviews and focus group conversations with women aged 25-40 in a rural Bushbuckridge area of South Africa and analyzed using Parker's discourse analysis approach. This presentation will highlight research results that point to competing and contradicting discourses which provide multiple voices and realities. Correspondence: *Reabetswe Lee Molobela, Hons degree, HSRC, 0705 pleinwalk, 150 plein street, Pretoria, Sunnyside, 0002, South Africa. reabetswe4eva@gmail.com*

### **Symposium. Psychology and decoloniality:**

#### **Insights, themes and critiques**

**Chair: Siswana A**

**14:45—16:45**

#### **Laher S. Governing psychology in a postcolonial moment**

The Psychological Society of South Africa (PsySSA) has its vision to advance South African psychology as a science and profession of global stature and promote psychological praxis as relevant, proactive and responsive to social needs and well-being. PsySSA has dedicated its work to the construction and development of post-apartheid South African society. The Society is also involved in ongoing negotiations with government, other legislative bodies, and the private and civil society sectors to contribute to issues affecting South Africa's rapidly changing environment. As the representative body of psychologists in the country, the society lobbies for members and advocates for psychology as a vital science and relevant practice. The student protests that started in 2015 have placed the systematic decolonisation of institutions and the curriculum strongly on the agenda of all universities. A process of reflection on curricula within universities is underway at most institutions. While these initiatives are to be welcomed, it is equally important that disciplines taught in South Africa similarly debate the manner in which curricula can be decolonised within and across departments. PsySSA envisions its role in the space of debate and discussion across departments. Across departments there is currently a process of external examination but this is not sufficient for the cross-cutting work on decolonising psychology currently needed within the landscape of South Africa. It is proposed that a process of countrywide debate and discussion on how we, as the South African psychology community, may start to understand what it means to decolonise the psychology curriculum taught in South Africa. This paper discusses the role of the Psychological Society of South Africa (PsySSA) in this process. Correspondence: *Sumaya Laher, PhD, University of the Witwatersrand, P O Box 427, Wits, 2050, Johannesburg, south Africa. Sumaya.laher@wits.ac.za.*

#### **Sergio M. What is the role of psychology department in a Pan African university?**

The University of Johannesburg has styled itself as a Pan African centre of learning. What this means is that in its academic practices and values it should at all times reflect Pan Africanism, which is the ideology that seeks to promote African values, cultures, traditions and ultimately to unite people of African descent the world over. As such, the department of psychology in our university has a duty to also embrace Pan African forms of teaching and approaches to learning. This will enable more research to be conducted in rural areas where the majority of African people reside, to speak of their lived experiences and the psychological effects thereof. What decolonising psychology should mean to students is the shift from the individual-environment dichotomy, which represents Eurocentrism. What this means is that the individual should never be detached from his/her environment. This is informed by the fact that mainstream psychology in South Africa overlooks the historical injustices, such as land dispossession, which still contributes to the social ills suffered by the black majority today. Such ills include high levels of poverty, crime, rape and substance abuse, all of which constitute the core challenges that the psychology discipline is grappling with. A decolonised psychology is one that addresses not just the psychological issues suffered by the individual, but it also looks into the social causes of such psychological issues. That is to say, psychology as a discipline should be actively involved in social change. Correspondence: *Malatji Sergio, Student (MD, PhD, etc.), Department if given, Affiliated Institution, Street Address given during submission (such as 123 Street, City Name, State or Province, Postal Code, Country). E-mail: email@email.com*

#### **Nduna M. 'It is unAfrican', it is 'Western', it is 'learnt' it is 'fashion' it is a 'lifestyle'**

Diversity in sexual orientation and gender identity is celebrated the world over. In some settings, this is recognised and pronounced in legal tools. In other settings, though no legal frameworks exist to spell out the recognition and protection of sexual and gender diverse individuals, there is a social climate that embraces this diversity. Community-based FGDs and IDIs with key stakeholders were conducted in three provinces in South Africa; Eastern Cape, KwaZulu-Natal and Mpumalanga. All participants were adults aged 18 years and older. Data was collected in the local languages (Zulu, Xhosa and Swati) and translated to English for analysis. Reports from this study are published in various platforms. This study's findings shared similarities with findings from other studies conducted in the African setting. Whilst there were findings that suggested progressive shifts in prejudice, there were also elements of heterosexism found in the data. This presentation focuses on the use of the African identity, which was deployed to resist new forms of knowledge and to perpetuate prejudice against sexually and gender diverse individuals. I focus on the role that research could play in addressing these within the 'decolonial framework'. This study highlights the need for fields such as psychology to engage more with the subject of SOGI. The positionality of researchers is as important in this field as is

their credibility. Senior Black scientists need to be more involved in research around sexual and gender diversity to contribute knowledge that is informed by contemporary epistemologies. Intercontinental collaborations are important to dispel these myths. Correspondence: *Mzikazi Nduna, PhD, University of the Witwatersrand, P O Box 427, Wits, 2050, Johannesburg, South Africa. mzikazi.nduna@wits.ac.za*

### **Makaula B. Are we Winning or Losing?: The battle of Mental Health systems in South Africa**

The discriminatory resource distribution inherited from the apartheid era has left health services far below the desired standards for the South African mental health needs. Mental health care has been adversely affected, as it is relegated to the bottom of the load in the prioritization of health care. Mental health services continue to labour under the legacy of colonial mental health systems, with heavy reliance on mental hospitals. Although there has been some progress in the decentralization of mental health service provision, substantial gaps in service delivery remain. There is a need for priority stake holders to understand mental health priority needs, recognize their importance, and prioritize action to address mental health systems and policy needs. However, on the face of mental health systems there is a demand for research that is tailored to the South African context. An often neglected but significant factor in shaping systems is the very structure of the implementation system. Therefore, encouraging further research by mental health care practitioners, academics and policy-makers to inform feasible strategies for effective implementation of policy is pivotal so as to improve mental health care within the country. Moreover, research can influence all these intensities by providing possibilities which are scientifically validated and data which allow resolutions to be made more on the basis of fact and less on the basis of political expediency and ideology. Correspondence: *Bhekwa Makaula, University of Johannesburg (UJ), Johannesburg, South Africa. bekwa@ymail.com*

### **Siswana A. Reflections of a therapist in a spiritual journey**

In the quest for decolonising and thinking through difficult concepts, I'm wrestling with the conceptualisation of 'spirituality' and my role as therapist. I ask difficult questions around what is deemed as legitimate spirituality and therapy particularly for those that believe in African traditions and practices. I locate this talk within a song entitled "Thongo Lam Ndilawulele, Andizenzanga Ndenizwe Ngabelele..." It narrates an experience of someone that has been 'set apart' by ancestors through God's inspiration. It actually affirms the power of 'calling' within the realm of 'African spirituality and cosmology'. African spirituality is not easily accepted by the dominant understanding of what is deemed as 'pure' spirituality. It is through this song that one can attest that the chosen one does not invite the 'calling', instead ancestors working through God bestow one with this gift. It also problematises the discourse of living in two worlds that are clashing. This calling is associated with the discourse of evil (dark powers), ungodliness, and witchcraft (ubuloyi, ubugqwirha etc). A fundamental interpretation of this call

and gift is that the one who is bestowed is not the gift, but an embodiment that is representative of the ones that calls and ancestors. My wrestling then comes with the question: how do we integrate other forms of spiritualities and therapies that are not familiar with the dominant acceptable worldviews in psychology? As a therapist, undergoing a process of 'calling', I situate myself in this on-going discourse of trying to make sense of and understanding the thread around 'calling' and therapy. Correspondence: *Anele Siswana, MA, University of Johannesburg, 99 Eloff Street Unit 611, Frank's Place, Johannesburg, 2000 anele.siswana@yahoo.com*

## **Paper Presentations. Developmental**

### **Chair: Mligo I**

**14:25—16:45**

### **Mligo I. Parents' engagement in early childhood education and care in Tanzania: Enhancing child development and community well-being**

This study examined parents' engagement in early childhood education and care services for children aged four to six years in pre-primary schools in Tanzania. The study was conducted in two pre-school settings located in the rural areas and one pre-school setting located in an urban area in Tanzania. The study sample comprised 20 participants, 12 parents and eight early childhood teachers. The study design adopted an interpretive perspective and a case study approach to investigate participants' views on the parents' engagement in the early years' centres. Data was generated through interviews, focus group discussion, and documentary review. The findings show that "parents and families did not become involved in their children's learning in the classroom context", "parents were not aware if they could participate in the early childhood education centres", and "teachers did not encourage them to participate in the classroom". This study suggests that to build and maintain active parental participation in early childhood education and care settings and to purposefully transform participation, it is necessary for government policy planners and educational administrators to provide suitable capacity building where children, parents, families, community and teachers can strengthen their interactions and encourage participation to achieve positive outcomes. Correspondence: *Ignasia Mligo, PhD, The Dodoma University, Dodoma University, College of Education, P.O. BOX 523, Dodoma, Tanzania. isemligo@gmail.com*

### **Grassl R. Discover the Unseen - Professional data collection and analysis in observation studies**

Professional observation is an important method for multiple projects. As live observation has several limitations, capturing observations on video is essential. It allows you to concentrate on specific tasks such as performing tests, observing, analyzing and finally making conclusions. Video based behavioural research requires a professional approach and appropriate technical systems to make the processes of data acquisition and observation efficient. This not only increases the efficiency of the observation process but also its

effectiveness. This is because more and better results can be expected. There are several technical and content questions that need to be answered. We need to think about how more data and results can be generated from existing data to discover the things that cannot be discovered by pure observation. It is clear that even at very early stages, any time-saving by using professional tools will benefit the future evaluation process. This presentation shows the core aspects, possibilities and benefits of using such tools. It provides insights into how easy data collection and the complex analysis of data interrelations can be. Correspondence: *Reinhard Grassl, Mangold International GmbH, Graf-von-Deym-Str. 5 94424, Arnstorf, Germany. reinhard\_grassl@mangold-international.com*

**Mdikana AA, Gumede M. A study of decision-making as a component of the process of identity development among isiXhosaspeaking adolescents**

The processes involved in major decision-making by isiXhosa-speaking adolescents and the most important factors to play a role in their decisions were examined. Participants were a non-probability sample of 20 females and 20 male grades 12 learners aged between 17 and 24 years. An interview schedule was designed and piloted before interviews were held. The data was analysed by means of descriptive statistics. Parents were shown to play an important role in the lives of the participants, although this is changing gradually due to the processes of westernisation and urbanisation. Decisions and goals were shown to be more career oriented, suggesting that African adolescents are becoming more conscious of the opportunities presented to them by the new South Africa. Correspondence: *Andile Alfred Mdikana, UNISA. mdikaaa@unisa.ac.za*

**Suleimanian A. Folk games as a means of development of the high psychic functions and cross-cultural communication**

Modern children are confronted with a serious problem: the gradual decline of folk games. Folk games appear to be one of the most important means of intellectual, moral, physical and aesthetic development. In the course of the last decade, we have been carrying out a number of theoretical and practical studies with students who are fond of playing traditional folk games, as well as new games which are called "game-fairy" and are based on the principles of folk games. The structure of these games combines both the distinctive features of the child's imagination and elements of initiation rituals. The objective of our work is the development of voluntary attention, imagination, fine motor coordination, and communication skills of children by means of specially selected traditional folk games of various ethnic groups in Russia. The research suggests that it is while playing the game that children start recognizing each other's cultures. Correspondence: *Andranik Suleimanian, PhD, 127051Moscow, Sretenka 29, Moscow, Russia. andranikgr@mail.ru*

**Documentary Screening. The Shore Break**  
**13:30—16:45**

**WEDNESDAY, 20 SEPTEMBER 2017**

**Invited symposium: Psychological assessment  
in an African context: Experiences from  
Zambia**

**Chair: Serpell R**  
**08:30—09:50**

**Nabuzoka D. The Strengths and Difficulties Self-Report  
Symptom Questionnaire as a screening instrument in a  
Zambian Context**

Since its introduction as an assessment tool by Goodman, the Strengths and Difficulties Questionnaire (SDQ) has been widely used as a screening instrument for developmental psychopathology in young children and adolescents internationally. Use of the SDQ in Africa has also been expanding as reflected by its availability on the internet in some African languages ([www.sdqinfo.com](http://www.sdqinfo.com)). However, while some evidence of good psychometric properties and clinical utility of the questionnaire exists from European and other, largely western countries, studies testing the validity and applicability of the SDQ in African settings have been almost non-existent. This paper reports a study that investigated the structural psychometric properties of the SDQ-S (self-report) version on a sample of 1,290 primary and secondary school pupils aged 11 - 17 years in Zambia, including 666 girls and 624 boys from 14 schools in Lusaka, the capital city. Findings on the factor structure, internal consistency of the sub-scales and the clinical cut-off points, indicated that the data did not quite fit the Goodman model. The paper concludes by drawing implications for the definition of mental health problems, and the use of the SDQ as a screening instrument in the Zambian context specifically and the African context generally. Correspondence: *Dabie Nabuzoka, PhD, Zambia, University of Zambia. dsnabuzoka@gmail.com*

**Jere-Folotiya J, Chansa-Kabali T, Westerholm J. Psychometric properties of the spelling test for initial literacy learners in ciNyanja designed for the RESUZ study of a representative sample of urban Grade 1 learners**

The assessment of early grade learners is largely based on classroom assessments prepared by teachers. Instruments that can be used to assess basic reading skills in early grades are generally lacking. There is need for more locally designed tests that are culturally appropriate for the Zambia sample. This paper will outline the psychometric properties of the dictation test in ciNyanja, a local language in Zambia. The instrument assesses early grade children's spelling competence. The instrument was used during the Reading Support for Zambian (RESUZ) study in which a sample of 573 learners, 300 females and 273 males in Lusaka were assessed. Data was analysed using the item response theory Rasch model. Results for item and person difficulty statistics will be reported. Any differences related to gender will also

be presented. The major finding is that the test could be used as an assessment tool based on the psychometric properties obtained. There are some items that may need to be replaced. Overall the instrument works very well on a Zambian sample of early grade learners. Correspondence: *Jacqueline Jere-Folotiya, Dr, Zambia, University of Zambia. jfolotiya@gmail.com*

**Kalima K. Challenges in Assessing Special Populations: Experiences from Zambia**

Educational success or failure for children with learning difficulties is dependent, to a large extent on the accuracy with which the specific difficulty is measured. Parents and teachers often depend on the expert opinion given about the child's current functioning. Failure to accurately diagnose specific function may result in children receiving services they do not need (in the case of a false positive classification) or not receiving services they deserve (in the case of a false negative classification). This paper discusses the experiences of nearly 20 years from the University of Zambia Assessment Centre, a clinic established to help with training of students on how to identify and assess learning difficulties; and also provide guidance to schools on how to work with children lagging behind in school. We present the uses and misuses of educational assessment as seen in the experiences of resource limited settings. Instruments are used with a lot of caution, and sometimes not, leaving the possibility of results with little or no validity. Without the appropriate assessment procedures, teachers have been left to make do with the little information given to them. This could have far reaching effects on the child's future. Correspondence: *Kalima Kalima, MEd, EPSSE Department, University of Zambia, Lusaka, 10101. kalima.kalima74@gmail.com.*

**Serpell R, Nabuzoka D. Application of the Home Environment Potential Assessment scale (HEPA) for rural Zambian children with disabilities**

Intervention programmes aimed at addressing the needs of children with disabilities need to be based on an accurate profile of the child's functional level and of the resources available to ameliorate the child's condition. This paper outlines and discusses the Home Environment Potential Assessment scale (HEPA) and its application to the identification of the strengths and needs for mobilization of resources to support the development of rural Zambian children with disabilities. The HEPA represents locally developed schemes for the assessment of the current level of functioning of children with an intellectual disability, and of selected features of the child's regular effective environment. It provides a profile of relevant resources in the child's current effective environment, understood as including: the child's home; the child's extended family; the neighbourhood in which the child's home is located; any locally accessible schools; and any other accessible social services. Examples of initial applications of the HEPA in two rural districts, and subsequently, are presented together with an assessment of its reliability and validity as part of locally developed assessment schemes. Implications are drawn for assessment of the needs of children with disabilities in rural communities and the design of intervention programmes. Correspondence:

*Robert Serpell, Zambia, University of Zambia. robertNserpell@gmail.com*

**Invited Keynote. Psychological assessment in low resource, multicultural settings –A paradigm shift?**

**Chair: Makola S**

**Presenter: Sumaya Laher**

**09:50—10:30**

**Laher S. Psychological assessment in low resource, multicultural settings –A paradigm shift?**

Establishing the utility of psychological assessments across diverse cultures is a challenging task. When this challenge occurs in a poorly resourced setting against a background of social inequality, as is often the case in Sub-Saharan Africa, practitioners need to be highly resourceful, as well as culturally sensitive and ethically aware. This paper provides a discussion of the challenges faced in this context. Following this, examples are provided from projects that have tailored assessment methods for low resource, multicultural settings. These approaches represent departures from traditional methods of assessment, moving more towards narrative and contextual approaches to assessment. Hence the paper concludes with some reflections on whether a paradigm shift is necessary for psychological assessment to be truly accessible to majority of the world's population. Correspondence: *Sumaya Laher, PhD, University of the Witwatersrand, P O Box 427, Wits, 2050, Johannesburg, south Africa. Sumaya.laher@wits.ac.za.*

**Invited Keynote. Integrative model of learning abilities, styles, interests and social participation for test developing and use in emerging country's education systems**

**Chair: Maree K**

**Presenter: Elias Mpofu**

**08:30—09:10**

**Mpofu E. Integrative model of learning abilities, styles, interests and social participation for test developing and use in emerging country's education systems**

Professionals engaged in providing assessment services for counselling intervention in school settings often rely on assessment data to support decision-making relative to the needs of the learners and their education support needs. The quality of decisions derived from assessment data depend, in part, on the fairness and equitability of assessment procedures engaged, as well as on the interpretive framework for the results from the assessments. In developing or emerging country education settings in which tests are adopted to provide data to guide learner supports, the assessment and interpretive frameworks are more apparent than real, and scarcely explicitly documented. This paper presents an Integrative Model of Learning Abilities, Styles, Interests and Social participation (IMLAS) that guided the test adaptation and development process for the Botswana

Learner Appraisal System (BLAS) designed to yield data for the examination of relationships between scores from the same individual from five major attributes important for school learning: cognitive ability, scholastic attainment, learning style preferences, social status and career interest. The IMLAS optimizes interpretability across learner assessment, relating learner style orientation and social companionship to expressed career interests suggesting likely interest in occupations in which a unique personal style would be an asset [or a cost liability]. Using the IMLAS interpretive framework, data on learner social-personal functioning assets provide for person-centric counselling in the context of measured learner abilities and school attainment often premised exclusively on learner abilities. Correspondence: *Elias Mpofu, PhD, University of Johannesburg, Rehabilitation Counseling at the University of Sydney, Australia, Journal of Psychology in Africa. elias.mpofu@sydney.edu.au.*

## **Paper Presentations. Educational**

**Chair: Duval E**

**09:10—10:30**

### **Pillay J. The role of educational psychologists in promoting ethical research conducted with vulnerable children in Africa**

This study explored perceptions of educational psychologists on their role in promoting ethical research involving vulnerable children. Participants were 10 South African educational psychologists (females = 60%; males = 40%) from mostly public services, such as schools, hospitals, and community-based organisations. Data on their perceived roles in research ethics monitoring and implementation were collected through individual interviews and a questionnaire. The thematically analysed data suggest that educational psychologists have a role in protecting children from harm during research participation while also monitoring benefits due to the children. Furthermore, the issues of informed consent, confidentiality, payment and compensation are critical aspects of ethics within an African context. Aligning the findings to a social justice perspective, the author points out the relevance of the study to educational psychologists across Africa in promoting ethical research conducted with vulnerable children. Correspondence: *Jace Pillay, DEd (ED. Psy), University of Johannesburg, P.O. Box 1292, Mondeor, 2110, Johannesburg, South Africa. jacep@uj.ac.za; pillayjace@gmail.com*

### **Macdonald H, Dunbar-Krige H, Fritz E. HEROES: An educational therapeutic board game as an intervention for children who are bullied**

This presentation aims to explain how HEROES, a therapeutic board game developed by Macdonald is an intervention for children who are bullied. The development of the board game is based on social constructionism, Bronfenbrenner's bioecological model and the results of Macdonald's study, which focused on the life experiences of middle childhood children who continue to be bullied. Firstly, Macdonald found that it was important to devise

strategies to not internalise maternal stress. Next, Macdonald established that because of the participants' experiences of multiple traumas, it was essential to develop ways to change the trauma pattern which exists in the nervous system. Then Macdonald found that to deal with the participants' experiences of being bullied, it was critical to empower children by changing the neurological pattern from that of being a 'victim' to one of 'survivor'. Finally, Macdonald found that it is imperative to enhance the supportive roles the children have in their lives as resources. In conclusion, HEROES, besides empowering children on four different levels, simultaneously serves as a resource to interact socially with others. HEROES is an intervention that was developed from a phenomenological qualitative study, involving three middle childhood, English speaking males. Correspondence: *Helen Macdonald, 5 Tessa Road, 2A Tessa Close, Riverclub, Johannesburg, South Africa. helenmm@tiscali.co.za*

### **Duval E. Setting up school counselling units in public secondary schools in Mauritius**

In Mauritius, local newspapers and statistics report a significant and alarming rise in all types of youth violence. The level of suicide amongst youth is very worrying. A survey (2015) of 674 adolescents found that 9% reported being victims of sexual violence, 41% of physical violence and 51% of psychological violence. In the public educational system, there is 1 educational psychologist/social worker for 7,772 children (pre-primary, primary and secondary). There is no access to professional, regular and accessible counselling services, and no specialized services for youth with severe psychological disorders. In response to the above, a team of professionals in psychology at the Institute Cardinal Jean Margéot (ICJM) set up a project to create school counselling units with professional counsellors to offer regular, accessible and free services to the school community. At first, a needs analysis was conducted to evaluate psychological difficulties encountered by the school community, followed by an elaboration of a professional practical-based training course in listening and counselling skills. In 2009, school counselling units were set up in various secondary schools across the country. A Manual for School Counsellors in Mauritius was published to serve as a key reference, ensuring common practice, standardization and consistency in counselling practices amongst all schools involved in the project. Correspondence: *Emilie Duval, Doctor in Clinical Psychology, University of Sydney, Institut Cardinal Jean Margeot, Rue Celicourt Antelme, Rose-Hill, Mauritius. eduval@icjm.mu*

## **Paper Presentations. Forensics**

**Chair: Rawatlal N**

**08:30—09:50**

### **Noor Mahomed S, Chemane R, Mncwabe S. Children in conflict with the Law- An evidence based approach to case assessment and conceptualization**

The Justice System commonly refers children to mental health professionals to perform criminal capacity assessments for children in conflict with the law. The term

'children in conflict with the law' refers to anyone under 18 who comes into contact with the justice system as a result of being suspected or accused of committing an offence. The purpose of this presentation is to review theories and relevant research on children in conflict with the law. The aim is to compare the cases forensically assessed in a general government hospital in South Africa with that of the literature and relevant research which forms part of evidence based practice and testimony. An evidence based approach in case work using reference to relevant laws, theories, clinical expertise, consultation with experts and local and international research is used to inform assessment and expert testimony. The EBPP provides useful guidance and a theoretical framework for whole person assessment and preparation for testimony, as well as recommendations for prevention strategies and intervention for children in conflict with the law. Correspondence: *Noor Mohamed S. shireen.noormahomed@kznhealth.gov.za*

**Pretorius G. Parental Alienation in Psycho-Legal work: Psychology and the South African Judicial System**

In this paper, the construct of Parental Alienation will be discussed from a Critical Psychology paradigm. The results of a study consisting of case studies pertaining to psycho-legal cases will be disseminated. Participants in the study consented to their information being utilised anonymously in the study. The methodology utilised during the study was critical discourse analysis of discourses used by parents, children and in psycho-legal reports and court documents. The strategies used by parents to alienate each other will be highlighted. Strategies like vilifying the alienated parent, casting aspersions on the psychological and mental health of the alienated parent as well as accusations of violence and false accusations of sexual abuse will be highlighted. The symptoms of Parental Alienation as it manifests within the children and psychological ways that it impacts on the children will be demonstrated. Finally, the ways in which the Psychologist in psycho-legal cases is manipulated to condone Parental Alienation will be highlighted. The ethical dilemmas of Psychologists in cases of Parental Alienation and how to optimally manage them will be shared. Correspondence: *Gertie Pretorius, PhD, PO Box 6219, Weltevredenpark, 1715, Johannesburg, South Africa. gertie@gertiepretorius.co.za*

**Rawatlal N, Cassimjee N. Personality traits and executive functioning in violent crime: A systematic review**

Personality traits, which comprise personality disorders (PD) included in the DSM and personality types not included in the DSM, together with impaired neuropsychological functioning play an important role in the aetiology of violent behaviours such as murder. The purpose of the present research was to review the extant literature on the distinctive neurocognitive deficits (executive functioning) displayed by violent criminals who present with an admixture of traits from several personality disorders and personality types. Articles were collected through search engines such as MEDLINE and Google Scholar using the key words executive functioning, violent crime and personality disorders and traits, combined with terms such as “crime”,

“violence”, “psychopathy”, “impulse control”, and “neuropsychological impairment”. Given that more than two thirds of South Africa’s prison population are incarcerated for violent criminal acts, the present study collates knowledge related to the interaction between personality dynamics (psychological) and neuropsychological functioning (cognitive) in the context of violent crime (behavioural). Furthermore, despite the high impact violent crime has on society, there is still limited research within this area focussing specifically on impaired executive functioning and personality. The present systematic review contributes to the knowledge gap and findings can be used to develop research initiatives and tailored violent offender rehabilitation programmes within the South African prison system. Correspondence: *Nishola Rawatlal, PhD, 120 Krokodil Crescent, The Meadows Estate, Moreleta Park, Pretoria East, South Africa. rawatlaln@gmail.com*

**Invited Keynote. Challenges and solutions in forensic psychology**

**Chair: Pillay A**

**Presenter: Neil Gowensmith**

**09:50—10:30**

**Gowensmith N. Challenges and solutions in forensic psychology**

Forensic psychology operates at the intersection of mental health and the law, often providing recommendations to courts across a multitude of judicial affairs. Forensic cases often make international headlines and capture the interest of legislators and lay people alike. Forensic psychology faces great challenges in providing high quality, reliable work to the courts, in developing a skilled workforce of practitioners and researchers, in working under often oppressive conditions, and in addressing important cross-cultural issues. Training programs are often under-funded, where they exist at all. Working conditions in jails and hospitals can border on the unethical, with special challenges existing in rural areas. The effects of race and ethnicity are undoubtedly important in this work, but are woefully understudied. All of these challenges serve to put our final work product – forensic evaluations, formal recommendations, treatment plans, and therapeutic interventions – in jeopardy of being inaccurate, unreliable, or misguided. Fortunately, several promising efforts have advanced our knowledge and abilities considerably. Standardized practices, evidence-based approaches, formal training programs, rigorous academic standards, and cross-cultural collaboration all serve as promising practices for improving the important work of forensic psychologists, regardless of country of origin. Correspondence: *Neil Gowensmith PhD, University of Denver’s Graduate School of Professional Psychology. neil.gowensmith@du.edu*

**Paper Presentations. Industrial/  
Organizational**

## **Chair: Motjuwadi CL**

**08:30—09:30**

### **Motjuwadi CL. Financial knowledge and savings pattern in a sample of mineworkers: Implications for labour relations and the role of psychology**

South Africans are highly indebted. The majority of workers rely on credit in order to deal with financial emergencies as well as to meet their living expenses. There are instances where workers are garnished more than half their salaries. This situation is not only limited to blue collar workers but also affects people in the higher Living Standard Measure (LSM). The critical levels of indebtedness are often blamed for workers demanding much higher salary increases and the rise in violent strikes during wage negotiations. Indebtedness does not only have social and occupational problems such as family violence and breakups and absenteeism. It also has a negative effect on the mental health of individuals such as depression and suicide. The present study explores the financial knowledge and saving patterns among a sample of mineworkers. The paper contends that there is a need for education on financial literacy among workers. The role of employers in promoting financial wellness programmes is emphasized. The paper also argues that psychology has a critical role to play in promoting financial well-being of patients by looking into the financial attitudes and beliefs of patients with the aim of changing these attitudes and behaviours. Correspondence: *C. Lerole Motjuwadi, PhD, AngloGoldAshanti Health Service, P.O. Box 6961, Oberholzer, 2502, Carletonville, South Africa. cmotjuwadi@anglogoldashanti.com*

### **Luo Z. The relationship between CSR types and perceived brand hypocrisy**

In recent years, a series of brand crisis events with regard to corporate social responsibility (CSR) continuously appeared in our country, which caused rising numbers of consumers' strong doubts and criticism on the motivation of CSR engagements. The consumer perception of corporate hypocrisy has become a social phenomenon that cannot be ignored in the practice of corporate social responsibility. These types of phenomena reflect the mismanagement of relationships between the enterprises and their stakeholders. Many current publications of corporate social responsibility start their studies only from one dimension/angle, words and deeds. This study analyzes the inner differentials of CSR due to different perspectives of multiple stakeholders. Thereafter, we divide CSR into technical CSR and institutional CSR based on stakeholders. We also analyze their different intermediate mechanisms--legitimacy identification and perceptive moral capital. Finally, we explore the perception changing process of stakeholders and explain the formation mechanism of perceptions of brand hypocrisy. This study provides a theoretical base on how stakeholder demands influence the tactical arrangement of CSR activities. Correspondence: *Ziwei Luo, PhD, Huangpu Road 601, Jinan University, Management school building, Room 643, Guangzhou, Guangdong Province, 510632, P.R. China. ziweiemail@jnu.edu.cn; forward\_chen@hotmail.com*

## **Paper Presentations. Social & political**

**Chair: Pakade N**

**09:30—10:30**

### **Faroa B. Interpreting the # (hashtag) of cultural inbetweenity: Revisiting Bulhan while trying to find psychology in the present South African socio-political context**

Bulhan's dialectical theory of cultural in-betweenity has been applied in a variety of contexts in order to explain varying degrees of hegemony. In South Africa, the theory has often been applied to explain the emergence of radical youth before and during the country's political revolutions, particularly those of the 1960s. Given the country's recent higher education revolution, a revisit of Bulhan's theory and its implications for hegemony proves essential in the South African context. Social movements such as the #FeesMustFall movement have been instrumental in driving social changes in South Africa's current higher education landscape. The movement's protests resulted in zero-university fee increases nationwide and also turned the spotlight on the plight of the young university student. This paper seeks to provide a critical reflection on Bulhan's theory of cultural in-betweenity as it relates to higher education institutions in South Africa who are affected by the current higher education revolution. Finally, the paper considers the implications of merely viewing the student protests as a challenge to hegemony whilst also locating the role of psychology in South Africa's present socio-political context. Correspondence: *Brendon Faroa, MA, University of the Western Cape, Department of Psychology, University of the Western Cape, Bellville ,7530. bfaroa@uwc.ac.za; brendondfaroa@gmail.com*

### **Maphosa S. Afrocentric Psychology in the context of African Renaissance as an Agenda in reclaiming the Africanness**

Reclaiming and affirming African past intellectual traditions, knowledge and the contributions to world history is a necessary exercise in the decolonization of an African mind. African people have a lot to offer through the study of African Psychology. Besides Humanism, Africa has a gift of knowledge that helps inform an understanding of humanity and understanding that the African Renaissance must extend beyond claiming self-respect, dignity and freedom to spiritual, emotional and political and material enrichment. However, Africa should anchor her analysis in how Eurocentric Psychology processes of knowledge production, interrogation, validation and dissemination has either denied or invalidated her humanity, self-respect and her cultural sense of epistemology. There is no African identity in the absence of the affirmation of indigenous cultures, histories, spiritualities and languages. The Afrocentric perspective postulates that the human being is central to all existence. Human life is more important than wealth. Hence, Afrocentric Psychology with its tenets of African culture has a role to play in uniting and dignifying people of all races in the world by means of understanding human behaviour especially in the wake of Globalization. Correspondence:

*Sibangilizwe Maphosa, PhD, Midlands State University, Gweru, Zimbabwe. maphosazwe@gmail.com*

**Foster JL, Lukate JM. "Fix your hair!" -Black hair politics, identity and the quest for roots**

In September 2016, girls and young women in South Africa protested rules put into place by their school forcing them to straighten their hair in compliance with dress codes. Their claim to the right to wear their natural hair and to express their cultural identity through traditional hair styles trended globally on social and traditional media. It is but one example of the pervasiveness of hegemonic representations of white beauty that permeate social institutions including education, politics, and popular culture. In this paper, I would like to reflect on how, in the context of the Natural Hair Movement, women of colour are challenging the policing and politics of Black hair. A thematic analysis of interviews with women of colour in Germany and the UK, as well as participant observations at hair salons are used to explore women of colour's performative construction of identities through their hair styling practices. In their narratives, Africa is simultaneously an imaginary – geographic and cultural – space and a physical place to which the women journey in search of their roots and in making sense of their hair as a cultural marker in conversations. Policy implications will be discussed. Correspondence: *Juliet L. Foster, PhD, University of Cambridge. jlf1000@cam.ac.uk*

**Pakade N. The continuous grind against social inequalities: Black women's resistance in 1910-1930**

The reading of history against social injustice is often conceptualised through social and liberation movements as key catalysts of insurgence. The analysis seldom touches on subjectivity. In other words, how daily experiences of oppression mould the consciousness of resistance. How do Black women form ideas of resistance? What are the processes of thought, both as individuals and collectives? This paper aims to merge the idea of political consciousness to the sociology of resistance towards an understanding of how Black women as political subjects in their motherhood, wifehood, as daughters, workers and 'hustlers' organise themselves against a shared lived experience of injustice. This paper traces how Black women have mobilised their collective psyche that is affected by shared inequalities as women. Methodologically, archives will be used, as history is important. I hope that the paper will contribute to the question of what creates collective agency and/or consciousness. More importantly, what language and strategies enabled people to mobilise themselves with an emphasis on the appeal for women's participation (to join, recruit and learn and resist as a collective). This paper aims to follow the thread of how Black women have organised against social inequalities and injustices in the 1910-1930s periods of protest. Correspondence: *Nomancotsho Pakade, UP Phd Candidate, PARI, 2418 Poto Street, Spruitview-Gardens, Katlehong, Johannesburg, South Africa. ncotsho@gmail.com*

**Paper Presentations. Sexuality and Gender**

**Chair: McLachlan C**

**08:30—10:30**

**Martin J. Anal fisting: (Re-)Opening the Hu/Man(ist) subject of sexuality studies**

Anal fisting amongst gay men, that is, the sexual(ised) and erotic (partnered) practice of inserting the hand(s) and/or forearm(s) into the anus and rectum, has historically been framed as a dangerous and violent practice associated with the possibility of death and the contraction of disease. Recently, Queer theory scholars have begun to utilise the act of fisting to productively confound and creatively trans-/form/figure/mogrify the hetero-centric framing of Hu/Man genitals. This emerging scholarship is however limited and largely theoretical. This paper therefore aims to correct this shortfall by offering an empirical contribution. Interviews were conducted with gay couples who engage in the practice of anal fisting. Analysis was guided by a Feminist Posthumanism which stressed an ontologically flattened reading through/with/across the data: (1) displacing the idea of gay anal fisting as violent and dangerous; (2) decentering the dominant Cartesian hetero-patriarchal Hu/Man(ist) subject in sexual(ised) practice; and (3) opening up the boundedness of the Hu/Man(ist) subject's sexuality, as "more-than-human" materialities came to performatively co-constitute the experience of anal fisting. Anal fisting (amongst gay men) provides a new empirical opening for disrupting hetero-centric renderings of Hu/Man sexuality, and provides a novel approach to radically transforming the taken-for-granted Hu/Manism underwriting much of sexuality scholarship in South Africa. Correspondence: *Jarred Martin, PhD student, University of Cape Town 212 Hiddingh Village, Hiddingh Avenue, Gardens, Cape Town, 800, South Africa. Ijmukzn@gmail.com*

**Van Dyk D, Viljoen E. Sexology in Southern Africa - where are we in 2017?**

This paper aims to give a critical overview of the work of SASHA, the Southern African Sexual Health Association's work over the past two years and the need for the specialised field of sexology in Southern Africa. SASHA is a non-profit organisation that was established in 1999. SASHA provides an association for the protection of the public and healthcare professionals who provide sexology, sex therapy, sexual health and related forms of treatment. SASHA's mission is to provide credible information and education on sexual health issues from a multi-disciplinary perspective (biopsychosocial approach) for the general public, the media, sexual health educators and sexual health practitioners. SASHA works to promote sexual health for all. Sexual health is a goal not only for medical clinicians; it is a common goal of many disciplines, including psychology professionals. SASHA is devoted to the promotion of sexual health and the development and advancement in the fields of sexology, sexual medicine, sexual therapy, counselling and education. Correspondence: *Delene van Dyk, BCur IetA, RN, SASHA (Southern African Sexual Health Association), 9269*

Heritage Hill, Brakfontein Ave, Centurion, South Africa,  
0157.delene@2ndsight.co.za;  
delene.vandyk@mysexualhealth.co.za

### **Blake C. Tools for Having The Talks - Sex Education Workshops for Parents**

This presentation will share an overview of a workshop series developed to empower parents to have age-appropriate body-based conversations with their children, as a practical example of the implementation of psycho-education workshops for sex education. Parents often follow societal traditions of silence around genitals which disempower children from speaking about their bodies as complete entities. Parents also often teach children 'good manners' by forcing children to hug/kiss people in greeting, even when it is clear the children do not want to. In order to increase awareness amongst parents about different ways to have body-based conversations with their children, I have developed a series of interactive workshops called 'Tools for Having "The Talks"'. Following the guidelines set out by the WHO and UNESCO, this series empowers parents to have age-appropriate conversations about bodies, boundaries and sex with their children. These workshops unpack the different societal messages parents unknowingly perpetuate such as mixed messages of bodily autonomy and consent, heterosexuality, gender stereotypes and love among other things. The workshops focus on ways to start conversations with children, by inviting children's knowledge into the conversation, rather than "telling" them about the facts of life. These conversations provide children with the tools to better navigate body-based situations when they occur in their lives. Correspondence: Casey Blake, MA, 107 Minuach Street, Highway Gardens, Edenvale, 1401, South Africa. casey@whatnowcounselling.co.za

### **McLachlan C, Nel J. Trans depathologisation - opening or inhibiting access to trans healthcare in Southern Africa**

Trans and gender diverse people often require access to gender affirming healthcare for example hormonal treatment and gender affirming surgery. For many this treatment is of utmost necessity as the dysphoria they experience leads to severe depression and anxiety. In the Western world, there exists a strong call for the depathologisation of transgender identities. The call has been made to move it out of the mental health conditions/disorders within the ICD10 review, as well as during the compiling of the DSM5, as it adds to the stigmatisation of trans identities. But in many African countries, the only way to access gender affirming healthcare is to use a diagnosis. For these activists, the depathologisation notion creates the fear that they will not be able to access relevant healthcare. Furthermore, tension exists within the trans and gender diverse community questioning: When is a person trans enough to claim a trans identity and thus access to healthcare? And in the healthcare system the question arises: May a person with a trans and/or gender diverse identity, who does not experience dysphoria or significant distress, align their body with their gender identity and expression through trans healthcare. This paper will focus on the question of whether South Africa is ready to provide depathologised trans healthcare to trans and gender

diverse people. Correspondence: Chris McLachlan, MSocSci Clinical Psychology UKZN, MA New Testament RAU, MTh, UNISA, Dept of Health, KZN, 24Hillary Road, Hilton. doinghopeweddings@gmail.com

### **Van Dyk, D. Sexual and gender diversity sensitization training for M2 psychology students in South Africa**

Sexual and gender diversity sensitisation training deconstructs fixed and linear notions of sexual and gender identity, expression and sexual behaviour and assists in addressing heteronormativity, reduction of stereotypes and debunking of myths. The Binaries & Boxes (or not!) Sensitisation Training for Health Care Providers is a training modality which assists individuals to understand themselves as sexual beings as well as their patients. This experiential training assists participants in finding practical ways of supporting a patient that lives a life outside the heteronormative and cisgender box, without prejudice, with compassion and in a sex positive manner. Through active participation and experiential learning, the four "boxes" - sex as a biological concept, gender as a social construct, sexual orientation as more than just sexual attraction, and lastly, sexual play, are deconstructed. Since 2007, more than 20 000 individuals throughout Southern Africa, including Health Care Providers from various African countries, as well as internationally, have been sensitised. This session will focus on the training of MII psychology students. The success of this training modality is evident not only in the shifts in attitudes that happen within the training room, but the reported LGBT affirmative services offered by the sensitised individuals. Correspondence: Delene van Dyk, BCur IetA, RN, SASHA (Southern African Sexual Health Association), 9269 Heritage Hill, Brakfontein Ave, Centurion, South Africa, 0157 .delene@2ndsight.co.za; delene.vandyk@mysexualhealth.co.za

### **Symposium. Applied cognitive science and experimental neuropsychology team symposium**

**Chair: Schrieff-Elson L**

**08:30—10:30**

### **Steenkamp N, Hendricks I, Schrieff-Elson L, Malcolm-Smith S. Socioeconomic status and NEPSY II attention/executive function performance for Grade-One South Africans**

Administering western-based neuropsychological tests in non-western contexts can be influenced by a number of sociodemographic factors. Children who are cognitively well might appear cognitively impaired on westernized tests because of disparities in the sociodemographic contexts of the normative sample and the child being tested. We compared performances of South African grade one, English-speaking children from low- and high-SES backgrounds, on the Animal Sorting, Inhibition, Clocks, and Design Fluency subtests of the NEPSY II, and to US normative data for these subtests. We recruited 16 children from a low-SES and 19 from a high-SES school. We compared sociodemographic,

IQ and NEPSY II data. There were significant between-group differences on race, sex, and SES measures, on all WASI II indices and subtests (IQ); and on all but 3 outcome scores (two completion time scores; Clocks subtest) of the NEPSY II subtests. Results for the high-SES subsample were more closely aligned with western normative data and were higher than those for the low-SES subsample. The findings demonstrate the significance of SES and other related demographic factors on neuropsychological test outcomes, particularly when comparing individuals from non-western backgrounds against western norms. The need for tests that are adapted for and validated locally is reiterated. Correspondence: *Nina Steenkamp, University of Cape Town, 46 Acre Road, Kensington, Cape Town, South Africa. ninasteenkamp1@gmail.com*

**Malcolm-Smith S, Du Plooy C, Prag A, Stein D, Donald K. Early developing Theory of Mind and Self-Regulation abilities in a peri-urban South African setting**

Early social cognitive development has not been adequately studied in South Africa. Early self-regulation and mentalizing abilities are important predictors of later academic and social success. We present data on early Theory of Mind and Self-Regulatory abilities in 293 3.5-year-old children from the Western Cape, enrolled in a longitudinal cohort study (Drakenstein Child Health Study, N = 1200 mother/child dyads). Recruitment occurred at two clinic sites: one serving a largely black isiXhosa speaking community, and one serving a largely coloured Afrikaans speaking community. On a Diverse Desires task, analyses indicate a majority of 3.5 yr. old children in the black African sample (66% of 135n) can appreciate that different people like and want different things; however, this development appears to be lagging in the coloured sample: only 31% (of 158n) achieved this milestone. On the Gratification Delay Self-Regulation task, 86% of children from the black African community were able to perform perfectly, vs. 68% of coloured children. Comparisons with international developmental trajectories are considered. Future analyses will examine the extent to which contextual variables (e.g. SES, maternal education, child temperament and developmental progression) impact on these critical child skills. Correspondence: *Susan Malcolm-Smith, PhD, Department of Psychology. susanmalcolmsmith@gmail.com*

**Njomboro P. Colour inhibition carry over effects in preview search**

In conjunction search tasks where the visual display is disintegrated across time, so that a distractor display is previewed before target set onset, the search is more efficient compared to when the old and new items are displayed at the same time. However, this preview benefit is compromised when the target set share common characteristics with the previewed set. It's suggested that an inhibitory mechanism targeting the distractor set deprioritises it from attentional processing, and this inhibition then spreads to target items sharing distractor features. In this study, I report the influence of these feature relations (and other search properties) on the preview benefit. I investigated the effects of colour and shape relations between the distractor and

target set, and also participant goals, display size, and preview duration on search efficiency. Results show less efficient search when the distractor and target sets share similar colour features when participants are searching for colour (and not shape). This effect is more pronounced with larger preview durations. This demonstrates time-dependent colour inhibition carry over from distractor to target items. I explain these results in line with the visual marking hypothesis. Correspondence: *Progress Njomboro, PhD, University of Cape Town, Department of Psychology, PD Hahn Building, Chemistry Mall, Upper Campus, Rondebosch 7701, South Africa. Progress.Njomboro@uct.ac.za*

**Machando D, Njomboro P. Adapting the Birmingham Cognitive Screen in Zimbabwe**

The Birmingham Cognitive Screen (BCoS) is a recently developed western neurocognitive battery that assesses functioning across multiple cognitive domains. In this study, we investigated the performance of the BCoS on a Zimbabwean sample of neurologically intact participants with the aim of identifying culturally sensitive items as an initial step towards adapting it for use on Zimbabwean patients. A convenience sample of normal participants (n=80; mean age = 29.9 yrs. SD = 9.24) was tested on the BCoS. A difficulty index for each BCoS item was calculated to assess for test item appropriateness. Items with an index value of  $p \leq .30$  were considered difficult, and those with an index value of  $p \geq .80$  were deemed easy. Inter-rater and test-re-test reliability was determined. Difficult items were removed and replaced, or adjusted. This is an initial step towards developing more sensitive norms for the BCoS to be used in Zimbabwe. Correspondence: *Debra Machando, MSc, No. 6 Sunriver Manors, Borrowdale Brooke, Harare, Zimbabwe. ddmachando@gmail.com*

**Invited Keynote. African contributions to Peace Psychology  
Chair: Kagaari J  
Presenter: Juvia Heuchert  
08:30—09:10**

**Heuchert J. African contributions to Peace Psychology**

As the cradle of humankind, Africa has the longest history of negotiating human relationships—including resolving conflicts and building peace. Over the centuries many stable communities were established in Africa through successful conflict resolution. Ancient African communities most often evolved through cooperation and mutual respect. In most modern African countries, colonial intervention ended the relative stability and peaceful co-existence that was prevalent on the continent. Boundaries were redrawn to suit the needs of the colonizers and with little regard for the historic reasons for the boundaries. Groups were split up, or artificially combined, rekindling old animosities and creating fresh grievances. Long standing traditions that ensured peace and justice were carelessly abandoned in favour of new, poorly explained legal systems. Making generalizations in discussing the contributions from a vast and complex continent is perilous. Africa currently comprises of about 54

countries and thousands of communities, more than 2000 languages, and hundreds of ethnic groups. With globalization, group and individual identities are often in flux. Contributions from Africa to our understanding of the psychology of peace will be considered from different perspectives: traditional, modern, postmodern, the contribution of women, and from the perspective of African peacemakers recognized by the international community. Correspondence: *Juvia P. Heuchert, PhD; Professor of Psychology, Allegheny College, 520 North Main Street, Meadville, PA 16335, USA. jheucher@allegheny.edu*

### **Paper Presentations. Peace & Forgiveness**

**Chair: Osae-Larbi L**

**09:10—10:30**

**Mayengo N, Namusoke J, Dennis B, Kagaari J, Byamushisha G, Rotundoki EN. Peace Promotion in Ugandan Schools: A Series of Books Generated from Pupils' Ideas and Experiences**

This study sought to examine children's perspectives on peace and conflicts as it unfolded from their experiences at home, community and school with the aim of providing an alternative model of contextualizing and teaching peace through children's stories and drawings. The Kyambogo and U.S Indiana University staff applied a critical theoretical research approach using focus group discussions to collect data from a sample of 36 pupils from two schools, one in an urban setting and the other in a rural setting. With the help of QDA Miner Lite software, categories and codes were generated in the contexts. Results suggest that peaceful practices are not in themselves complex proclivities but straight forward behaviours and manifestations of good gardens, Mum and dad sharing a drink, children playing together and presence of adequate food. Peace antitheses included fighting for food, quarrels, theft and failure to provide and inadequacies of basic needs by adults. Responses from the two schools came from different contexts as participants from the urban school (Mirembe) had different ethnic backgrounds to participants in the rural school. The findings of this study as revealed by children's perceptions of peace have been used in the writing of books on peace education in Uganda. Correspondence: *Nathaniel Mayengo, kyambogo University, P.O BOX 1Kyambogo University, Psychology Department, Kyambogo- Kampala Uganda. nmayengo@yahoo.com*

**Osae-Larbi J. Forgiveness in People Living with HIV/AIDS in Ghana: An Exploration of its Influence on Quality of Life and Immune Functioning Markers**

People living with HIV/AIDS (PLWHA) report lower quality of life (QOL) compared to the general population. While various factors have been associated with HIV/AIDS outcomes, these factors may likely be moderators of an association between a probable underlying predictor and HIV/AIDS outcomes rather than independent predictors. The purpose of this study is to explore the association between forgiveness and the outcomes of QOL and CD4-cell percentages in PLWHA in Ghana. The study further seeks to

gain in-depth insights into any forgiveness-health outcomes associations that may be found. The study will employ an explanatory mixed-method design. Three-hundred and eighty (380) PLWHA will be recruited from four hospitals in Ghana to participate in a cross-sectional survey. A sample of survey participants will subsequently be recruited (until saturation is reached) to participate in a one-to-one in-depth interview study. Multiple regression and path analysis, and interpretative phenomenological analysis will be used to analyze the survey and interview data respectively. Preliminary findings of the survey will be presented. It is expected that this study will highlight the need for integrated research, counselling, and intervention design as related to the forgiveness-HIV/AIDS outcomes link in typically collectivistic societies like Ghana. Correspondence: *Judith Osae-Larbi, BSc MSc, P. O. Box. KN 914. Kaneshie-Accra. Ghana. jaosae-larbi@st.ug.edu.gh; gjlsprings@yahoo.com*

### **Paper Presentations. Educational/ Social**

**Chair: Carolissen R**

**08:30—10:30**

**Allen C, Ameen N. Protecting the rights of the child to access quality education: The role of the family**

In April 2015, the Member of the Executive Council for Education announced his commitment to ensure increased access to quality education for learners with Autism Spectrum Disorder in Gauteng. Despite efforts to increase access to education for learners with ASD, there are still children who don't access this right even though all systemic provisions are in place. The purpose of the paper is to present a case study of a family struggling to affirm their son's right to access quality education with the result that this learner might never realise his potential to attain academic success. The aim is to solicit expert advice, information and recommendations to further support our learners with ASD and their families, affirming that GDE embraces Autism. Correspondence: *Claire Allen. BA. Gauteng Department of Education, 111 Commissioner Street, Johannesburg, 2001, South Africa. claire.allen@gauteng.gov.za*

**Carolissen R. (Non)-Belonging and DIY citizenship among students at a historically Afrikaans university**

Belonging and citizenship have been the subject of research globally but little attention has focused on belonging in higher education contexts. Even less research has focused on how students come to choose a specific university and how their own identities and identifications (dis)connect with that of the institution and shape their everyday negotiations at universities. In South Africa, research and ongoing protests suggest that black students' belonging in particular is marred by persistent symbols and practices that deeply misrecognise their selves, leaving them feeling alienated and disconnected from university spaces. Universities may nevertheless also be spaces where hopeful possibilities for future trajectories of knowledge-making and active socio-economic and psychosocial citizenship, may emerge in everyday citizenship on campuses. This narrative study focuses on four case studies that include black and white men and women. These

case studies are drawn from a study in which 30 in-depth narrative interviews were conducted with a diverse group of students at a historically Afrikaans South African university. Narrative analysis of interview transcripts suggests a complex narrative of (non)belonging and belonging but also numerous examples of DIY citizenship that refers to non-normative ways in which students negotiate and reconstruct subjectivities to generate alternate narratives about themselves and public spaces, thus creating change. Correspondence: *Ronelle Carolissen, PhD, Department of Educational Psychology, University of Stellenbosch, Cape Town, South Africa. rcarolissen66@gmail.com*

### **Tolliver Atta D. Unabashedly, unashamedly and unapologetically Afrikan: fostering transformative learning through African-centered psychology**

African-centered psychology, true to the traditional African worldview tenets of interconnectedness and purposefulness upon which it rests, can provide a "...contextual foundation for engaging in discourse and actions producing ethical and equitable pedagogical practices as a means of embracing social justice" (Harvell, 2009, p. 51). It can also provide a means for cultural and spiritual healing for learners, particularly those of African descent. African-centered psychology considers learning to be a process of identity development, cognitive development and development of a personal and collective critical consciousness that goes beyond knowledge acquisition. The lens is Afrikan; the potentially transformative lessons are relevant for all learners with emphasis on self-authenticity, living equitably in relationship with others, and making life better for all, locally and globally. This presentation will discuss how African-centered psychology can facilitate transformative learning of students in institutions of higher learning. Examining the presenter's educational experiences in USA, Ghana and Kenya, successes and challenges that accompany teaching psychology from an African-centered perspective will be discussed. Correspondence: *Derise Tolliver Atta, PhD, Association of Black Psychologists; DePaul University, 5121 S. Drexel Avenue, Unit 3 Chicago, United States. dtollive@depaul.edu*

### **Bemath N, Laher S. Is Attitude Everything - A Case Study of the Integration of Educational Technology in a Johannesburg School**

The successful integration of educational technology (ET) within classrooms can positively influence students' academic development. While ET is rapidly being implemented in South African classrooms, educators' attitudes towards ET, and the factors that influence this, are not well understood in the South African context. Educators' attitudes towards ET are key to the effective and successful integration of this technology. This case study thus explored educators' attitudes towards ET in relation to their access, use and integration of ET in a Johannesburg-based school where ET has been successfully integrated. A mixed method approach was used. A questionnaire consisting of a demographics section, the Attitudes Towards Computer Scale and the Information and Communication Technology Survey were administered to all 60 educators in the school.

The data was analysed using descriptive statistics and multiple regressions. Semi-structured interviews were also conducted with a smaller convenience sample of educators in the school. This data was analysed using thematic analysis. Results are discussed within the context of Roger's Diffusion of Innovations Theory, Ajzen and Fishbein's Theory of Reasoned Action and Theory of Planned Behaviour, and the factors influencing successful integration of ET in schools. Implications for improving integration of ET in schools are also discussed. Correspondence: *Nabeelah Bemath, BAHon, University of the Witwatersrand, 196 8th Avenue Bezuidenhout Valley, Johannesburg 2094, South Africa. nabeelah.bemath@wits.ac.za; nabeelahbemath1@gmail.com*

### **Smit A, Swart H. The Secondary Transfer Effect of Intergroup Contact: Attitude and Empathy Generalisation**

Intergroup contact is established as a powerful strategy for reducing intergroup prejudice (Pettigrew & Tropp, 2006). A recent cross-sectional study undertaken amongst white South African students at Stellenbosch University (N = 866), further substantiates the recently advanced notion of the secondary transfer effect of intergroup contact (STE; Lolliot et al., 2013; Pettigrew, 2009), whereby engaging in positive intergroup contact with one outgroup predicts not only positive primary outgroup attitudes, but also generalises towards secondary outgroups uninvolved in the contact situation. Using latent variable structural equation modelling, the present research examined the extent to which the secondary transfer effect of intergroup contact occurs towards both black (African) South Africans (primary outgroup) and coloured South Africans (secondary outgroup) via the mediating mechanisms of attitude and empathy generalisation. Results revealed that cross-group friendships with black (African) South Africans positively and significantly predicted improved attitudes towards coloured South Africans in general, after controlling for prior contact with coloured South Africans (i.e., the secondary transfer effect). These findings were replicated in a secondary outgroup model, in which cross-group friendships with coloured South Africans positively and significantly predicted improved attitudes towards black (African) South Africans in general, after controlling for prior contact with black (African) South Africans. Moreover, the present study found significant evidence for the operation of the secondary transfer effect via affective empathy generalising from the primary outgroup to the secondary outgroup. These findings offer practical means for shaping intergroup contact interventions aimed at reducing prejudice and promoting intergroup harmony in South Africa. Correspondence: *Anri Smit, MA Cum Laude, Stellenbosch University, 572 De Velde, De Beers Ave, Somerset West, 7130, South Africa. anri.nell7@gmail.com; 16471644@sun.ac.za*

## **Paper Presentations. Indigenous**

**Chair: Mariette G**

**08:30—11:15**

**Mariette G. Pan-African Psychology and African Centered/ Black Psychology Structural Logic for Healing from Disasters**

The Association of Black Psychologists' intellectuals galvanized to critically identify conceptual healing models for traumas. The 2005 Hurricane Katrina and 2010 Haiti Earthquake presented unique histories, challenges and opportunities to advance African Centered Black Psychology disaster trauma models. Dr. Nobles' definition that: "Psychology is the study of the Spirit" and the African Worldview lens are vehicles for restoration and illumination of Haiti's/ Africa's Spirit towards optimal health. The ultimate goal is optimal human functioning in/with Spirit. The need existed in Haiti and has existed on the African continent with clear urgency for African Worldview theoretical conceptualizations. Obenga's Ancient Egyptian Philosopher, African cosmological conceptualization advanced foundations and paradigms to re-examine interpretations related to healing from disasters (natural or man-made trauma). The African Centered theories, conceptualizations, and concepts of: Gbodossou's Cycle of Life; King's Katrina Conceptual Frame; Nobles' Seeking the Sakhu and FuKiau's Kongo Cross combined facilitate synthesizing theories advancing spiritual and physical dimensions of healing. Together these theoretical conceptualizations are the foundation to advance culturally congruent African Centered mental health models. This paper illuminates three African Centered Black Psychology models. Correspondence: *Gislene C. Mariette, PhD, The Association of Black Psychologists, PO BOX 361362, Los Angeles. Marietemaat@earthlink.net*

**Maine K. The light of the new moon: Exploring the lived experiences of African traditional healthcare practitioners within the SANDF**

Traditional health practitioners have played a critical role in the health and lives of South Africans. Since the SANDF is a microcosm of a society, the role of traditional health practitioners in the lives of soldiers is equally significant. These traditional health practitioners within the SANDF have to function both as soldiers and traditional healthcare practitioners. However, there is a paucity of research in the SANDF about the complex roles of traditional practitioners and how they experience having to navigate the two disparate worldviews. Thus, the purpose of this study is to understand the experiences of the traditional health practitioners within a military context and to contribute to the body of empirical knowledge on African traditional health healthcare practice. The study will be qualitative following a descriptive phenomenological approach. Thereafter a data explication process will be conducted. The study will contribute to the development of a deeper understanding of the role of traditional healthcare practitioners in the military and begin to lay the foundation towards a more formalised integration into the military healthcare service. Correspondence: *Kenneth Maine, MA, SANDF, 10 Melrose Place, 60 Rose Street, Riviera, Pretoria, South Africa. maine.kenneth@gmail.com*

**Invited Keynote. Skh Djr-disciplinary foundation for a Pan African (black) psychology curriculum: A global initiative**

**Chair: Baloyi L**

**Presenter: Wade Nobles**

**09:10—09:50**

**Nobles W. Skh Djr-disciplinary foundation for a Pan African (black) psychology curriculum: A global initiative**

In this invited address, Dr. Nobles asserts that the advent of Black psychology in the USA was equivalent to a scientific revolution in the social-behavioural sciences as the Copernican revolution was in the natural sciences. Dr. Nobles will review the European attempt to kill Black thought (epistemicide); mutate the Black sense of character and personhood and only allow Black achievement that mimics Euro-American thought and reality (psycho-cultural hegemony). This lecture will introduce the concepts of "emblematic symbolism" and "radiating vibratory impulses" as instruments of an African Grand Narrative (Kmt-Nubia/BaNtu-Kongo) that can serve as a "reverberating episteme" for both Continental (Kemet, Ghana, Nigeria, Kenya, South Africa, Zimbabwe, etc.) and Diasporan (Cuba, Haiti, Jamaica, Peru, Columbia, Venezuela, Brazil, Argentina, and United States, etc.) African people. In further exploring Skh Djr, and the methodology of "irt hr skh," Dr. Nobles will trace the origins of classical African Sakhu (psyche) and its contemporary application as a "science of the spirit." In conclusion, Dr. Nobles asserts that Pan Africanness; i.e., African Humanity worldwide, and its intellectual inspirations and cultural achievements have greater commonality than difference and must be the necessary disciplinary foundation for a global Pan African (Black) psychology curricula. Correspondence: *Wade W. Nobles, PhD, Association of Black Psychologists, Institute for the Advanced Study of Black Family, Life and Culture, Inc. drwnobles@gmail.com*

**Invited Keynote. Is collaboration between Western trained mental health practitioners and traditional healers desirable (and possible)?**

**Presenter: Tholene Sodi**

**09:50—10:30**

**Sodi T. Is collaboration between Western trained mental health practitioners and traditional healers desirable (and possible)?**

Calls for collaboration between western-trained health practitioners and traditional healers in Africa and other developing regions have been increasing in the last few years. For example, the World Health Organisation has, for a few decades now advocated for the implementation of policies of close collaboration between the western-trained health practitioners and traditional healers in order to promote health in communities, more especially those in the

developing world. In keeping with these calls, there have been some policy developments that have sought to recognise traditional healers and the potential role that they can play in (mental) health delivery in some parts of the world. For example, in South Africa, the Mental Health Policy Framework and Strategic Plan 2013–2020 advocates for the decentralisation of mental health care to the district level in an effort to ensure that mental care users receive the best possible care, treatment and rehabilitation services at the level closest to them. In addition, this mental health policy framework calls for collaboration between Western trained mental health practitioners and traditional healers in mental health promotion at district levels. In this paper, I will critically look at these collaborative efforts (including the legislative and policy pronouncements) in different parts of the world, with particular focus on (South) Africa. The debates for and against collaboration between mental health practitioners and traditional healers will be presented. The paper will be concluded by arguing that collaboration between the two types of health care providers is not only desirable, but possible in South Africa and other developing countries. Correspondence: *Tholene Sodi, PhD, University of Limpopo, Sovenga, South Africa. tholene.sodi@ul.ac.za*

## **Paper Presentations. Trauma**

**Chair: Howes D**

**09:10—10:10**

### **Howes D. Trauma: Catalyst for change?**

An investigation is made into the underlying hidden dynamics operating in the unconscious mind of an individual relative to incidences of trauma. At the moment of trauma, the unconscious mind registers all the sensory data in the environment during those moments eg. sights, sounds, smells, colours, movements etc. These may trigger off anxiety responses at a later stage when re-encountered in daily life, to re-traumatize the individual where anxiety and paralysis of movement etc. may result. A technique is illustrated which serves to desensitize and reprocess these underlying triggers, stimuli as well as the relevant emotional patterns and belief systems which align with a victim state of being. A positive set of belief systems of self-mastery and inner empowerment is instilled and integrated which provides the individual with a new mind-set for moving into an empowered future which mirrors this revised, inner set of belief systems and emotional patterns. Trauma is thus utilized as an opportunity to grow via the identification and reprocessing of outdated underlying, unconscious emotional patterns and belief systems which need to be addressed and revised. Case examples are cited. Correspondence: *Debbie Howes, Ma(ClinPSy), 221 columbine ave, mondeor, 2091, South Africa. debbiehowes@mac.com; dlite@telkomsa.net*

### **Jonker B. Exploring psychological trauma and the management thereof at a South African mine**

The purpose of this presentation is to explore the experiences of psychological trauma (PT) and the management thereof at a South African mine. The rationale for the contribution is to understand, from the perspective of the mine employee, how

PT is defined, what types of traumatic incidents are experienced, what PT interventions are available, whether these interventions are effective and what recommendations can be made. An explorative, descriptive qualitative research design was used from a constructivist/interpretivist approach and phenomenological paradigm. The research strategy was a case study and data collection was done by means of semi-structured interviews. Thematic analysis was used to analyse the data. Findings indicated a diverse understanding of PT. Traumatic events included vehicle accidents, falling objects, retrenchments, strikes and traumas at home. Awareness of trauma management provided by the mine was limited. The majority did not find these programmes effective and suggested better marketing of available services. A well-developed psychological trauma management programme that includes regular face-to-face counselling is recommended. Ethical implications related to informed consent, voluntary participation and confidentiality were adhered to. PT is a reality in the South African mining sector and more contextual qualitative research is required to expand theory and improve practice. Correspondence: *Bouwer Jonker, MA, North-West University, Internal Box 114, Private Bag X6001, Potchefstroom, 2520, South Africa. bouwer.jonker@nwu.ac.za*

### **Gerhardt MG, Jansen L, Appollis T. Fighting with a purpose: Exploring an alternative intervention method to give silenced at-risk male adolescents a voice to express anger, frustrations and trauma**

“In Jiu-Jitsu, I can feel free. Here, everyone has their own problem. I look and I see everybody has their own story. I’m not the only one who goes through something like that. Jiu-Jitsu is free, when I’m in it, I can express myself in it and it’s a nice experience. There are a lot of opportunities in it - the discipline; it helps with your anger and to calm yourself”. Still growing in seriousness and extent, youth violence is not a recent phenomenon in South Africa and is deeply rooted in the violent history of the country. Consequences of violence and high levels of aggression are often harmful and emotionally devastating for individuals, communities and societies, especially when committed and outlived by the youth. To counter the increased risk of young individuals to engage in violent and antisocial behaviour and to decrease the risk to become involved in criminal activities, the development of alternative programmes are needed, especially for male adolescents in communities with high crime rates. In search of alternative intervention methods, we present views, experiences and expressions of at-risk male adolescents about their journey in a martial arts-based programme aiming to reduce delinquency and aggressive behaviour. Correspondence: *Martin Gerry Gerhardt, Managing Director, Bom Combat, 23 Upper Camp Road, Maitland, Cape Town, 7404, South Africa. gerry\_gerhardt@web.de*

## **Symposium. Psychological issues related to diabetes in Africa**

**Chair: Pillay B**

**08:30—09:30**

**Hapunda G, Abubakar A, Van de Vijver AJR, Pouwer F. "You gain one, you lose one": Fear of Hypoglycaemia and Its psychosocial correlates in individuals with Diabetes Mellitus in Zambia**

Severe hypoglycaemia is a burdensome complication of diabetes mellitus that can induce fear of hypoglycaemia and contribute to suboptimal glycaemic control. The challenge is to achieve and maintain adequate glycaemic control while avoiding episodes of severe hypoglycaemia. The purpose of the study was to determine rates of fear of hypoglycaemia in Zambian patients with diabetes and also to explore correlates of fear of hypoglycaemia. A sample of 157 individuals with type 1 and 2 diabetes participated in the study. The Fear of Hypoglycaemia Scale, Diabetes Self-Care Inventory, Problem Areas in Diabetes and the Major Depression Inventory were completed. Means and standard deviations were computed for each scale. Multiple linear regression models were computed to assess the association between fear of hypoglycaemia and psychological factors. About 19% of individuals with diabetes, based on item endorsement, expressed fear of hypoglycaemia especially among individuals with type 1 diabetes. After controlling for demographic variables, diabetes self-care ( $\beta = 0.24$ ) and diabetes specific distress ( $\beta = 0.41$ ), were associated with fear of hypoglycaemia. In conclusion, fear of hypoglycaemia was common and was associated with diabetes specific emotional distress and diabetes self-care. Interventions are needed that avoid extreme worries and severe episodes of hypoglycaemia while optimizing glycaemic control in individuals with diabetes. Correspondence: *Given Hapunda, PhD, University of Zambia. given.hapunda@unza.zm*

**Ramkisson S. Anxiety, depression and psychological wellbeing in a cohort of South African adults with Type 2 diabetes mellitus**

South Africa has the second-highest number of people in Africa living with diabetes mellitus (DM). Accordingly, psychological issues associated with DM have been a growing focus of attention. Studies have found that patients with DM have elevated levels of anxiety and depression, and decreased levels of well-being. In South Africa, there is a paucity of studies on the psychological issues associated with DM. The aim of this paper was to explore the prevalence and association of anxiety, depression and psychological well-being in patients with Type 2 DM. In a cross-sectional survey, patients with Type 2 DM were recruited from public and private facilities. The Hospital Anxiety and Depression Scale (HADS), the General Health Questionnaire (GHQ-28) and WHO-5 Well-being Index (WHO-5) were administered. Four hundred and one participants completed the questionnaires. On the WHO-5, 277 (69%) reported good well-being, while 124 (31%) indicated poor well-being and were considered at risk for depression. On the HADS, 186 (46%) had mild to severe depression and 128 (32%) had mild to severe anxiety. There was a strong negative correlation between the WHO-5, HADS and GHQ scales, which indicated that an increase in anxiety and depression decreased psychological well-being. Health care providers

should identify and treat anxiety and depression as a standard part of diabetes care. Correspondence: *Samantha Ramkisson, M. Sc Clin Psych, Clinical Psychologist, Department of Behavioural Medicine, School of Nursing and Public Health, College of Health Sciences, University of KwaZulu-Natal, Durban, South Africa. P.O Box 1028, Stanger 4450. samantha.ramkisson@gmail.com*

**Menon JA. The Relationship Between Compliance and Quality of Life among Adolescents with Diabetes Mellitus Type1**

The relationship between compliance and quality of life among adolescents with diabetes mellitus type 1 (DMT1) was investigated through a randomised control trial, with an intervention and wait list control group. Data was collected from participants aged 16 to 19 years. Measures pre-and post intervention were obtained using a social demographic questionnaire, the Rating Scale for Compliance (RSC) and Diabetes Quality of Life Scale modified for youths (DQOL). The eight-week intervention involved giving information about management of DMT1 using a school information booklet for teachers entitled: You, Me and Diabetes. The results showed that there was a significant difference between the control and intervention group at follow up in compliance to treatment and worries about diabetes ( $p=.001$ ). It was concluded that the information that the adolescents received during the intervention period seemed to have impacted positively and influenced compliance to treatment. Correspondence: *J. Anitha Menon, PhD, Department of Psychology, University of Zambia. anithamenon316@gmail.com*

**Paper Presentations. Clinical/Health**

**Chair: Shino E**

**09:30—10:30**

**Olapegba P. Perceived Quality of Life among People Living with Chronic Illnesses**

The incidence of chronic illnesses seems to be on the rise in Nigeria which has further compromised life expectancy already affected by a health care delivery system that is not functioning optimally. It has become imperative that medical care be complemented by psychological intervention to improve quality of life, especially among people living with one ailment or the other. This study, therefore, investigated the influence of social support, self-esteem and religiosity on the perceived quality of life of people living with chronic illnesses in Ibadan, Nigeria. Two hundred participants aged 18 years and above and diagnosed with chronic ailments were sampled using a purposive sampling technique. Data were collected using validated scales measuring the construct under study. Results indicated that self-esteem independently predicted quality of life of chronically ill patients ( $B = .204$ ,  $t = 1.96$ ,  $p < .05$ ). The predictor variables did not jointly predict perceived quality of life. A comparison of the chronically ill group with a sample of medically fit individuals indicated a significant difference, the medically

fit group reported higher quality of life than the chronically ill group. It is recommended that psychological wellbeing of people be emphasised in medical treatment to ensure holistic intervention in health care delivery. Correspondence: *Peter Olapegba, PhD, Department of Psychology, Faculty of the Social Sciences, University of Ibadan, Nigeria. peter.olapegba@gmail.com; hanpet70@yahoo.com*

**Shino E, Louw D, Asuzu C. Psycho-oncology in Africa: Is it necessary?**

Psycho-oncology, as a formal discipline, has been in existence for a period of approximately four decades. Much progress has been made in both research and clinical practice, particularly in industrial and developed countries. However, there is a scarcity of psycho-oncological research in developing countries, including Africa. The high prevalence, incidence and mortality rates due to cancer in Africa necessitate the development and advancement of psycho-oncology on the continent. Hence, this paper gives an overview of developments in psycho-oncology in Africa. More specifically, it outlines African research findings pertaining to psychosocial consequences of cancer, factors contributing to delays in seeking medical intervention, knowledge of and screening for cancer, and psychosocial intervention. Furthermore, recommendations are given on models for training of psycho-oncology professionals and programs in Africa, using an example of an existing African program. Additionally, recommendations for future research and clinical practice in psycho-oncology within the African context are provided. Correspondence: *Elizabeth Shino, PhD, University of Namibia, Psychology Department, Private Bag 13301, Namibia. Pioneerspark eshino@unam.na; ngulashino@yahoo.com*

**Mkumbo K. The effects of water scarcity on cognitive and social-emotional competencies among primary school children in Tanzania**

The effects of water scarcity are multifaceted and reflect in a wide range of areas, including education, health, hunger and poverty. This paper examines the effects of water scarcity on cognitive and social-emotional competencies of primary school children in rural Tanzania. The majority of rural areas in Tanzania experience an acute shortage of water, with water availability averaging less than 1000 cubic meters per person per year. Using data from Uwezo assessments and the social-emotional competence scale administered to primary school children in urban and rural areas, this paper examines the relationship between water scarcity and performance in educational and social-emotional development outcomes. The results show a statistically significant relationship between water scarcity and poor outcome measures in education and social-emotional competences. Children who report experiencing water shortages in their homes and at school perform poorly both in school attendance and educational assessments, as well as in a number of social-emotional competence measures, including problem solving skills, relationships, communication, cooperativeness and self-control. The paper concludes that water availability is foundational to children's development. Thus, access to safe, clean and sufficient water for children should be actively

promoted as a universal need for all children in schools. Correspondence: *Kitila Mkumbo, PhD, School of Education, University of Dar es Salaam, P O Box 35048, Tanzania. kitilam@yahoo.com*

**Documentary Screening. Doctors of the Dark Side**  
**09:30—10:15**

**Documentary Screening. Beats of the Antonov**  
**10:30—12:35**

**Paper Presentations: Forgiveness/Spirituality.**  
**Chair: Akpalu B**  
**10:35—12:35**

**Dankyi E, Kwakye-Nuako C, Oti-Boadi M. 'I forgive often': Externalization of forgiveness behaviours among family members in Ghana**

In order to study the various offenses that occur within the family and how they are brokered in view of the collectivist nature of African families, an exploratory cross-sectional study was conducted with 1200 students in three universities in Ghana. The main instrument used was a questionnaire with open and close-ended questions which solicited responses about participants' definition of forgiveness, the behaviours exhibited by family members to indicate forgiveness and how often they forgave, among others. Our findings show that most of the behaviours advocated as representing forgiveness were external. A thematic analysis of what participants defined as forgiveness also showed more externalization of forgiveness behaviours. This supports assertions by Hook and colleagues that forgiveness among persons with collectivist self-construal is aimed at maintaining harmony and not necessarily to regulate their own emotional state. The implications for psychotherapy and avenues for further studies are discussed. Correspondence: *Ernestina Dankyi, PhD, University of Ghana, P.O. Box GP 13849 Accra, Ghana. tdankyi@yahoo.com*

**Akpalu B. The causes and consequences of divorce and the health benefits of forgiveness among divorcees in the Volta Region of Ghana**

Divorce rates are increasing in Ghana, including the Volta Region. Divorce creates acrimony, accusations and mistrust, usually attributed by divorcees to their ex-spouses, themselves or their family. Forgiveness by divorcees is important for their physical and psychosocial health. We investigated the reasons that triggered divorce among our study participants, the effects on their health, and whether they have forgiven. We sampled sentinel districts and conducted a qualitative study using focus group discussions and in-depth interviews. We tape-recorded the interviews, transcribed verbatim, coded and analysed the data. The results were as follows: some divorcees blamed themselves, the majority blamed ex-spouses and a few blamed their children. Negative health consequences were reported,

including: mistrust for the opposite sex, sleeplessness, rumination and avoidance. Some vowed against remarriage. Some participants said they have forgiven unconditionally, some would only forgive under certain conditions, and some stressed that they have not forgiven their offenders. Health status and forgiveness varied among participants. Some participants gave useful advice, from hindsight. It is recommended that forgiveness should be decisional, for the sake of the health and well-being of divorcees. Correspondence: *Bright Akpalu, M. Phil, University of Health and Allied Sciences, Ho, Ghana, PMB 31, Ho, Ghana. bakpalu@uhas.edu.gh*

### **Makola S, Chetty IG. Reimagining the interrelationship / integration of psychotherapy and religion: A conversation between a psychologist and a theologian**

Philosophers such as Viktor Frankl have indicated that when knowledge gives up, the torch must be handed over to faith. However, he also indicated that a psychotherapist should never enter the world of a theologian unless invited by the patient to do so. More recently psychologists such as Worthington, a leading scholar in the area of forgiveness, have offered participants a choice between a 'secular' and a Christian version of a REACH Forgiveness Intervention. Increasingly psychotherapists encounter clients who demand to know whether the therapist belongs to a specific religious affiliation and whether the therapist integrates such a religious framework into their therapeutic work. The wider question which this presentation attempts to answer is, in this integral world that we live in today, where do we draw the line between psychotherapy and religion? This question about the "meaning of the moment" and the "ultimate meaning" of life will be answered in a dialogue between a psychologist and a theologian; with the aim of arriving at a point where immanence and transcendence; eros and agape; descend and transcend, and live as an integral whole. Correspondence: *Solomon Makola, PhD, Central University of Technology, 1 Park Rd, Westdene, Bloemfontein, 9301, South Africa. smakola@cut.ac.za*

### **Sails-Dunbar T, Bowie J, Porch T, Thorpe R. The Association between Religious Service Attendance and Depressive Symptomologies among Black Men**

Black men experience more health disparities than both sexes and all racial/ethnic groups, which may increase their risk for depressive symptomologies. Although religious service attendance has been shown to be a potential protective factor for mental health in Blacks, little is known about the association of religious service attendance and depressive symptomologies among Black men. This study's objective was to determine the association of religious service attendance and depressive symptoms among Black men. Data was obtained from the National Survey on American Life (NSAL) (n=6,082). Participants were Black men (African American and Caribbean born) ages 18 and older (n= 1,833; Mean age= 41.9). Religious attendance was measured in five categories: almost every day, at least weekly, monthly, yearly, and never. Depressive Symptoms were measured using a 12-item version of the Center for Epidemiology Depression (CES-D) Scale; a cut off score of

10 or higher indicated the presence of major depressive symptoms. Covariates included age, education, income, marriage and fair/poor health. Chi-square tests were performed for categorical variables and t-tests for continuous variables. Logistic regression tested the associations between religious attendance and depressive symptomologies among the sample population. Correspondence: *Tremaine Sails-Dunbar, Vanderbilt University, 1917 Adelia St., Nashville, TN, 37212 United States. Tremaine.sails-dunbar@vanderbilt.edu*

### **Carstens J. A qualitative exploration of clinical psychologists' understanding of spirituality in psychotherapy**

Spirituality as an investigative topic has been a construct often classified as nebulous and difficult to explore scientifically. When specifically relating spirituality to psychotherapy there are a number of identified authors who wrote on the subject but few have specifically addressed the South African context. This qualitative study investigated spirituality in psychotherapy focusing on clinical psychologists' understanding and experiences with spirituality in psychotherapy. The study was grounded in existentialism and its themes and assumptions. Participants were identified and selected making use of purposive sampling. Three clinical psychologists participated. The method of data analysis was adhered to as prescribed by interpretative phenomenological analysis. From this method of analysis, a picture of descriptive overlapping themes emerged which is then provided as results. Themes that emerged were attunement to spirituality, conceptualisation of spirituality, the structure of the therapeutic unfolding, spirituality as a process of becoming, and the therapist's journey of embracing spiritual obstacles. The research found that although there are many factors associated with the construction of spirituality, it is made accessible for investigation through the unfolding process of the rich narrative brought by the person in therapy. The therapist facilitates a process of authentic connection to the person's experiences which leads to shifts in awareness and engagement. Correspondence: *Juan-Pierre Carstens, MA, Department of psychology, University of Pretoria. jpcarstens@gmail.com*

## **Invited Keynote. Psychology from a human rights perspective: A critical analysis**

**Chair: Tabane R**

**Presenter: Polli Hagenaars**

**10:35—11:15**

### **Hagenaars P. Psychology from a human rights perspective: A critical analysis**

In 2014, the European Federation of Psychologists' Associations (EFPA) established a Board of Human Rights and Psychology: 'Although it is the duty of any member of a democratic society to act on Human Rights violations and to prevent their emergence as well as to reduce their negative consequences, psychologists by their knowledge and

experience, have a special responsibility'. The UN Universal Declaration of Human Rights, 1948, has as its core principles dignity, freedom and inclusion. Only recently are these principles being incorporated into the codes and practices of psychologists and their associations. Human rights are about human -unequal- relationships and form a huge inspiration for us psychologists. The history of colonialism, slavery and unequal economic relations has strongly influenced the theory of psychology; the debate on 'racial' differences in IQ is a terrible example. The focus on the individual client has prevented us psychologists from opening the doors of our practice rooms and has limited our societal role. This presentation will outline a perspective on a human right based and -oriented psychology that is directed at a re-evaluation of psychological theorizing and practice. Such a psychology will have to focus on building bridges, 'decolonizing' our minds and work towards a shared and connected future of psychologists around the world. Correspondence: *Polli Hagenars PhD, Amsterdam-NL, Board of Human Rights & Psychology of the European Federation of Psychologists' Associations (EFPA). Polli.hagenars@HumanRightsEFPA.eu*

### **Invited Keynote. The politics of the environment**

**Chair: Bowman B**

**Presenter: Brendon Barnes**

**11:25—12:05**

#### **Barnes B. The politics of the environment**

This presentation draws attention to the politics of the environment with a special focus on Africa. It argues that two dominant ways in which the environment has been framed - public health and sustainability - while noble and seemingly apolitical, are inherently political. The presentation reveals, through an analysis of contemporary and historical environmental issues, the construction of a subjectivity that places the source and blame for environmental conditions on individuals, ignores structural politics and gender, and downplays resistance. The implications for environmental justice, policy and interventions are discussed. The presentation concludes with ideas about the role of a more nuanced and politicized psychology to promote environmental justice in Africa. Correspondence: *Brendon Barnes, PhD, Department of Psychology, University of Johannesburg, Auckland Park Kingsway Campus, 2006, South Africa. bbarnes@uj.ac.za*

### **Paper Presentations. Indigenous**

**Chair: Baloyi L**

**10:35—12:35**

**Ally Y. The case of the tokoloshe and its role in rape as reported in South African news reports: Implications on the need for more culturally relevant understandings of human behavior**

In some cultural contexts, supernatural beliefs abound and influence individuals through mythological ideas and figures. In South Africa, the tokoloshe is an example of a supernatural, cultural figure held accountable for the harassment and rape of females. The tokoloshe is believed to be a goblin described as short, stout and hairy, who has a large penis and terrorizes his victims during the night while they are asleep. Capable of invisibility, the tokoloshe can enter a bedroom unseen and has been reported as responsible for rape. The call for decolonization, has a significant pertinence to survivors of rape in South Africa in light of the belief that the tokoloshe has and is associated with the victimization of women. Rethinking our ideas of causes of rape allows us to further conceptualize our theoretical understanding of the experience and creates opportunities to implement practical ways of providing contextually relevant psycho-legal assistance to rape survivors. This article explores the tokoloshe and its association with rape as described in South African news reports. The article demonstrates the influence of cultural beliefs on the expression of and understanding of rape and highlights the relevance of the need to develop nuanced understandings of rape culture. Correspondence: *Yaseen Ally, DLitt Et Phil, Nelson Mandela Metropolitan University (NMMU), South Campus, Building 01, Ground Floor, Room 11, Summerstrand, Port Elizabeth. yaseen.ally@nmmu.ac.za; ysn.ally@gmail.com*

#### **Louis E. Cultural perceptions of victims and survivors of natural disasters across the world**

Throughout the world, disasters frequently occur with a variety of responses among responders and laypersons. Race and gender play a significant role in how others perceive and respond to people who experienced natural disasters. The media's focus on race and gender can affect how viewers perceive those who have lived through a disaster as either victims or survivors. Studies have examined how race and gender may reinforce stereotypes of under-represented groups. After conducting a pilot study to understand 555 diverse American undergraduate and graduate students' perceptions of victims and survivors based upon race and gender, the cluster analysis results illustrated varied racial and gender group differences in how descriptive labels were strongly correlated to categorizing people who experienced disasters as a victim or survivor. This study aims to understand the role of mental health professionals in disaster settings when they are exposed to the media prior to serving, along with the influence of their training background, disaster experiences, and their racial and gender identities. Implications of this study will address negative perceptions to inform the disaster training of mental health professionals and recognize what forms of information may negatively influence their service to diverse victims and survivors across the world. Correspondence: *Elizabeth Louis, MA, The University of Georgia, 1090 Barnett Shoals Road, Apt. 503, Athens, United States. efl36019@uga.edu*

**Baloyi LJ, Jackson-Lowman H. The restoration of Ubuntu in traumatized black communities: The role of cultural policy**

The purpose of this presentation is to introduce the use of cultural policy as a model for the restoration of Afrikan ethos in Afrikan American communities that have been devastated by traumas such as urban renewal and dislocation due to governmental policies and actions. The effects of such traumatic disruptions, also known as ‘root shock,’ will be discussed and its long-term impact on physical and mental health, and social, political, and economic functioning of Afrikan Americans will be examined. The development of cultural policy will be offered as a strategy for fostering unity and communal self-determination, rebuilding relationships of trust, and promoting collective responsibility for the health and well-being of all residents. Correspondence: *Lesiba Johannes Baloyi, PhD, Sefako Makgatho University, BOX 110, MEDUNSA, 0204, Pretoria, South Africa. Lesiba.Baloyi@smu.ac.za*

**Mahlo S, Sodi T, Baloyi LJ. The conceptualisation of suicide by Bapedi elders in Ga-Sekororo, Limpopo Province**

The aim of the study was to explore the cultural conceptualisation of suicide by Bapedi elders in Ga-Sekororo, Limpopo Province. The Afrocentric theoretical framework and methodology that utilised a narrative inquiry design was adopted in this study. Eight Sepedi speaking senior citizens from the age of 60 and older, who are known to be influential and knowledgeable about the Bapedi culture were selected using purposive sampling. The conversational method was utilised to collect data. The study revealed unique cultural knowledge and experiences from elders regarding suicide. Furthermore, the study discovered cultural links to suicide triggers and the methods used to commit suicide in Ga-Sekororo. The results also revealed the significance of rituals after death by suicide and the implications of cultural deviation therefrom. Appropriate recommendations for psychologists working with African cultural communities are made. Correspondence: *Setagwa Mahlo, MSC Clinical Psychology student, Sefako Makgatho Health Sciences University. spmahlo@gmail.com; mahlosp@yahoo.com*

**Botchway D, Boahen-Boaten B. Revisiting the Moral Philosophy of Ghanaism to Humanise Ghanaian Mental Health Centres**

In Ghana, persons deemed mentally diseased are usually separated and treated at “special” places: asylums, church yards, indigenous shrines and herbal centres. Over time, these secluded spaces which are supposed to provide care, have paradoxically turned into places of harmful practices and rituals as most patients experience abuse and descend into deplorable conditions. Do they face these conditions because they are not considered human? But is the mentally “different” not human? This paper sets out to address these questions. It is opined that there is an unspoken notion that the mentally diseased are not normal and therefore less human if not non-human. This paper avers that the mentally challenged are humans and citizens of Ghana hence they must not be abused. Drawing on information from existing literature, this paper thus reflects on the moral philosophy of Ghanaism of J.B. Danquah (a political founding father of

Ghana) in which he extracted from the trans-ethnic “human individual first” indigenous ethos of Ghanaian ethnic groups, as an instructive idea to guide the humanisation of such treatment centres into places of true healing and social integration. Ultimately, this paper advocates for the incorporation of African indigenous value systems into mental health treatment in contemporary Ghana. Correspondence: *De-Valera Botchway, PhD, Department of History, University of Cape Coast, Ghana. de-valera.botchway@ucc.edu.gh; jahiital@yahoo.com*

**Naidoo N, Thwala J. The phenomenology of experience in healing**

This presentation examines the phenomenology of experience in healing. Modern bio-technologies measure the inner world of patients through measureable structural changes. Findings in related studies attribute these changes to the cultivation of human values such as compassion, appreciation and empathy. How would the development of these higher order qualities impact on a group of individuals participating in a programme designed to develop these qualities? The programme focused on the development of self-awareness, mindfulness and self-in relation. The programme was attended weekly over a five-week period. The sample comprised three adult psoriasis sufferers from the greater Durban area. One was male and the other was female. The ages ranged from 23 to 60 years. The main research question relates to the effectiveness of an energy healing programme in a group of psoriasis sufferers. The emerging themes reveal a relationship between experiences of relaxation, calmness, peace; stillness, silence and an increased awareness and intention to heal. These findings are supported by quantitative findings of improved quality of life and greater heart rhythm coherence associated with global coherence. Correspondence: *Nira Naidoo, PhD, Psychology, University of Zululand, Kwadaguzu, South Africa. Nira@telkomsa.net*

**Symposium. Posttraumatic growth in the city**

**Chair: Du Plessis L**

**10:35—12:35**

**Cleary T. Reinventing the self: Posttraumatic growth (PTG) after a divorce. A single case study.**

Margaret Atwood compares divorce to an amputation: You survive, but there is less of you. In Posttraumatic Growth (PTG) literature, it's often this suffering that enables psychological growth. This study explored how a woman experienced PTG after a traumatic divorce. According to Joseph and Linley, the experience of PTG is concerned with the fundamental positive changes in people's personality schemas and assumptive worlds. Rebuilding assumptions lies at the heart of Janoff-Bulman's trauma model. The participant's account demonstrates how these positive changes are experienced and interpreted in light of these models. The research design of this phenomenological descriptive case study includes the analysis of interviews with the participant. Findings suggest that the trauma related to the dissolving of an intimate relationship can put PTG in

motion, leaving the person positively transformed as a result of the traumatic experience, rather than less, as Atwood suggested. A deeper understanding of the trauma related to divorce as well as the possibility of subsequent growth offers hope during an otherwise often hopeless period in people's lives. This research recommends several avenues for further research into PTG during and after divorce. Correspondence: *Tania Cleary, BA (Hons) Psychology, Psychology Department, University of Johannesburg, Corner of Kingsway and University Road, Auckland Park, Johannesburg, Gauteng, 2006, South Africa. tania@golearnsa.com*

### **Hyslop, J, Basson, P, Kruger G, Guse T. Executive functioning as a predictor of Posttraumatic Growth**

A trauma is a negative event that shatters the assumptive world, or the set of mental frameworks used to understand the world, self, and others. Although typically associated with distress and negative outcomes, trauma can also result in positive individual outcomes, or Posttraumatic Growth (PTG). Executive functioning refers to a collection of higher order, consciously-controlled cognitive processes that support flexible cognition and behaviour. This allows for adaptation to various situations, particularly new or complex situations. Therefore, executive functions may be involved in rebuilding an individual's assumptive world after a trauma. Furthermore, because this process can result in PTG, executive functioning was posited to play a role in PTG. A hierarchical multiple regression analysis was conducted on archival data to investigate executive functioning as a predictor of PTG in undergraduate students (N= 1063). Controlling for the effects of age and gender, higher levels of executive functioning were found to be related to higher levels of PTG. Furthermore, the executive functions of Strategic Planning, Motivational Drive, and Empathy were significant predictors of PTG, with Strategic Planning representing the largest predictor of growth. These results suggest that possessing higher levels of executive functioning could increase the likelihood of experiencing growth after trauma. Correspondence: *Jamie Hyslop, MA, Department of Psychology, University of Johannesburg, 148 Casa Bella Sullivan Street, Die Hoewes, Centurion, 0157, Gauteng, South Africa. jamiehyslop@hotmail.com*

### **Knott E, Du Plessis L, Huma, W. The spiritual domain of Posttraumatic Growth in women with traumatic brain injury**

South Africa's high motor vehicle accident and violent crime rates place its incidence of traumatic brain injury (TBI) at three times the global rates. Traditionally, research regarding TBI has focused on associated pathology. However, recent research has increasingly focused on the potential for growth and benefit-finding after TBI. One domain of growth attracting particular interest is spirituality and its effect on the rehabilitation process. The study aims to inform rehabilitation programs for persons with TBI through in-depth analysis of spirituality in women with TBI. In view of the lack of women's voices in current TBI research, the study aims to uplift and empower females with TBI by giving their subjective experiences a voice in current literature. Female

participants were selected based on demonstration of spiritual growth following TBI. An interpretive phenomenological approach was used to analyse the data. Themes indicated religious well-being, meaning making and reorganisation. Findings support the notion of spirituality as facilitating the rehabilitation process. Insight regarding the role of spirituality in rehabilitation may inform programs that target both the strengths and opportunities of the South African population by building what is strong rather than fixing what is wrong. Future research contributing to women's voices in TBI research is recommended. Correspondence: *Emily Knott, University of Johannesburg, Johannesburg, South Africa. emilyknott@ymail.com*

### **Lorgat N, Du Plessis L. Exploring the cognitive processing of primary trauma victims: A meta-perspective on Posttraumatic Growth (PTG)**

People experience their worlds affectively, behaviourally, and cognitively. Affect can be felt and behaviour observed. Cognitions occur objectively unnoticed and to a certain degree, are often subjectively inexplicable. However, the mere ability to feel or observe requires the internal manipulation of information, otherwise referred to as cognitive processing. Janoff-Bulman, in her work of restoring shattered cognitive schemata, refers to the cognitive steps involved in being resilient toward or, coping with trauma. However, research indicates that PTG consists of authentic life changes that extend resilience. The experience of PTG is an ongoing beneficial process, rather than a mere coping mechanism. This study explores and classifies the cognitive processes that enable victims to experience psychological growth after trauma, referred to as Posttraumatic Growth (PTG). Interpretive Phenomenological Analysis was used to locate experiential themes from psychologists who work with trauma victims. The data procured allowed for the identification of cognitive strategies adopted by primary trauma victims which allow them to surpass their coping mechanisms to promote the experience of growth. These strategies seem to follow a step-wise progression similar to Kubler-Ross's stages of bereavement; however, it includes two additional steps: renewal and transcendence. Future research regarding the universality of these stages is recommended. Correspondence: *Nasreen Lorgat, MA Psychology (Research), Psychology, University of Johannesburg, 38 Joseph Avenue, Johannesburg, Gauteng, 2195, South Africa. nazzylorgat@gmail.com*

### **Schuitmaker N, Basson P, Kruger G. Attachment styles as predictors of Posttraumatic Growth**

Attachment theory has focused on the emotional bond emerging during the first year of life between infants and their caregiver(s). The attachment style that develops can influence an individual's future relationships, self-worth, emotional regulation and coping strategies. Attachment styles can impact how an individual experiences trauma and the aftermath thereof. Traumatic events can result in the development of posttraumatic symptoms, distress, and depression; however traumatic events can also lead to a positive transformation, known as posttraumatic growth

(PTG). PTG enhances positive changes in perceptions of the self, in relationships, and towards personal development. Although research has found that attachment styles may predict PTG, the literature is limited. The current study investigated undergraduate students from a South African university who have experienced trauma. An online survey was conducted consisting of a biographical questionnaire, the Experiences in Close Relationships-Revised (ECR-R) questionnaire, and the Posttraumatic Growth Inventory (PTGI). Data was analysed using a hierarchical multiple regression analysis to examine whether attachment styles are predictors of PTG. There are indications that secure attachments can predict PTG. Future research that investigates how secure attachment leads to PTG is recommended in order to augment the treatment of trauma victims. Correspondence: *Nicole Schuitmaker, MA Clinical Psychology, University of Johannesburg, Psychology, Department of Psychology, C Ring 421, C/o University and Kingsway Rd, University of Johannesburg (APK), Auckland Park, Johannesburg, Gauteng, South Africa. nicoleschuitmaker@gmail.com*

## **Paper Presentations. Professional Issues**

**Chair: Den Hollander D**

**10:35—12:35**

### **Den Hollander D, Pillay S. Can psychology be unified in Africa? The LEVER approach**

Africa is a diverse continent and unity is a complex challenge, both theoretically and practically. What is it that unifies psychology and gives it a common identity so that it remains coherent in spite of the competing forces of postcolonialism, globalisation, Africanization, decolonization, and capitalism? This presentation proposes a framework to unite psychology and psychologists in Africa, while allowing for multiplicity of practices. Drawing on philosophy and Jean-François Lyotard's concept of legitimation, we propose a unifying process that rests on five guiding questions as the basis for critically evaluating the legitimacy of activities falling in the ambit of 'psychology'. This process consists of five guiding legitimations – or regulators – that all African psychologists must adhere to in order to remain united in diversity: Legality, Ethics, Validity, Efficiency, and Relevance (LEVER). As a practical approach for decision-making, these regulators are phrased as five questions: Is it legal? Is it ethical? Is it valid? Is it efficient? Is it relevant? An adoption of these five questions unifies psychologists by ensuring common rules of engagement despite varied contexts of academia and application. As an approach to critical thinking, this process also ensures that psychologists remain committed to the pursuit of being responsible scientist-practitioners. Correspondence: *Daniel H. den Hollander, M. Soc.Sc, Department of Psychology, West End Specialised Hospital, NCDoh. danielhilbrand@gmail.com*

### **Du Bruyn SP. Mental health care in Africa: Training mental health and para-professionals in evidence-based mental health treatment**

The World Health Organization defines mental health as a state of well-being which enables an individual to cope with life and function in community. Mental illness refers to conditions that affect an individual's thinking, behaviour and emotions and often occur in stressful situations, negatively impacting on relationships, daily functioning and work. Examples of mental illness include major depression, schizophrenia, OCD, post-traumatic stress disorder and general anxiety disorder. Mental illness most often goes untreated in Africa, indicating an urgent need to address the situation. Various factors contribute to the situation, including lack of funding, insufficient trained specialists, lack of evidence based culturally aligned assessment and treatments, etc. A preliminary investigation has led to certain implementation recommendations, which include incorporating global health best practices in a contextualized approach. This proposed project will provide training in Africa based on the success of cognitive-behavioural therapy (CBT) which is a treatment model that has been used worldwide. For its use within the current project, CBT will be integrated with a socio, cultural and spiritual component, as recommended by previous studies. Correspondence: *Shane Pienaar Du Bruyn, D. Phil, Denmar Hospital, 507 Lancelot St, Garsfontein, Pretoria, Gauteng 0054 South Africa. shanepienaar@lantic.net*

### **John S, McClain C, Morutwa, G. Who are psychologists serving – themselves, the privileged few or the impoverished masses**

The Esidimini crisis in the Gauteng Health Department highlighted the plight of a vulnerable sector of mental health patients (<http://ewn.co.za/2017/02/16/society-calls-for-urgent-review-of-mental-healthcare-system-in-gautengts>). Amidst debates on service development and scope of practice continuing unabated in the private and public health arena, it is important to reflect on exactly whom psychologists are serving. Private psychologists are numerous in urban areas serving medical aid clients. Department of Health hospitals in the main centres of South Africa employ psychologists of various categories. However, rural areas continue to be underserved. The Red Cross Air Mercy Service flies out a small number of psychologists to selected rural hospital clinics and a smattering of psychologists perform, indigenously-friendly where possible, assessments and counselling work in rural NGOs (non-Governmental organizations). There remains a great opportunity for psychologists of all categories to assist social workers in rural areas. Some examples include: juvenile sexual survivors and sexual perpetrators require assessment reports for court processes; and poverty alleviation by assessing cognitively impaired adults and children to motivate for care dependency and disability grants from the South African Social Services Association. Correspondence: *Sally John, PhD, Mcord Provincial Eye Hospital, 18 Warrior Road, Hillcrest, 3610, KZN, South Africa. Sally.John@kznhealth.gov.za*

### **Mbuthia J, Falkenström F, Kumar M. Attributions of mental illness among young people seeking psychiatric treatment in Kenyatta National Hospital in Nairobi**

It becomes pertinent to know the commonly held attributions around mental illness to effectively provide evidence based care. We interviewed young people about causes of mental illness and preferred type of treatment. Semi-structured interviews were carried out with 10 individuals aged 19 to 25 who had been diagnosed with a specific mental illness and were undergoing treatment. Data was transcribed verbatim to produce texts used to generate codes and categories related to their experiences and corresponding attributions using Interpretative Phenomenological Analysis. All of the participants attributed their psychological distress to both internal and external locus of control. One of them expressed the need for intense and supportive therapy. Those who attributed their distress to an internal locus of control had a positive outlook towards therapy and behaviour change. External factors were ascribed to the causes of negative emotions and thoughts leading to psychological illness. These subjective appraisals validate the recent investment in youth mental health in Kenya but point to psychosocial challenges which continue to undermine capabilities of Kenyan youth and highlight the need to consider these issues when addressing their mental health concerns as a means to improve mental health care among the youth in Kenya. Correspondence: *Judy Mbuthia, MA, University of Nairobi, 2713-00100. Nairobi Kenya. judy.mbuthia@gmail.com*

**Documentary Screening. Strike a Rock  
10:35—11:45**

**Documentary Screening. The Shore Break  
11:45—13:30**

**Symposium. Shifting the paradigm: designing  
contextually relevant assessments in low  
resource settings  
Chair: Cockcroft, K  
12:40 - 14:40**

**Tredoux N. Assessment research in low resource settings**

The majority of psychometric research in South Africa can be considered "low resource." Oftentimes this research is privately funded as assessment research does not feature high on government funded initiatives. This has huge implications for sampling and places restrictions on the quality of norms that can be produced. Also, because most samples are essentially convenience samples, this often creates restriction of range that has serious implications for estimation of internal consistency reliability and also for validation studies. Add to this the poor quality of criterion data that are available with regard to validity, reliability and range, with various constraints acting to aggravate the situation (most of those are rooted in economic considerations). Further, with regard to cross-cultural studies, it becomes increasingly difficult to get access to adequate data. The combination of these factors create an environment where meeting the requirements for legislation and test classification becomes very difficult. This paper interrogates these issues with a

view to considering proactive solutions for assessment research in low resource settings. Correspondence: *Nanette Tredoux, (MA) psychology University of Johannesburg, Psytech South Africa (Pty) Ltd, 176 Barry Hertzog Avenue, Greenside, Gauteng, 2193, South Africa. nanette@psytech.co.za*

**Saunders M, Arasa JN, Quaiser-Pohl CM. An emic-etic Kenyan adaptation of the South African Personality Inventory (SAPI) - First results**

Based on the Five-Factor Model (FFM) of personality, but applying the indigenous social relational concept of personality, this paper reports the first results of a pilot study of a larger cross-cultural research project on the cultural specifics of the Kenyan personality and the role for human resources management. We administered the South African Personality Inventory (SAPI) to a sample of 102 university students majoring in psychology as well as university staff in Nairobi, Kenya. Participants also had to fill in the Social Axioms Survey, the Traditional Masculinity-Femininity Scale, the Gender Role Beliefs Scale and the Trier Short Scale on Work-Life Balance. The main research questions were: 1) is there a specific personality structure of people from East Africa, particularly from Kenya? and; 2) what are the similarities and differences between Kenya and other African countries, specifically South Africa? Cross-cultural similarities and differences were noted between the Kenyan, South African and German data. Both the South African and Kenyan data found a personality structure with a strong emphasis on social-relational aspects of personality. Results again point to the need for an emic-etic approach in personality assessment in multi-cultural settings. Correspondence: *Mirko Saunders, B. Sc, Department of Psychology, University of Koblenz-Landau, Universitätsstraße 1, 56070 Koblenz, Germany. mirkosaunders@uni-koblenz.de*

**Meiring D, Hill C, Nel A, Van de Vijver F, Fetvadje V. Unravelling the Factor Structure of the South African Personality Inventory**

The once so popular controversy between emic and etic approaches has given way to the notion that we need both approaches in cross-cultural psychology. The South African Personality Inventory (SAPI) approach aims to strike a balance between emic and etic aspects utilizing both universal and culture-specific features. The SAPI was developed based on an extensive qualitative study of the implicit personality conceptions in the country's 11 official languages. Items were generated and selected (to a final set of 146) with a continuous focus on cultural adequacy and translatability. In an EFA analysis study, we identified six factors (comprising a positive and a negative Social-Relational factor, Neuroticism, Extraversion, Conscientiousness and Openness) reminiscent of the Big Five. In the current study, N= 4000, we explore the factor structure following an ESEM approach. Using this approach, we addressed substantively important questions with broad applicability to personality research that could not be appropriately addressed with the traditional approaches of EFA or CFA. Correspondence: *Deon Meiring, PhD,*

*Department of Human Resource Management, University of Pretoria Faculty of Economics Management Sciences, Lynnwood Road, Hatfield, Pretoria, 0001. Deon.Meiring@up.ac.za*

**Scherman V, Combrinck C. Can the information be trusted? Unpacking methodological norms from quantitative, qualitative and mixed methods approaches**

The South African context is multi-cultural, multi-lingual and often low in resources. Psychology faces the challenge of how to assess fairly and appropriately in this complex environment. Ethics require fair measures, but cultures and languages are qualitatively different from one another in ways that complicate, if not thwart, translation and adaptation. From an African perspective, too many constructs and instruments from Western narratives are used without careful consideration of applicability. A pertinent question to ask in psychology is: Do social constructs exist or are we inventing them? To decolonize psychology means more than translation or adaptation, it demands reconstruction. Psychological measures have consequences, and the consequential basis rests on the potential and actual social consequences of using these psychological measures. Ultimately the fair and appropriate use of psychological assessments rests on one key question: Can the information be trusted? In this presentation, the methodological standards used to establish trustworthy information are debated in light of key psychological assessments, both qualitative and quantitative in nature. Key initiatives from mixed methodologies are also discussed and evaluated with the aim of providing practitioners with additional practical guidelines to evaluate the information in light of trustworthiness. Correspondence: *Venessa Scherman*

**Mpofu E, Ntinda K, Maree K. Meeting learner support needs in a developing country context: Developing the Botswana Learner Appraisal System (BLAS)**

The BLAS was developed to meet the learner support needs of Botswana's school guidance and counselling programme and enhance the guidance and counselling programmes in primary and secondary schools in Botswana. The integrative test adaptation development model guided the BLAS test adaptation and development process. A number of tests/questionnaires were selected for piloting for possible conceptual adaptation. Phase 1 test adaptation and development further adapted and developed these tests. The final collection of tests were field-tested as phase 2 of the study in order to establish the stability of scores with the same respondents pegged against the results from phase 1 data. Methodologically, the project applied both classical and modern test theory approaches to take full advantage of both these approaches to test development. Rasch analysis was utilized for test calibration. Applying International Test Commission guidelines on test development adaptation, an appraisal, rather than an assessment testing portfolio was developed from these efforts. The results showed strong evidence of reliability, validity and trustworthiness (where applicable) and confirmed that the test portfolio is usable in Botswana schools. It is necessary for future research to include the development of similar tests/strategies

(qualitative and quantitative) for use across Africa. Correspondence: *Elias Mpofu, PhD, University of Johannesburg, Rehabilitation Counseling at the University of Sydney, Australia, Journal of Psychology in Africa. elias.mpofu@sydney.edu.au*

**Invited Keynote. Improving people's (career) adaptability and (career) resilience to promote their employability, help them find sustainable decent work, and alleviate poverty**

**Chair: Mpofu E**

**Presenter: Kobus Maree**

**12:40 – 13:20**

**Maree K. Improving people's (career) adaptability and (career) resilience to promote their employability, help them find sustainable decent work, and alleviate poverty**

I begin by discussing the twofold challenges of the effect of changes in the world of work on people's lives and society's failure to create opportunities for decent work for all. Next, I elaborate on global concerns about the predicament of people with unemployment and lack of access to opportunities to access sustainable decent work. Inadequate global attempts to alleviate poverty by fostering career adaptability and career resilience in disadvantaged regions in particular are critiqued. I argue that the current situation is morally untenable and that it poses a real and serious threat to world peace. Next, I clarify the essence of the threefold Mandela response to challenges, namely taking the lead that one wants, overcoming major challenges, and also taking advantage of the many opportunities embedded in and created by change, including the opportunity to make social contributions. The second part of the paper is devoted to an elucidation of seven research projects that illustrate how career adaptability and career resilience can be enhanced and harnessed to promote employability and sustainable decent work and reduce poverty. I conclude by analysing the seven research/outreach projects, shedding light on key factors in these kinds of endeavours, and calling for action. Correspondence: *Kobus Maree, PhD, Department of Educational Psychology at the University of Pretoria, South Africa. kobus.maree@up.ac.za*

**Paper Presentations. Resilience/Education**

**Chair: Theron L**

**13:20—14:40**

**Theron L, Van Rensburg A. When parent-figures care: The differential value that township-dwelling adolescents attach to resilience resources**

There are increasingly frequent suggestions in the resilience literature that resilience-enabling resources matter differently for different groups of young people. We explore whether this assertion holds true for a sample of South African township-dwelling adolescents (n = 385), who were similarly challenged by structural disadvantage but who report dissimilar experiences of warmth from a parent-figure. Accordingly, we draw on a mixed methods study, conducted

in 6 urban township schools, and investigate which individual, relational and contextual resources adolescents self-report when they also report no parental warmth, warmth from one parent-figure only, or warmth from a mother- and father-figure. Findings show only two commonly valued protective resources (i.e., goal - or achievement-directed agency and education resources). Barring this commonality, adolescent accounts of which resources matter for resilience diverge. Access to one or two warm parent-figures was implicated in the divergences, as was maternal gender. Both the similarities and divergences provide leverage points for psychologists wishing to promote the resilience of early adolescents in low SES communities. Correspondence: *Linda Theron, PhD, Faculty of Education, University of Pretoria, Groenkloof Campus, Pretoria, 0002, South Africa. Linda.theron@up.ac.za*

**Lian R, Lin R, Lian K. Do Females Learn better than Males? Gender Differences in Learning Values, Abilities, Emotions, and Behaviours for Chinese Undergraduates**

The purpose of this study is to test the gender differences in learning values, abilities, emotions, and behaviours of Chinese undergraduates. A total of 3827 Chinese undergraduates (1581 male/1982 female, with a mean age of 19.7 years) were recruited from nine universities in China. Eight measures were used to assess students' learning values, abilities, emotions, and behaviours. Results showed that Chinese female undergraduates performed better than male undergraduates in these four aspects of learning psychology. Specifically, 1) females paid more attention to learning value, 2) females showed greater self-perceptions of abilities in learning self-regulation, learning strategy, and the use of learning conditions, 3) females showed more creative learning emotion, and 4) females were more engaged in learning and demonstrated less learning procrastination than did males. It is suggested that the superiority of learning psychology for Chinese female undergraduates may be a state rather than a trait, and it may result from the gender differences in social development. Correspondence: *Lian Rong, PhD, The College of Education of Fujian Normal University, Keji Road No. 1, Shangjie, Minhou, Fuzhou, Fujian, China, 350117. lianrong1122@126.com*

**Hakana M. Factors that affect the supervisory practices in the primary schools of Southern Ethiopia, Wolaita Zone in Kindo Koysha District**

This study examined the factors that affect supervisory practice and its challenges in Ethiopian schools with particular reference to Wolaita Zone Kindo Koysha district. A mixed methods research design was employed. Qualitative data were obtained via seven in-depth interviews with school directors and four education office experts. The questionnaires were used to gather data from 76 vice principals, cluster supervisors and teaching staff. The study revealed that important preconditions to effective implementation of school supervision were missing or not properly functioning. Teachers understood supervision as the work of supervisors and they had low commitment to prepare lesson plans and implement them in an active learning environment. Woreda education heads and experts assumed

that school supervision is the task of principals and supervisors. This study recommends capacity building of school principals, teachers and cluster supervisors to lead school and instructional processes in an effective manner. Educational officials and Woreda experts should pay attention to planned supervision. There should be regular evaluation and monitoring of supervision and opportunities to experience sharing among resourced center schools through visitation. The study proposed that the Woreda education office and concerned bodies should take responsibility for the selection of supervisors and continuously empower them, with adequate finance to achieve educational goals. Correspondence: *Mesele Hakana, wolaita zone education sector supervisor, Ethiopia. meseloha16@gmail.com*

**Paper Presentations. Forensic**

**Chair: Swart Barbour T**

**12:40—13:55**

**Browne N, Baboulas S. Ethnocultural considerations for Motor Vehicle Accident Catastrophic Impairment Assessment: A Canadian multidisciplinary, Psychological and Occupational Therapy review**

If an individual has been seriously injured in a motor vehicle accident, the term "catastrophic" has a special legal meaning. In Ontario, Canada there is specific legislation which defines certain motor vehicle accident injuries as catastrophic for the purposes of deciding how much insurance coverage is provided. According to the legislation, for your claim to be considered catastrophic, the injuries that you sustained in the accident must be very severe. Severe chronic pain and psychological damage can also be considered catastrophic in certain circumstances. The legislation sets out certain conditions for these specifically defined types of injuries in order for them to meet the definition of catastrophic. The assessment of potential catastrophic impairment must take several factors into account, including the identified ethno cultural community of the patient. This presentation will review psychological and occupational approaches to catastrophic assessment and how ethno cultural considerations must be addressed to adequately determine impairment. Correspondence: *Natasha Browne, PhD, Browne Psychology Professional Corporation, 55 Eglinton Avenue East, 309, Toronto, Ontario, M4P 1G8, Toronto, Canada. info@drnatashabrowne.com*

**Swart Barbour T. The therapeutic alliance as a component of risk management and assessment in forensic mental health**

The utility of the therapeutic alliance as a surrogate measure of violence risk has not been researched in the forensic mental health service in South Africa. To this end, the study proposed that the presence of a strong therapeutic alliance is associated with a low risk for violent and harmful behaviour in the forensic setting. A benefit of recognising the therapeutic alliance as a contextual risk factor is that it is in the therapeutic framework of the system, and its capacity to be transformed is in line with contemporary risk management

and risk reduction strategies in forensic mental health. This study adopted a naturalistic, cross-sectional design that examined the association between the strength of the therapeutic alliance, attachment security and risk for violence in a sample of forensic patients. The findings indicate that key practitioner type was considered to be highly influential in relation to the establishment of a strong alliance and as a mediator of violence risk. A good therapeutic alliance is associated with good risk because it enables the practitioner to monitor the patient more effectively. Correspondence: *Tania Swart Barbour, MSc, Department of Health, University of Cape Town, Valkenberg Psychiatric Hospital, Observatory Road, Observatory 7925 South Africa. tania.swart@uct.ac.za; tania.swart@westerncape.gov.za*

**Olivier L, Stroh J. The Role of Neuropsychology in Criminal Cases -Highlighted by Case Studies**

This paper will address the importance of psychologists doing forensic work to have a thorough understanding, knowledge and competence in neuropsychology and not only in psycho-legal work. Cases heard in South African courts such as the State versus Volsteedt and the State versus Kotze illustrated the value of the psychologist involved in these cases having knowledge, experience and competence in neuropsychology. The cases will be discussed in full, highlighting the methodology followed and the legal outcome from a legal perspective. Correspondence: *Louise Olivier, PhD, P. O. Box 39410, Pretoria, South Africa. louise@psychupsafaris.com*

**Invited Keynote. Competency to testify and the intellectually disabled rape survivor**

**Chair: Gowensmith N**

**Presenter: Anthony Pillay**

**14:00 – 14:40**

**Pillay A. Competency to testify and the intellectually disabled rape survivor**

Rape survivors with an intellectual disability face additional challenges when they testify in court - if they are allowed to testify, at all. Some legal systems require that intellectually disabled rape survivors be psychologically examined to determine their competency to testify, before their testimony will be heard. This has serious human rights implications, but is also a fundamentally flawed approach. The presentation explores the psychological examination of such individuals, the concepts of basic versus truth-lie competency, and argues for alternative approaches. Correspondence: *Anthony Pillay, PhD, University of KwaZulu-Natal, Fort Napier Hospital, P O Box 370, Pietermaritzburg, South Africa. anthony.pillay@kznhealth.gov.za*

**WORKSHOP: BRINGING RESEARCH INTO PRACTICE: WHY PSYCHOLOGY AND RESEARCH ARE MUTUALLY INCLUSIVE. A PSYSSA DIVISION FOR RESEARCH AND METHODOLOGY (DRM) INITIATIVE**

**Chair: Hendricks L**

**12:40—14:40**

**Olivier L. The intersection of research, practice and theory in Neuropsychology and Forensic Psychology**

Correspondence: *Louise Olivier, PhD, P. O. Box 39410, Pretoria, South Africa. louise@psychupsafaris.com*

**Tabane R, Diale B. The intersection of research, practice and theory in Educational Psychology**

Correspondence: *Ramodungoane Tabane PhD, University of South Africa Tshwane, 0001. tabanrj@unisa.ac.za; dungoane@gmail.com*

**John S. The intersection of research, practice and theory in Counselling Psychology**

Correspondence: *Sally John, PhD, Mcord Provincial Eye Hospital, 18 Warrior Road, Hillcrest, 3610, KZN, South Africa. Sally.John@kznhealth.gov.za*

**Wilks M. The intersection of research, practice and theory in Counselling and Psychometrics**

Correspondence: *Mirah Wilks, Po Box 411 414 Craighall, Johannesburg, 2024. mirah@innov8trix.co.za; info@counsel4life.co.za*

**Ally Y. The intersection of research, practice and theory in Sexuality and Gender Studies**

Correspondence: *Yaseen Ally, PhD. yaseen.ally@nmmu.ac.za; yaseen.ally@nmmu.ac.za*

**Carolissen R. The intersection of research, practice and theory in Community and Social Psychology**

Correspondence: *Ronelle Carolissen, PhD, Department of Educational Psychology, University of Stellenbosch, Cape Town, South Africa. rcarolissen66@gmail.com*

**Clark K. The intersection of research, practice and theory in Clinical Psychology**

Correspondence: *Kirsten Clark (MD, PhD, etc.), Department if given, Affiliated Institution, Street Address given during submission (such as 123 Street, City Name, State or Province, Postal Code, Country E-mail: email@email.com*

**Van Rooyen K. The intersection of research, practice and theory in Trauma and Violence Studies**

Correspondence: *Kempie van Rooyen, MA ClinPsych Psychology Department, Nelson Mandela University Summerstrand South Campus, Port Elizabeth 6031, South Africa. kempie.vanrooyen@nmmu.ac.za*

**Nel H, Cassim M. The intersection of research, practice and theory: Implications for Psychology Students**

Correspondence: *Hennie Nel, PsySSA Student Division, 1320 Dickenson Ave Waverley, Pretoria 0186, Pretoria, South Africa. hennie.nel@stols.za.net*

**Khumalo T. How can Research Psychology contribute to practice and theory in Psychology**

Correspondence: *Itumeleng Khumalo, PhD, University of Nort West, P. O. Box 19311 Noordbrug Potchefstroom 2522, South Africa. Tumi.Khumalo@nwu.ac.za*

**Invited Keynote. South African psychology can and should provide leadership in advancing, understanding of sexual and gender diversity on the African continent**

**Chair: Judge M**

**Presenter: Juan Nel**

**12:40—13:20**

**Nel J. South African psychology can and should provide leadership in advancing, understanding of sexual and gender diversity on the African continent**

By far, Africa is the continent with the most severe laws against sexual and gender non-conforming minorities: Many African countries not only actively discriminate against, but also persecute and even prosecute LGBTI individuals. In stark contrast, the Psychological Society of South Africa (PsySSA) - as the only African Learned Society with representation on the International Psychology Network for Lesbian, Gay, Bisexual, Transgender and Intersex Issues (IPsyNET) - has since 2007 taken the lead in addressing transformation and redressing silences in (South) African Psychology related to the rights of the sexually and gender diverse. In its quest to develop the discipline of psychology nationally and internationally as a means of enhancing human well-being of all, including LGBTI, queer, and asexual persons, PsySSA established a Sexuality and Gender Division in 2013. PsySSA also adopted a sexual and gender diversity position statement and related practice guidelines that provide psychology professionals in South Africa and elsewhere with a framework for understanding the challenges that individuals face in societies that are patriarchal and heteronormative and which discriminate on the basis of sexuality and gender. Accordingly, this presentation will provide an overview of the role South African psychology can and should play in advancing understanding of sexual and gender diversity on the African Continent. Correspondence: *Juan Nel, D Litt et Phil, UNISA PO Box 511 Groenkloof, 0027, Pretoria, South Africa. nelja@unisa.ac.za; juan4nel@gmail.com*

**Symposium. Queering sexualities: queer disclosure, queer health rights in policies, and homosexual/ heterosexual friendships**

**Chair: Donaldson N**

**13:20—14:40**

**Donaldson N, Mohangi K, Lubbe-De Beer C. To come out or not to come out? Queering the discourse of 'coming out'**

Current research is divided on whether coming out is psychologically healthier than concealing ones non-normative sexual and/or gender identity. Some argue that coming out is a significant milestone and demonstrates self-acceptance and empowerment, while others argue that coming out comes with significant risks, such as rejection and violence. To come out, therefore, has been positioned as a decision every queer person is expected to consider at some point in their life. Using the search criteria of coming out AND queer OR lgbt OR gay OR lesbian, a search was conducted on Google Scholar to source peer-reviewed journal articles that had been published in the last ten years. Only articles that focused specifically on the coming out process and contributed in some way to the debate around the benefits of coming out were included in this review. Using Critical Discourse Analysis and drawing on Queer Theory, this review of the literature shows that the discourse of coming out in recent journal articles reproduces heteronormative ideologies around sexuality and gender, negates the impact of intersecting identities (such as race and class), and fails to take into account post-colonial socio-cultural contexts. Correspondence: *Natalie Donaldson, MSocSci, Psychology Department, Rhodes University, University Street, Grahamstown, South Africa. N.Donaldson@ru.ac.za*

**Dolamo Z, Donaldson N, Marx J. A systematic review of how faghags resist and/or reinforce heteronormativity in friendship dyads**

The term faghag has, in contemporary culture, been used to refer to straight women who associate with and (or) maintain close friendships with gay men. While straight women and gay men share a joint purpose in resisting heteropatriarchy, it cannot be assumed that gay men have a vested interest in feminist politics or that straight women are gay liberationists. Some feminists assert that some gay men are complicit in the oppression of women which could be attributable to the privileged heteropatriarchal status of some gay men. Friendships between gay men and straight women have gained visibility, and yet have not received much attention in friendship research which focuses predominantly on heterosexual friendships. Using Queer Theory as a theoretical lens as well as a Foucauldian Discourse Analysis, this paper reports on the findings of a systematic review of global faghag research from 2004-2016. This research has the tendency to reproduce heteronormative discourses that either suggests that gay men inherently want to be women or that straight women cannot maintain romantic relations with straight men. Thus, in choosing to focus on straight women's friendships with gay men, we are interested in critically

examining how heteronormativity is resisted and/or reinforced in already existing research on these dyads. Correspondence: *Zipho Dolamo, Rhodes University, South Africa. ziphodolamo@rocketmail.com*

**Moore SA, Lynch I, Chiweshe MT, Macleod C. Policy responses to the sexual and reproductive health and rights of queer youth in the global South**

Discourses surrounding sexual and reproduction health and rights (SRHR) are primarily linked to heterosexual, cisgendered women's access to various health, and health related, programmes and services. This linkage plays an important role in constituting both normative and non-normative subject positions, justifying why some enjoy stronger institutional support and as such constitute more legitimate ways of being. In this paper, we report on the findings of a systematic review utilising an inductive thematic and subject position content analysis of existing policy documents related to the SRHR of queer youth in selected counties in the global South. Analysis covered the period of 2010 to 2015 and included approximately 200 policies. Discussion will outline some of the key themes that emerged in relation to queer youth within the policies. The subject positions assigned to queer youth in relation to the construction of genders and sexualities will also be explored. Finally, discussion will draw out certain trends observed within and across countries, regions, and ministries. Correspondence: *Sarah-Ann Moore, BSocSci (Hons), Critical Studies in Sexualities and Reproduction, Rhodes University, CSSR House, Lucas Avenue, Grahamstown, 6140, South Africa. g13m6221@campus.ru.ac.za*

**Paper Presentations. Neuropsychology**

**Chair: Hermann C**

**12:40—13:55**

**Nacira Z. Measuring level of Arabophone aphasic adult performances: the "MTA" new neuropsychological full battery**

Following an Algerian - French collaborative project, this presentation details the first Algerian neuropsychological battery of 33 test performances. The original version of this battery is the "MT 86", edited by OrthoÉdition, Icebergues and France (1992). It is conceived for use in francophone aphasic adult examinations. However, experience with the same battery, adapted to Algerian culture and practiced languages, shows its efficiency in identifying objectively the aphasia type and degree of severity of the disease. This presentation will examine 1) the adaptation of the battery to the Algerian psychosociolinguistic context 2) the standardization of the battery among 460 normal plurilingual participants and 3) using visual footage from the battery CD Rom, the practical usefulness will be demonstrated in an examination of adult clinical performances. Two case studies will be proposed: motor and sensory. Correspondence: *Zellal Nacira, PhD, URNOP-ALGIERS 2 University, Lotissement Ennadjah1, n°73, Dely Ibrahim, 16047 Algiers, Algeria. zellal.urnop@gmail.com*

**Hermann C. Preliminary report on Terminal Lucidity Study**

Terminal lucidity is a phenomenon that has been described in popular and medical literature as a sudden improvement in physical and or mental health moments (or even up to days) before a person passes away. A wide variety of cases were studied and included clients with mental disorders, as well as physical illnesses. The purpose of this study was to define and formalise the evidence along existing psychological theories and explanations. Qualitative research methods were used amongst 30 snowball-sampled participants consisting of hospice workers, family and friends who have reportedly witnessed end time lucidity amongst clients. Interviews were recorded and case reports were studied and analysed using thematic analysis. The study hopes to explain the phenomenon as well as develop new therapies. Increased awareness of unusual end-of-life experiences could help prepare caregivers to cope with terminal lucidity. Correspondence: *Caroll Hermann, DPhil, University of Zululand, PO Box 139, Mtunzini, 3867, South Africa. carollhermann@gmail.com*

**Liprini R, Coetzee N. The relationship between students' perceptions of green space and attention restoration**

Previous research has suggested that natural green areas provide several psychological benefits to individuals. One such benefit is the restoration of attention capacities, an advantage that is of particular importance to university students. The present study therefore aimed to determine where students spend their free time on campus, how they perceive their on-campus green spaces, and the extent to which they found these spaces restorative. Quantitative data collection was employed, yielding a final sample size of 286 participants. Participants responded to a three-part questionnaire, investigating demographic characteristics, green space usage, and the Perceived Restorativeness Scale (PRS). A one-way ANOVA was conducted to establish whether significant differences occurred between green spaces and their mean PRS scores. Significant differences were found and so multiple regression analysis was consequently carried out to determine which of these green spaces contributed most significantly to overall PRS scores. All green areas made significant contributions, but the Manie van der Schijff botanical garden was the greatest contributor to PRS. The findings of this study serve to encourage tertiary institutions to protect their green spaces, as the psychological well-being of students is affected by it. Correspondence:

*Ruth Liprini (MA Research Psychology), Department of Psychology, University of Pretoria, cnr Lynnwood Road and Roper Street, Hatfield, Gauteng, 0002, South Africa. ruth.liprini@gmail.com; justruthy@gmail.com*

**Invited Keynote. Cultural issues in neuropsychological assessment of Dementia in North-Africa**

**Chair: Watts A**

**Presenter: Tarek Bellaj**

**14:00 – 14:40**

**Bellaj T. Cultural issues in neuropsychological assessment of Dementia in North-Africa**

The current vision of the individual as a biopsychosocial entity living in various dynamic social, cultural and ecological environments is at the heart of neuropsychological screening and assessment of dementia. Classical neuropsychology assumes that performance interpretation is threefold: lesion factors, psychometric test qualities, and classical non-lesion factors limited to age, gender and level of education. However, environmental and sociocultural factors, situational evaluation factors, administration conditions, and personal factors are now key elements to draw valid and fair inferences regarding the nature and the severity of cognitive impairments. These aspects are highly critical for the African Elderly who are mostly illiterate and who embody the traditional values and living style of their societies. We report experimental and clinical data illustrating the specificities of neuropsychological evaluation of dementia in North Africa with an emphasis on the integration of sociocultural dimensions. We discuss the added value of this integrative approach through the use of more ecological screening and assessment of dementia; and make recommendations for practitioners. Correspondence: *Tarek Bellaj, PhD, Associate Professor of Social Neuroscience, Department of Social Sciences, College of Arts and Sciences, Qatar University. tbellaj@qu.edu.qa*

**Invited Keynote. Promoting an increased understanding of and the practice of forgiveness in Africa**

**Chair: Van Rooyen K**

**Presenter: Everett Worthington**

**12:40 – 13:20**

**Worthington E. Promoting an increased understanding of and the practice of forgiveness in Africa**

Experiences of colonial oppression, striving for maintenance of political power, and sometimes war and violence have kept many places in Africa in the midst of woundedness and often unforgiveness. In many places, this is exacerbated because a philosophy of Ubuntu or adoption of religious engagement, both of which value forgiveness and reconciliation, have made it seem that people can be trapped in hurtful relationships with little way of dealing with hurts effectively. My thesis is threefold: (1) By understanding forgiveness and how it differs from related terms like reconciliation and communicating one's forgiveness, people might avoid some of the frustration that accompanies feeling trapped; (2) research on forgiveness in Africa has begun to reveal more productive ways to understand forgiveness and

ways to promote forgiveness; (3) practicing forgiveness can promote additional healing in African nations. I define forgiveness scientifically. I then review existing research on forgiveness in Africa and evaluate its status region by region. Finally, I suggest an evidence-based five-step model to promote forgiveness and speculate on ways to promote its use and the use of other interventions to promote forgiveness and thus healing, both locally and systemically. Correspondence: *Everett L. Worthington, Jr., PhD, Department of Psychology at Virginia Commonwealth University. eworth@vcu.edu*

**Paper Presentations: Forgiveness.**

**Chair: Osa-Larbi J**

**13:20—14:35**

**Connelly R, Stroud L, Howcroft G. Repositioning forgiveness in therapy**

While the concept of forgiveness is firmly embedded in the sacred writings of prominent world religions, it remains elusive in the therapeutic process. As a clinician, my personal quest for a deeper understanding of the process of forgiveness resulted in an in-depth psychobiographical study of a life in which tragedy was transformed into a redemptive life sequence. This paper will outline the process of forgiveness and provide a psychological map on which the therapist can trace the client's journey from pain to purpose. Empirical studies indicate that a shift will occur in the client, irrespective of the theoretical approach adopted. Compellingly, further studies confirm that intrapsychic changes are predictable with each hour of therapeutic exposure to the concept and challenge of embracing forgiveness as a habit of the heart. Over time the habit crystallises into a character virtue. Forgiveness, a multifaceted concept comprised of cognitive, emotional and behavioural components, has positive implications for the client's physical and psychological wellbeing. Therapists are thus encouraged towards greater intentionality in threading forgiveness into their practice. The utility of Enright's process model of forgiveness for individual therapy and group psychoeducational purposes will be shared.

Correspondence: *Ruth Connelly, PhD, P.O. Box 77000, Nelson Mandela University, Port Elizabeth, 6031, South Africa. ruth.connelly@nmmu.ac.za*

**Makola S, Chetty IG, Connelly R, Moodley-Govender E. Is sense of meaning related to personality traits and forgiveness attributes?**

This paper evaluates the relationship between meaning in life to personality traits and forgiveness attributes in a randomly selected sample of youth (N=32), (mean age = 19; 50% males and females = 50%). Data were collected using the Purpose in Life Test (PIL), Transgression-Related Interpersonal Motivations (TRIM 25) inventory, the Big-Five Inventory (BFI) and a Biographical Questionnaire. The authors confirmed that a relationship (< 0.01) exists between the Big-Five personality traits and meaning in life. This significant coefficient is positive, indicating that personality

traits are related to meaning in life. When individual categories were considered, inter correlations revealed significant correlations between meaning in life and agreeableness ( $< 0.04$ ) and conscientiousness ( $< 0.00$ ). These significant coefficients are positive, indicating that the more agreeable and conscientious a person is, the higher their scores in respect of Purpose in Life. No significant correlations were found between meaning in life and other BFI personality attributes. A negative significant relationship was found between meaning in life and TRIM's Revenge motivation scores. This finding suggests that people who harbour feelings of revenge are more likely to have a lower sense of meaning. The authors discuss the implications of these findings for educational institutions and suggest ways of influencing individuals' experience of meaning

Correspondence: *Solomon Makola, PhD, Central University of Technology, 1 Park Rd, Westdene, Bloemfontein, 9301, South Africa. smakola@cut.ac.za*

### **Osae-Larbi J. Unilateral Forgiveness as a Health Protection Tool in Africa**

Offenses and injustices are inevitable encounters in the life of every person across the globe. Whether or not people are able to forgive has been shown to influence various aspects of life including health quality. Unfortunately, the how of forgiveness (processes, strategies, and techniques necessary to aid forgiveness) seems not to be readily accessible by the majority of people who struggle each day to let go of injustices. In particular, unilateral forgiveness – the form of forgiveness that focuses on resolving interpersonal emotional injuries without the goal of restoring the relationship – is typically limited to psychotherapy settings. This paper seeks to present an argument to the effect that population-wide training in unilateral forgiveness skills may serve as a health protection tool against mental breakdown and stress-induced physical illnesses. Drawing on some of Africa's unique historical and contemporary struggles with colonization, conflicts, corruption, third-termism, HIV/AIDS, and forced displacement from persecutions, the paper further highlights how fostering unilateral forgiveness among Africans may also be beneficial to the socioeconomic progress of the continent. The paper concludes with recommendations for developing a model to facilitate knowledge about, positive attitudes towards, and adoption of unilateral forgiveness skills as a potentially important determinant of health in Africa. Correspondence: *Judith Osae-Larbi, BSc MSc, University of Ghana, P. O. Box. KN 914. Kaneshie-Accra. Ghana. jaosae-larbi@st.ug.edu.gh; gjlsprings@yahoo.com*

### **Invited Roundtable. Cultural issues in neuropsychological assessment of Dementia in North-Africa**

**Chair: Macleod C**  
**12:40—14:40**

**Macleod C, Barbarin O, Barnes B, Maynard D, Nobles W, Thompson A, Zamani, A. The science of psychology in Africa and the Global South**

The Psychological Society of South Africa's (PsySSA's) Science of Psychology Committee is proud to host a roundtable symposium with prominent members of the African and international psychology community on the science of psychology in Africa and the Global South. The symposium aims to engage with the complexities suggested by questions such as: What is the current state of the science of psychology in Africa and the Global South more broadly? How is the science of psychology in the Global South different from or similar to psychology as practiced in the Global North? Are the psychological methodologies and epistemologies employed in Global South regions sufficiently grounded in context? What are the promises and limitations of adopting scientific approaches that have been developed in the Global North? How does the science of psychology in Africa and the Global South inform interventions, actions, policies and social processes in these regions? How is psychological knowledge produced in Africa and the Global South interweaved into education and training in psychology? How well has the science of psychology in Africa and the Global South done in producing a decolonised knowledge base? Finally, moving forward, what are the scientific imperatives for psychology in the African context and the Global South more broadly?

Correspondence: *Catriona Macleod, PhD, Rhodes University, P O Box 94, Grahamstown, South Africa. c.macleod@ru.ac.za*

### **Invited Keynote. Mental/physical well-being for optimal functioning in the global (African/black) world**

**Chair: Pule N**

**Presenter: Marcia Sutherland**  
**12:40 -13:20**

### **Sutherland M. Mental/physical well-being for optimal functioning in the global (African/black) world**

Throughout the African (Black) world, people of African descent are at risk for health challenges including alcoholism, obesity, diabetes, HIV/AIDs, various cancers, among other health challenges. There will be a discussion on the physiological correlates of stress when dealing with chronic health issues as well as the nefarious psychological consequences including depression, anxiety, fatalism, and emotional stress. An intersectionality approach will be used for better understanding the structural and individual-level variables implicated in people of African descent's vulnerabilities to health challenges. There will also be emphasis on prevention and intervention strategies, including suggestions for the development of resistance efficacy and a strong racial/cultural identity as potential buffers against risky lifestyle choices. Equally significant, the African-Centered approach which details the fundamental underpinnings of traditional African cosmology, essential value bearings, epistemology, and logic bearings will be presented in addressing the restoration of mental/physical well-being for optimal physical/psychological functioning in the global African (Black) world. Correspondence: *Marcia E. Sutherland, PhD, Departments of Africana Studies and*

*Psychology, University at Albany, State University of New York, Building 25, Room 151, 1400 Washington Avenue, Albany, NY 11111. U.S. Amsutherland@albany.edu*

**Invited Keynote. The collaboration between the Forum of African Psychology (FAP) and the Association of Black Psychologists (ABPsi): Adopting the African epistemology to transform the Psychology curriculum in South Africa**

**Chair: Nwoye A**

**Presenter: Lesiba Baloyi**

**13:20 —14:00**

**Baloyi L. The collaboration between the Forum of African Psychology (FAP) and the Association of Black Psychologists (ABPsi): Adopting the African epistemology to transform the Psychology curriculum in South Africa**

The formation of the Forum of African Psychology has intensified the call for transformation in higher education in general, and the psychology curriculum in particular. Studies locally and internationally indicate that Psychology curriculum that is restricted to Eurocentric paradigms and worldviews render Black and White psychologists working with local African clients and communities with irrelevant professional preparation. This presentation reflects on the strategic collaboration between the Forum of African Psychology (FAP) and the Association of Black Psychologists (ABPsi), and the progress made so far in redesigning the psychology curriculum in South Africa. Future prospects of this collaboration are also suggested. Correspondence: *Lesiba Johannes Baloyi, PhD, Sefako Makgatho University, BOX 110, MEDUNSA, 0204, Pretoria, South Africa. Lesiba.Baloyi@smu.ac.za*

**Paper Presentations. Indigenous**

**Chair: Mfusi S**

**14:00—14:40**

**Mfusi S. Conceptualization, significance, and trends in ukugeza izandla (washing of hands) ritual after funeral in contemporary South Africa**

African funerals are community affairs in which the community feels the grief of the bereaved and shares in it. Activities preceding the funeral are to comfort, encourage, and heal those who are hurting. After attending a funeral, mourners usually engage in the ritual of ukugeza izandla, meaning washing of hands. Among most black South Africans, it is customary to wash their hands upon leaving the cemetery as a symbol of spiritual cleansing. The custom is believed to mark the transition from departing the place of death to entering that of life. Failure to wash hands after the funeral may bring harm and bad luck. Although commonly practiced in most rural and urban areas, observations suggest inconsistencies in the manner in which it is done nowadays. Most traditions have changed; they may be done differently from family to family, community to community; and

between religious affiliations within any community; however, some aspects of the ritual remain constant. The practice of ukugeza izandla after funeral ceremonies is explored taking into account different cultural beliefs among different South African communities, and religious affiliations. Correspondence: *Mfusi S, PhD, Walter Sisulu University, South Africa. smfusi@wsu.ac.za*

**Makobe-Rabothata MK and Baloyi, L. Language as a research dilemma: implications for the indigenous research process**

Smith describes the concept of scientific research as originating from the West. Its relevance and applicability is therefore questionable in other indigenous contexts such as Africa, Asia and South America. Western concepts and methodologies by their very nature undermine the Indigenous knowledge system because they accept Western science as the only science. This paper espouses some of the challenges of applying foreign languages when engaging with indigenous people. Language as a research tool is more than its symbolic meaning. It is a reflection of one's worldview, philosophy and ontology. A narrative enquiry method using a case scenario in the social sciences was used. The results reveal how the student's research question was rejected by his participants. The translation of the research question on the key concepts of cohabitation from English to a vernacular language constituted a misfit from the cultural worldviews of participants. Correspondence: *Molebogeng Makobe-Rabothata, (MD), South African National Defence Force (SANDF), Military Psychological Institute (MPI), 185 Rose Street, Rietondale, Pterotia, Gauteng, 0184, South Africa. kalijamkr@gmail.com*

**Eze C, Odigwe G. Nkwu-Ocha (Palm wine) and its relevance during loss and grief: Psycho-social healing process among the Igbo of South Eastern Nigeria**

Within the premise of cultural anthropology, palm wine is revered among the Igbo based on its inherent sacredness, arising from its unifying force between heaven and earth, the departed and the living. Usually, after a burial ceremony of a beloved one, the Umunna (kindred) gather for the final ritual of passage, marked by drinking of palm wine. This happens at the end of the traditional week day (designated as 4 market days). Depending on the financial capacity of the family, the provision of the palm wine goes along with eating a cow's head, which the men of the kindred cook themselves and serve in the evening with lots of palm wine. Partakers in this ceremony are men, who had worked so hard during the funeral to ensure that the burial ceremony was successful. Therefore, the wine ceremony serves as a source of merriment to console the family in spite of the pain associated with the demise of their loved one. Also, the wine ceremony takes place to enable the family bring to a close the official mourning process. Correspondence: *Chika Eze, PhD, Veritas University, Abuja The Catholic University of Nigeria. chikashcj@gmail.com*

**Invited Keynote. Treatment of Posttraumatic Stress Disorder: Where Do We Currently Stand?**

**Chair: Carolissen R**  
**Presenter: Soraya Seedat**  
**12:40—14:00**

**Seedat S. Treatment of Posttraumatic Stress Disorder: Where Do We Currently Stand?**

This presentation will review and critique advances in evidence-based pharmacotherapies and psychotherapies for post-traumatic stress disorder (PTSD) in adults, including evidence that emanates from low and middle-income countries. Meta-analyses of RCTs (randomised controlled trials) in PTSD indicate that certain medications (e.g. selective serotonin reuptake inhibitors, serotonin – norepinephrine reuptake inhibitors,) and psychotherapeutic interventions (cognitive-behaviour therapies) are appropriate first-line treatments for PTSD. Documented efficacy of novel drugs (e.g. cycloserine) and other psychotherapies (e.g. transdiagnostic approaches) will be highlighted. Other issues to be discussed include evidence for (i) optimal dose and appropriate duration of pharmacotherapy and psychotherapy, (ii) combined pharmacotherapeutic and psychotherapeutic approaches, and (iii) predictors of response. Existing treatments still fall short of being ideal due to limited response and remission rates and tolerability issues and there remain significant gaps in assessing the efficacy of treatments in different trauma subpopulations (e.g. ethnic and cultural minorities, women, refugees, older individuals). Treatment of PTSD populations would benefit from both methodological and practical advances, including more lax inclusion criteria to improve generalizability of findings and meaningful head-to-head comparisons. Furthermore, adequately powered, appropriately designed trials to determine if pharmacological and trauma-focused psychological treatments are efficacious, cost-effective and feasible in combination, are sorely needed. Resilience is an important aspect of PTSD and there is emerging evidence that psychotherapy and pharmacotherapy can enhance psychological attributes associated with resilience. The need to improve and optimise treatments for both acute and chronic PTSD remains compelling. Correspondence: *Soraya Seedat, MBChB, FC Psych (SA), MMED Psych, PhD, Stellenbosch University, Faculty of Medicine and Health Sciences, Room 2004, 2<sup>nd</sup> Floor Clinical Building, Francie van Zijl Drive, Tygerberg, Western Cape, 7500, South Africa. sseedat@sun.ac.za*

**Paper Presentations. Trauma**

**Chair: Thobejane RK**  
**14:00—14:40**

**Human W, De Klerk E, Guse T. Posttraumatic growth, meaning in life and hope among emerging adults**

Posttraumatic growth (PTG), which refers to positive outcomes in the aftermath of challenging life events, is gaining increased research attention. Questions arose about

the adaptive significance of PTG and its relationship with psychological strengths, including meaning in life (MIL) and hope. Further, the outcome of the experience of trauma, including possible PTG, may be particularly important during transitional periods such as emerging adulthood. This study aimed to a) examine levels of PTG, MIL and hope among a group of emerging adults and b) examine MIL and hope as predictors of PTG. Participants (n = 166, mean age 20.5) completed the Post Traumatic Growth Inventory (PTGI), the Meaning in Life Questionnaire (MILQ) and the Adult Hope Scale (AHS). Descriptive statistics were calculated, followed by a multiple regression analysis. Levels of PTG, MIL and hope were relatively high and correlations between all the study variables were positive and statistically significant. Multiple regression analyses indicated that MIL and hope together explained 36% of the variance in PTG. The presence of meaning in life (MIL-P) made the strongest contribution (38%) towards PTG. Thus, both MIL-P and hope seem to play a role in the experience of PTG and should be considered in therapeutic interventions. Correspondence: *Wilmién Human, Auckland Park Campus, Johannesburg, 6000, South Africa. wilmienh@uj.ac.za*

**Munganga J, Bazibuhe J. Psychosocial support for traumatized youth in DRC and Burundi: "Hope and Health Vision" organization's case**

For a couple of decades, the Democratic Republic of the Congo and its neighbouring country Burundi have experienced a cycle of armed and civil conflicts, wars with large-scale massacres; compromising peace, political stability and security. The countless number of deaths is not as worrying and challenging as those who survive with severe psychological trauma, physical limitations, multiple and repetitive mourning, social withdrawal and all this in unacceptable contexts. The countries have experienced a lack of psychologist practitioners. In this perspective, the organization Hope and Health Vision has made the support of vulnerable street youth its primary concern. In fact, it is by accompanying them that we have come to understand that the underlying causes of their presence in the street differs from one youth to another. Therefore, we categorized: youth in the street because of poverty, youth accused of witchcraft, orphans of war or HIV/AIDS, unwanted children born of rape perpetrated by rebels or other people and former child soldiers. To help those vulnerable street youth, our organization uses psychosocial integration therapeutic approaches, socio-economic support, school sponsorship and temporary housing. A video of 5 minutes will be shown at the end of the presentation. Correspondence: *Julien Munganga, MA, Hope and Health Vision, G5L 1Y7, Rimouski, Quebec, Canada. mjulienj@yahoo.fr*

**Paper Presentations.**

**Chair: Siyothula B**  
**12:40—14:40**

**Johnston E. South African clinical psychologists' multicultural clinical and supervisory experience**

This paper presents the results of a study which documents the multicultural challenges experienced and approaches

used by South African clinical psychologists in their clinical and supervisory work. As background to the presentation of the findings, multiculturalism and multicultural responsiveness within the South African context are overviewed. The discussion is located within the context of South African psychologists' historical response to multicultural issues, within a unique socio-political situation, and an increasingly diverse and globalized context. The paper focuses primarily on the qualitative results of this study. Multicultural training experiences discussed by participants are also presented. In conclusion, the results of the study are presented within the context of ongoing development of relevant clinical psychology services and training in the broader South African context. Correspondence: *Emma Johnston, M.A. Clinical Psychology, currently undertaking PhD, Nelson Mandela School of Medicine, Department of Behavioural Medicine/Department of Health, Box 843, Hilton, 3245, South Africa. Emma.Johnson@kznhealth.gov.za*

#### **Machando D, Kidia K, Jack H. Mental Health in Zimbabwe: A health systems analysis**

Strong mental health systems that are integrated within the wider health system are essential for closing the mental health treatment gap in low-income countries. Ours is the first study since the 1980s to use a system-level approach to parse out the major challenges and opportunities for mental health services in Zimbabwe. We combined 30 in-depth interviews with key national-level stakeholders using an adapted interview tool developed by the EMERALD program, analysis of the laws and policies pertaining to mental health; and publically available data about mental health in Zimbabwe. There were five themes: 1) Policy/Law; 2) Financing and resources; 3) Criminal justice, forensic services, and human rights; 4) Workforce, training, and research 5) Beliefs about mental illness. Funding priorities were: workforce, rehabilitation, psychotropic medication, and community mental health. Research priorities were: measuring the economic impact of mental health, substance use, forensic care, and studies on mental health integration. While there are challenges within the system, stakeholders are motivated and there are several key opportunities to implement cost-effective solutions. This analysis provides actors with system-level data that shows the priorities to closing these gaps strategically in Zimbabwe and in neighbouring countries. Correspondence: *Debra Machando, MSc, No. 6 Sunriver Manors, Borrowdale Brooke, Harare, Zimbabwe. ddmachando@gmail.com*

#### **Wood N. Addressing 'Whiteness' in Doctoral Clinical Psychology Training, UK**

Given increasing ethnic diversity within the UK, despite the BREXIT agenda, a long-standing focus within the University of East London's Doctoral Training Programme in Clinical Psychology has been the importance of anti-racist training and human rights awareness. Building on this, a workshop focusing on addressing whiteness and white privilege was developed, which included addressing Eurocentric bias within psychology and issues around developing a decolonized curriculum. The aim was to challenge dominant

assumptions and identity positions, which have often been hidden or implicit within psychology. Given the relevance of decolonizing approaches within African psychology as well as the need to challenge dominant 'white' discourses and identity positions within clinical psychology training, this presentation provides an overview of the workshop structure across the two presented cohorts. The theoretical framework utilises some tenets of privilege theory, but also further challenges trainees to adopt an active anti-racist stance, with the emphasis that socio-political justice is also relevant to psychology practice, given the embedded nature of the profession within socio-historical colonial discourses. Trainee participation and feedback was actively solicited throughout - and the sensitivity of the topic was acknowledged via trainer transparency and self-reflection. Trainee responses and implications for psychology training will be discussed. Correspondence: *Nicholas Wood, PhD, University of East London, 22 Victoria Road, Mill Hill, London, United Kingdom. nick45wood@gmail.com*

#### **Siyothula B. Clinical psychology service distribution and integration into primary health care in KwaZulu-Natal**

Inadequate investment in mental health by the governments of both high and low-income countries contribute to the recurrent challenges of uneven distribution of mental health services and access between urban and non-urban communities. While research in the past few decades has acknowledged the role of mental health in well-being and the cost of failure to invest in it, there is still a long way to go to prioritise mental health at the same level as physical health. This presentation highlights the distribution of mental health services, and psychological services in particular, in KwaZulu-Natal (KZN). This is achieved by firstly considering the background of psychology in South Africa and KZN, and then examining the ratio of psychologists to the KZN population. Further, the paper explores the geographical distribution of psychological services in KZN, and concludes with a discussion of the impact of uneven mental health service distribution on both psychologists and patients in non-urban areas of KZN. Correspondence: *Busi Siyothula, MA Clin Psych, DOH, P.O. Box 317 Msunduzi 3231, Pietermaritzburg, South Africa. busi.siyothula@kznhealth.gov.za; bsiyothula@gmail.com*

#### **Bankole E, Adeyeye A. Effects of environmental stress and social support on interpersonal relationship among undergraduates of Ekiti State University**

This study investigated the effect of environmental stress and social support on interpersonal relationships among undergraduates. Two hundred and twenty undergraduates of Ekiti State University (EKSU) participated in the study. The instruments for data collection were the Perceived Stress Scale (PSS), the Perceived Social Support Assessment (PSSA), and Interpersonal Solidarity Scale (ISS). Two hundred and twenty copies of questionnaires were distributed, 211 were retrieved and 198 were found usable (with gender representation of 93 males and 105 females). Four hypotheses were tested; independent t-tests and correlation analysis were used respectively to test the hypotheses. Results showed there is a significant effect in

levels of undergraduates on environmental stress:  $t(198)=-.905, 1.456 p<.05$ ; available social support will significantly determine the level of interpersonal relationships experienced by EKSU undergraduates:  $t(198)=.661, .431 p<.05$ ; there is a significant gender difference on interpersonal relationships among undergraduates :  $t(198)=1.215 p<.05$ ; there is a significant linear relationship between environmental stress and social support on interpersonal relationships among undergraduates :  $r(197)=-.088, p>.05$ . In conclusion, environmental stress and social support had a significant effect on interpersonal relationships among undergraduates of EKSU. Correspondence: *Emmanuel Bankole, PhD, psychology and behavioural studies department, faculty of the social sciences, Ekiti State University. PMB 5363, Ado Ekiti, Ekiti State, Nigeria. temitope.bankole@eksu.edu.ng*

### **Thobejane RK. Communal principles in psychotherapy and the role of a Psychologist**

From a Euro Western point of view, psychotherapy is loosely defined as the treatment of mental disorders by psychological rather than medical means. On the other hand, the African epistemological definition of “psychotherapy” embodies communal connections on various ontological realms. This definition goes deeper to integrate the living, the yet to be born and the transcendent. From this point of view, “psychotherapists” operating within the African context are challenged to be cognisant of their roles and of the principles governing their operations, for their service to be effective and relevant to society. This conceptual presentation interrogates the current operational definition of psychotherapy, and what it means to be a psychotherapist in Africa for Africans. Correspondence: *Ramadimetje Kgadi Thobejane, MA, Sefako Makgatho Health Sciences University, PO Box 110, Medunsa, 0204. kgadi.thobejane@smu.ac.za*

### **Keynote. The Interplay of Test Adaptation and Test Reviewing: Interactions and Pitfalls**

**Chair: Cockcroft K**

**Presenter: Kurt Geisinger**

**14:45—15:25**

#### **Geisinger k. The Interplay of Test Adaptation and Test Reviewing: Interactions and Pitfalls**

The reviewing of tests and testing is a professional activity engaged in by psychologists in more than a half dozen countries and geographical regions around the world. This process has been made more complex by the rapidly expanding internationalization of the testing industry and of psychological testing more generally. Many tests are being translated, exported, and used, sometimes to make high stakes decisions, in countries and cultural settings different from where they were originally developed, validated, and employed effectively. This presentation will describe best test adaptation practices and needed research for exporting tests and testing practices in this fashion. It will also outline some of the sets of guidelines for better test adaptation. The reviewing of testing and testing is a professional practice whereby testing experts evaluate test materials for specific

uses to help inform potential users of the value and utility of a specific measure. Given that the Buros Center for Testing reviews more tests each year than the rest of the world combined, its practices will be outlined and it will be explicated how its practices differ from those of other major testing reviewing organizations (i.e., the European Federation of Psychological Associations). This presentation will describe some of the complexities and difficulties in evaluating instruments that have been translated and adapted to new settings. Questions such as (1) do the original criteria exist in the new country or cultural setting, (2) do the scores from the instrument in the target country function as they do where the measure was originally validated, (3) to what extent is it clear that the constructions function similarly cross-culturally, and (4) how should norms be developed in the new setting, will be considered both for testing practice and the evaluation of that testing practice in test reviews. Correspondence: *Kurt F. Geisinger, PhD, Director and Meierhenry Distinguished University Professor, Buros Center for Testing, The University of Nebraska-Lincoln, 21 Teachers College Hall, Lincoln, NE 68588-0352, USA. kgeisinger@buros.org; kgeisinger2@unl.edu*

### **Paper Presentations. Assessment**

**Chair: Farah A**

**15:25—16:45**

#### **Aderibigbe J. Perceived well-being among telecommunication professionals in Nigeria as a consequence of hope, life-orientation and personal meaning**

A large number of narrative reviews have been written about the phenomenon of well-being from the perspective of psychological capital with a few scientific investigations conducted within this field of research. However, this study empirically investigated perceived well-being among employees of a private telecommunication organization in Nigeria as a consequence of hope, life orientation and personal meaning. The cross-sectional survey research design, and convenience sampling technique were adopted in sampling 200 (Male=74 Female=126) participants in the study. Hypotheses were tested and results revealed that participants with high level of personal meaning scored significantly higher on well-being than those with low level of personal meaning ( $t= 9.12, df (198) p <.05$ ); participants with high level of hope scored significantly higher on well-being than those with low level of hope ( $t= 8.23, df (198) p <.05$ ); participants with high level of life-orientation scored significantly higher on well-being than those with low level of life-orientation ( $t= 5.13, df (198) p <.05$ ). The study concluded that perceived well-being of employees is significantly dependent on hope, life orientation and personal meaning. Correspondence: *John Aderibigbe, University of Fort, South Africa. 201607467@ufh.ac.za*

#### **Garrashi H, Barelds D, Van Yperen N, Raad BD. The development and validation of the Swahili Big Five Inventory (BFISwa)**

Swahili, or Kiswahili, is the most widely spoken Bantu language in Africa. Swahili is native to about 15 million people, who live along the east African coast stretching from southern Somalia to northern Mozambique, and is spoken as a second language by more than 120 million people, worldwide. It is a national and/or official language in Tanzania, Kenya, Uganda and the Democratic Republic of Congo, and one of the official languages of the African Union. Despite the importance of this language, there are no known validated psychological tests, indigenous or adopted, in the Swahili language. This study set forth to translate, validate, and adopt the Big Five Personality Inventory (BFI) for use among Swahili speakers in East and Central Africa, and beyond. We applied the back translation and committee methods to obtain a Swahili equivalent of the items of the BFI. One hundred and ninety-three university students were tested on both the Swahili version and the original English version of the BFI. These ratings were subjected to Confirmatory Factor Analyses (CFA's), to check for language equivalence and to find the optimal factorial structure. Finally, reliabilities were computed, and relations with gender and another (English language) personality inventory were examined. Correspondence: *Harrun Garrashi, PhD Candidate, Pwani University, P.O. Box 195, 80108, Kilifi Kenya. h.garrashi@pu.ac.ke; h.garrashi@rug.nl*

#### **Le Roux N. Applying a quantitative literacy framework on 1st year Psychology course material**

Research shows that first time entrants to universities in South Africa are underprepared and there is a growing concern regarding the level of their academic preparedness. Quantitative literacy (QL) is regarded as a skill that individuals acquire through practice whereby they can apply mathematical knowledge in everyday life. The curriculum of many 1st year Psychology programmes in South Africa are loaded with quantitative material such as graphs, figures and tables which students are required to interpret, understand and derive meaning from. The purpose of this paper is twofold, firstly, to identify the quantitative literacy levels of a group of 1st year Psychology students and secondly, to apply a quantitative literacy framework to typical quantitative course material used in a 1st year psychology course. An exploratory study was undertaken using the QL performance scores of the National Benchmark Tests and psychology scores of 1st year students to show how quantitative literacy (QL) could be integrated in the disciplinary content of the psychology curriculum. Correspondence: *Natalie le Roux, MA, University of Cape Town, Centre for Educational, Testing for Access & Placement (CETAP), Centre for Higher Education Development, Room 4.06; Hoerikwaggo Building; Upper Campus, Rondebosch. natalie.leroux@uct.ac.za*

#### **Paper Presentations. Education/Counselling**

**Chair: De Sousa D**

**14:45 —16:45**

**Duval E, De St Pern S. Implementation of a school-based programme to promote the mental health of young children in primary Schools in Mauritius and Rodrigues**

In Mauritius, the public educational system results in significant psychological pressure being placed on children as young as six years old. Numerous reports have shown this educational system to be significantly detrimental to the social, emotional and psychological well-being of children as well as their families. The integral development of the child is neglected. In response to the above, a team of professionals in psychology at the Institute Cardinal Jean Margéot (ICJM) decided to implement a universal school-based international programme called Zippy's Friends for children (between 5 and 7 years) run by the Partnership for Children (UK). Zippy's Friends is a programme that helps all young children (5-7) to develop coping and social skills. It's one of the world's most successful health promotion programmes for children, and Mauritius is one of 32 countries where it is running. It teaches children how to cope with everyday difficulties, to identify and talk about their feelings and to explore ways of dealing with them. It also encourages children to help other people with their problems. Zippy's Friends is based on extensive research and has been evaluated in many countries. It has also been endorsed by the World Health Organization and National governments. Correspondence: *Emilie Duval, Doctor in Clinical Psychology, University of Sydney, Institut Cardinal Jean Margeot, Rue Celicourt Antelme, Rose-Hill, Mauritius. eduval@icjm.mu*

#### **De Souse D.A Cross-linguistic Comparison of Phonological Awareness and Spelling in Emergent Zulu-English Children in South Africa**

Colonialism in developing countries, such as South Africa has given rise to a bilingual or multilingual population. South Africa has 11 constitutionally recognised languages. Emergent bilingual Zulu-English children in South Africa have spoken but no written proficiency in Zulu (L1), but are required to learn to spell English (L2) through English-only literacy instruction. Phonological awareness is one of the critical skills in the acquisition of spelling. There is a scarcity of research on emergent bilinguals' phonological awareness and spelling development. Thus, whether phonological awareness in L1 impacts on spelling achievement in L2 remains to be discovered. Phonological awareness and spelling tasks in Zulu and English were administered to 30 emergent bilingual Zulu-English children to discover cross-language transfer relationships. The results indicated that emergent bilingual Zulu-English children had more Zulu phonological awareness related to spelling English tasks than to spelling Zulu tasks, and Zulu phonological awareness and spelling tasks were related to English phonological awareness and spelling tasks. Significant differences were found between L1 Zulu and L2 English phoneme and rhyme levels of phonological awareness. The implications of these findings for learning to spell across languages in emergent Zulu-English children will be discussed. Correspondence: *Diana De Souse, PhD, The South African College of Applied Psychology, 13 Rosemary Road Roseacre, Johannesburg, 2197, Johannesburg, South Africa. diana@sacap.edu.za*

**Shino E, Haidula L, Kaundjua M. BPsych.: Ten years of training psychological counselors in Namibia**

The Bachelor of Psychology (BPsych.) at the University of Namibia had its first intake in 2005. The objective of this program was to train psychological counselors, who would be able to register with a professional board/council in Namibia. Psychological counselors were envisioned to bring psychological services to, most specifically, under-served grass-root communities. Thus 2015 marked 10 years of training would-be psychological counsellors. The aim of this study was to evaluate whether the program has met its intended purpose. Furthermore, it serves as a tracer study of UNAM's BPsych graduates who completed their studies between 2006 and 2015. Approximately 90 students were admitted and about 80 successfully completed the program. Through this descriptive explorative study, a questionnaire was sent to all the graduates through SurveyMonkey. Fifty-seven (57) graduates completed the online survey. Although only a third were ever registered as psychological counselors, the majority are gainfully employed and have relatively good jobs, primarily in government and private organizations. Few are in private practice. Graduates generally evaluated the BPsych program positively. However, some challenges were raised, e.g. finding an internship and requirements for professional registration. These results serve to inform future planning of programs aimed at training psychology counsellors in Namibia. Correspondence: *Elizabeth Shino, PhD, University of Namibia, Psychology Department, Private Bag 13301, Namibia. Pioneerspark eshino@unam.na; ngulashino@yahoo.com*

## **Paper Presentations: Forensics.**

**Chair: Javangwe S**

**14:45—15:45**

### **Möller P. Forensic psychology: The role of the psychologist in corrections**

Many of the branches of the natural and social sciences have applied their knowledge to the legal field and its problems. Psychology and the application in legal contexts is no exception. Forensic psychology is defined in broad terms as "any application of psychological knowledge or methods to a task faced by the legal system." (Howitt, 2002, p. 3). This definition aims to reflect the following divisions of forensic psychology: (1) police psychology, (2) psychology of crime and delinquency; (3) victimology and victim services; (4) psychology applied to the courts; and (5) psychology applied to corrections. Correctional psychology is a sub discipline or division of forensic psychology and is the fastest growing of all the divisions. Psychologists in correctional settings have multiple functions and provide services to offenders which include individual and group therapy or rehabilitative programmes with a specific focus. They furthermore administer psychological assessment, address the needs of offenders in isolation, respond to crises, testify in court and compile comprehensive risk assessment reports. The perspective psychologists offer in correctional settings are valuable, unique and together with the services they render, they are crucial to the system. Psychologists in correctional settings can play an increasing role in the criminal justice system and organisational positions of higher authority.

Correspondence: *Philé Möller, M. Soc.Sc Counselling Psychology, Department of Correctional Services, UNISA, 117 Jacobson drive, Lynnwood Ridge, Pretoria, Gauteng, 0081.phile.swanepoel@gmail.com; Monica.Moller@dcs.gov.za*

### **Green K, Du Plessis L, Basson P. Profiling Executive Functioning in Insecurely Attached Adult Offenders: A Phenomenological Exploration**

Executive functioning refers to a set of cognitive abilities required for performing purposeful behaviour. These cognitive abilities include goal formation, planning, attention, inhibition, and self-regulation. Attachment has been identified as strong affectional ties existing between parent and child. Attachment informs the internalised beliefs and expectations about oneself and others. These beliefs form mental representations, which influence the way individuals interact with their environment, including the efficacy of their executive functioning. Attachment is formally categorised into secure, insecure-avoidant, insecure-resistant and disorganised attachment styles. Research has established a higher incidence of insecure attachments and poorer executive functioning amongst incarcerated individuals. The present study provides a description of the executive functioning of insecurely attached offenders. Five participants with insecure attachment styles were selected and information regarding their executive functioning was gathered through interviews. The transcribed interviews were analysed using Interpretative Phenomenological Analysis (IPA). Findings produced a map of the internalised working model of executive functioning amongst insecurely attached ex-offenders. Findings further indicate that incarcerated individuals with insecure attachments struggle with logical goal formulation, planning, inhibition and self-regulation. Poor executive functioning possibly contributes to insecurely attached individuals committing crimes. Correspondence: *Kayleigh Green, BA Hons, University of Johannesburg, 184 Hole-In-One Avenue, Ruimsig, Roodepoort, 1724, Johannesburg, South Africa. kayleighc.green@gmail.com.*

### **Javangwe G. How to involve children of divorcing parents in identifying their pre-and post-divorce and separation needs, fears and concerns: Implications for custody evaluation and determination in remote resource constrained contexts**

There are numerous considerations to be taken into consideration during child custody evaluations. Poorly conducted custody evaluations can have a damaging and long-lasting effect on the child, the parents and entire family. A successful evaluation promotes the best interests of the child, but arriving at that point can be difficult. Many divorces, tend to be punctuated by high emotions, acrimony and the proceedings can become adversarial thereby restricting the focus of clinicians on volatile issues such as domestic violence, parental alienation and/or allegations of sexual abuse. It appears in most jurisdictions that custody evaluation and determination is done with most input coming from parents. The role that children play or should play in child custody evaluation and determination appears limited. To arrive at the best possible outcome requires that the

evaluator understands these and many other important dynamics and legal guidelines. Most evaluators, whether from mental health, mediation or family/conciliation courts, should have the requisite training to conduct the evaluations in a professional and competent manner. This paper provides evaluators with the knowledge and skills necessary to successfully conduct child inclusive and child focused custody evaluations. This paper proposes hands-on approaches and aims to equip participants with knowledge and skills on child participation in custody decision making. It is also watershed to the best interests of the child. Correspondence: *Gwatirera Javangwe, PhD, University of Zimbabwe, Department of Psychology, P.O. Box MP 167, Mt Pleasant, Harare. Zimbabwe g.javangwe@sociol.uz.ac.zw*

**Symposium. Towards gender-responsive programming in the zimbabwean correctional landscape**

**Chair: Javangwe G  
15:45—16:45**

**Javangwe G. Characterizing female offenders in Zimbabwe: Offense typology, its impact on self, family and community, adaptation and resilience**

Much research and intervention has tended to be influenced by frameworks that are premised on working with male offenders, disregarding the plight of female offenders and young offenders. Of late female offenders have also become a public health and public safety concern in Zimbabwe. Crime prevention focuses on three areas in youth violence prevention: 1) understanding factors that place youth at risk; 2) developing effective programmes to overcome risk factors and; 3) enhancing the protective factors that promote resiliency. Premised on data collected through a survey, this presentation illumines on the nature and prevalence of crimes committed by female offenders in Zimbabwe. It focuses on the following questions: Who are the female offenders characterized as antisocial, violent, and delinquent; and what patterns of behaviour do they exhibit in Zimbabwe? What factors put them at risk for developing such behaviours? When exposed to risks, how do the female offenders, their families and the community adapt? What factors help promote resiliency and protect female offenders from developing these patterns of behaviour? What strategies and specific programmes should be designed, implemented and evaluated in preventing female offenders from developing antisocial and violent behaviour? Correspondence: *Gwatirera Javangwe, PhD, University of Zimbabwe, Department of Psychology, P.O. Box MP 167, Mt Pleasant, Harare. Zimbabwe g.javangwe@sociol.uz.ac.zw*

**Javangwe G, Ponde T, Kanda R, Matika M, Zahrare W. Documenting a best practice model for successful female inmate and female ex-inmate reintegration: The Gogo Olive Project**

This paper seeks to enhance our understanding of the needs of men and women within the prison and correctional services as well as inform and raise service provision levels. There is now a strong focus on correctional pre-and post incarceration re-integration strategies for women, an often-

neglected population. The study adopted the case study method and used a purposive sampling strategy to select a sample of forty-five women. The majority had been incarcerated, or were currently serving prison terms that were likely to expire within a month or two. Semi-structured in-depth interviews were conducted with the targeted sample of women and data was transcribed verbatim. Data analysis used the protocol suggested by Patton. Trustworthiness was established through member checking. Fourteen themes were teased out and used to characterise the Gogo Olive Project. These included: 1) origins and setting of the project; 2) the project; 3) continuous skills acquisition; 4) creation of gendered correctional industries preparing inmates for reintegration; 5) markets; 6) community involvement; 7) empowerment; 8) reduced recidivism; 9) flexibility; 10) gaining community trust; 11) therapeutic milieu; 12) documentation; 13) sustainability and; 14) project challenge. The Gogo Olive Project has been transformative as it brought fundamental, systemic changes that positively impacted not only the female offenders but large groups of people, entire communities, and even the wider society. The Gogo Olive Project is a useful best practice model worth cascading to other Zimbabwean female prisons and beyond, with scope for transforming it into a robust business model. Correspondence: *Gwatirera Javangwe, PhD, University of Zimbabwe, Department of Psychology, P.O. Box MP 167, Mt Pleasant, Harare. Zimbabwe g.javangwe@sociol.uz.ac.zw*

**Javangwe G, Ponde T, Kanda R, Zahrare W. Post release experiences of Zimbabwean female inmates and ex-inmates: Implications for release planning and post release programming in the Zimbabwean correctional landscape**

The needs of incarcerated women are generally invisible and neglected by the criminal justice system and even in the community following their release from incarceration. Whilst it has been historically noted that treatment, research and recovery plans have been premised on men's lives, often neglecting women's experience, the current study presents findings from a qualitative study that explored the pre-and post release needs of female inmates and female ex-inmates in the Zimbabwean correctional landscape. The study proposes a comprehensive continuum of care that looks at various entry initiatives that are based on a relational model of treatment which incorporates several needs and issues for successful reintegration of women and their post release recovery. The present study demonstrates the need to design, implement and evaluate several reintegration initiatives for female inmates and all inmates in general. Correspondence: *Gwatirera Javangwe, PhD, University of Zimbabwe, Department of Psychology, P.O. Box MP 167, Mt Pleasant, Harare. Zimbabwe g.javangwe@sociol.uz.ac.zw*

**Paper Presentations: Wellness.**

**Chair: Knight Z  
14:45 - 16:45**

**Vaccari A, Nene L. Family therapy clinic at Chris Hani Baragwanath Academic Hospital**

This article reflects on the experiences of opening and later running a family therapy clinic at Chris Hani Baragwanath Academic Hospital. The family therapy models mainly used in South Africa were developed in Europe and America. Even though the South African context is very different to the one where family therapy theory was developed, such models have been applied to our context without “proper” criticism. As therapists trained in Western approaches to family therapy, we constantly need to interrogate ourselves and be aware of the implications of using theory and models that used as their yard stick a middle class white male. The topic of cultural differences and their implications in doing family therapy has not yet been discussed at length. Some of the key concepts that were central in our discussions as a team were language and second language in therapy; concept of health; age of the therapists and age-related family dynamics; race; concept of health; gender of the therapists and gender related family dynamics. To discuss these concepts, we use case material that has been partially created and completely disguised to protect the identity and confidentiality of our patients. Correspondence: *Alicia Noemi Vaccari, Department of Psychiatry, psychology division. C Hani Baragwanath Academic Hospital. 9 Rocklands Rocky places st. Corlett gardens. Johannesburg, South Africa. aliciavaccari@gmail.com*

#### **Knight Z. The process of Psychodynamic Psychotherapy as linked to Erik Erikson's psychosocial developmental theory**

Just as Freud used stages of psychosexual development to ground his model of psychoanalysis, it is possible to do the same with Erik Erikson's stages of development with regards to a model of psychodynamic psychotherapy. This paper proposes an eight-stage model of psychodynamic psychotherapy linked to Erik Erikson's eight stages of psychosocial development. Various suggestions are offered. One such suggestion is that as each of Erikson's developmental stages is triggered by a crisis, in therapy it is triggered by the client's search. The resolution of the search often leads to the development of another search which implies that the therapy process comprises a series of searches. This idea of a series of searches and resolutions leads to the understanding that identity is developmental, and therapy is a space in which a new sense of identity may emerge. The notion of hope is linked to Erikson's stage of Basic Trust and the proposed model of therapy views hope and trust as essential for the therapy process. Two clinical vignettes are offered to illustrate these ideas. Correspondence: *Zelda Knight, PhD, University of Johannesburg, PO Box 1315, Ruimsig, Johannesburg, South Africa. zknights@uj.ac.za*

#### **Ramasamy K, Hoelson C, Van Niekerk R. Milton Hyland Erickson: A psychobiographical study**

This paper highlights the eugraphic, unique, and distinctive aspects of Erickson's life history. Psychobiographical research provides a framework for the methodical application of psychological theory to individual cases to reinterpret and illuminate the life histories of extraordinary individuals. In

all life histories, there are defining events that play a vital role in shaping the individual personality. These prototypical events are intense, emotional and vivid and provide a blueprint for the individual's approach to life. This presentation provides an overview of Erickson's life history with a particular focus on this prototypical life event. The methodological criteria of prototypical life events and their application to Erickson's near-death experience is described, as well as how it was an opportunity for him to develop his own particular blueprint which guided his responses to future life challenges. In conclusion, this paper is aimed at fellow mental health practitioners and the use of prototypical life history data to describe and interpret core aspects of an individual life. Correspondence: *Kameshnee Ramasamy, PhD, Student Counselling, Career and Development Centre, PO Box 77000, Nelson Mandela Metropolitan University, Port Elizabeth, 6031, South Africa. Kameshnee.Ramasamy@nmmu.ac.za*

#### **Mayer CH, Maree D. Holistic wellness and success in a writer's life - Exploring psychobiographical life developments**

Paulo Coelho is one of the most famous contemporary writers worldwide. His creative works have sold successfully in many countries and were translated in numerous languages. This presentation aims at exploring the interlinkages of holistic wellness and success of the writer across the life span. It thereby applies a psychobiographical and at the same time a positive psychology perspective. For exploring holistic wellness across the life span, the model of Myers, Sweeney and Witmer is used to interpret Coelho's salutogenetic development, whilst reconsidering his success as a writer. The study is methodologically anchored in Dilthey's modern hermeneutics and applies a psychobiographical study of a single case by analysing and interpreting first- and third-person documents. Qualitative interplay criteria and ethical considerations are applied. Findings show life tasks and life forces contributing to Coelho's holistic wellness across the life span. The study's findings highlight that holistic wellness and success are strongly interlinked and interwoven across Coelho's life span. Interlinkages are presented in-depth and provide conclusions not only for the wellness and success of the writer's life analysed, but also for future research and applied psychological practice. Correspondence: *Claude-Helene Mayer, PhD, Rhodes University, Grahamstown, South Africa. claudemayer@gmx.net*

#### **Shahidipak M. Metaphysic of happiness in folk psychology and philosophy and anthropology of Bergson**

Happiness is a significant area of study in psychology, anthropology and related disciplines. The paper examines this concept in the context of the doctrine of Bergson and the metaphysical analysis and understanding of happiness. The paper further explores some of the criticisms of Bergson's work from various philosophers, and also discusses the development of folk psychology, the meaning of happiness and the inner life. Correspondence: *Mohammadreza Shahidipak, PhD, Islamic Azad University Central Tehran Branch, Tehran. reza2016mreza@gmail.com.*

**Symposium. Shaping sexualities: Sex talk, sisterly sexual socialization, policing sexualities and sexual citizenship**

**Chair: Chitiki E**

**14:45—16:45**

**Robertson C, Marx J, Macleod C. Blessers, naps, and the friendzone: Colloquial terms in young adults talk about sexual desire, sexual practices and sexual subjectivities**

Much of the growth in sexualities research has taken the form of large scale surveys, but there is also increased interest in qualitative approaches that provide useful insights into the experiential and subjective aspects of sexuality, and illuminate the social and cultural contexts shaping these experiences. An interesting aspect of the socio-cultural context is the language that young people employ in their talk about sexual desires, practices, and subjectivities. In this paper, we examine young adults talk about sexualities with a special focus on the way in which colloquial terms are deployed in this talk. Data consisted of posts on a Rhodes-based discussion group (i.e. Rhodes Confessions). This site allows its followers to post anonymously about a range of sexualities related issues. Data was collected from this site between May 2014 and December 2016. Data was analysed thematically, using a deductive, critical, and constructionist approach. Preliminary findings will be presented, including: (a) an overview of some of the more common terms deployed in this talk; (b) consideration of the ways in which this terminology constructs particular kinds of sexual desires, practices and subjectivities; (c) how deployment of this language underpins and/or undermines gendered and heteronormative power relations. Correspondence: *Cassandra Robertson, MbT, Psychology department/Critical Studies in Sexualities and Reproduction, Rhodes University, CSSR house Lucas Ave Grahamstown, Eastern Cape 6139 South Africa. robertsoncassandra4@gmail.com*

**Ndabula Y, Young L, Macleod C. Sistering and sexual socialisation: A psychosocial study of Xhosa women's 'sex and reproduction talk' with their sisters**

While much work has been put into understanding parent-child talk about sex, less is known about how sisters discuss sex. Using a psychosocial framework, this paper explores how women report talking about sex and reproduction in their sister-sister relationships, the subject positions within the talk and how the talk restricts or shores up particular ways of doing sex and reproduction in society. Moreover, we examine why these women invest emotionally in certain discourses over others in their sisterly sex talk. The psychosocial framework combines discursive psychology with a psychoanalytic approach to explore both inner and outer processes involved in talk. Five isiXhosa-speaking, middle aged and working-class women were interviewed using the Free Association Narrative Interview technique. Analysis suggests that the women drew on two broad interpretative repertoires in order to construct their sisters as sexual subjects: a repertoire of secrecy, and a repertoire of responsabilisation and risk. A psychoanalytic reading of the data suggests an emotional investment in exemplifying

responsibility. We argue that the participants experienced anxiety in negotiating a sexualised femininity and projected their sexual desire onto their sisters to defend against anxiety; this enabled them to feel as though they were doing sex better than their sisters. Correspondence: *Yanela Ndabula, PhD student, Rhodes University. My address is: 4 Gavin Relly postgraduate village, Lucas Avenue, Grahamstown, Eastern Cape, 6139, South Africa. yanelandabula@yahoo.com*

**Chitiki E, Macleod C, Marx J. Participation in the Silent Protest: Promoting or inhibiting inclusive and process-based understanding of sexualities in relation to sexual violence?**

There has been a growing body of research in sexual citizenship recently focusing attention on gender, and bridging the gap between public and intimate life in order to rethink citizenship from a feminist perspective. This is in contrast to understandings of citizenship that promote policies of sexual regulation, and a heteronormative ideal of citizenship. In this study, using data from focus group discussions and personal diaries, we analyse participation in the Silent Protest, an annual anti-rape protest, through the lens of sexual citizenship. We look at how participation in the protest promotes or inhibits inclusive understandings of sexual violence and sexualities issues. Analysis shows that the Silent Protest contributes to people's knowledge and understanding of sexual violence in relation to sexualities in a range of ways. Examples of inclusive understandings are: (1) insights about rape in relation to gender and heteronormative inequalities, culture and patriarchal dominance; (2) understanding of sexualities in relation to culture and female sexualities; and (3) understanding of politics of reparation (the need for safe spaces for formal and informal support). However, some of the understandings are limited to emotion and affect dynamics. Therefore, to a lesser extent the Silent Protest inhibits understandings significant to inclusive citizenship, including understandings of entitlement to non-discriminatory sexual health care and of identity-based rights. Correspondence: *Elizabeth Chitiki, Rhodes University; P O Box 94; Grahamstown; 6140, Grahamstown, South Africa. chitikiliz@gmail.com*

**Marx J, Macleod, C. Predators, perverts and prostitutes, or some unintended consequences of colonial and apartheid era social engineering**

It is almost 30 years since Kimberlé Crenshaw first used the term 'intersectionality' to draw attention to the way in which dimensions of social difference intersect and shape personal lived experiences. Although the concept is not without critique, it is increasingly popular amongst those of us seeking to understand how sexual practices, sexual desires and sexual subjectivities are shaped, not only by personal dispositions, but by ideologies concerning gender, class, race, ethnicity, nationality, spirituality, age, ability and so on. It has certainly been a useful concept in our research examining how histories of colonialism and apartheid have shaped sexualities in South Africa. As the information that we gathered consisted primarily of personal accounts of events that had occurred in the distant past, interpreting them

required an understanding of the socio-political landscape in which they were located. In this paper, our discussion of colonial and apartheid era legislation illustrates the intricate weaving of race, gender and class politics in the policing of sexuality. We also discuss how this shaped sexual behaviour and some of the unintended consequences of that. We conclude with an argument for the usefulness of an historical understanding for contemporary sexualities advocacy. Correspondence: *Jacqueline Marx, PhD, Rhodes University, 18 Lucas Meyer Avenue, Grahamstown, South Africa. jacqui.marx@ru.ac.za.*

**Symposium. Psychological consequences of low income work: Implications for sustainable development goal 8 (decent work and economic growth) in South Africa**

**Chair: Schaffer T**  
**14:45—16:45**

**Schaffer T. The relationship between income, job and life satisfaction among low income workers in Cape Town**

Employees working in front-line retail positions require few specialized skills. In South Africa, such employees are often employed on a casual basis, paid less than the national minimum wage, and excluded from incentive plans and development opportunities. This creates a catch 22 situation: they are easily replaced and thus have little job security, and earn a salary which keeps them trapped in poverty without being able to improve their education and/or skills levels due to time and financial constraints. It is thus not surprising that research shows a negative relationship between low income, motivation, job satisfaction, performance and productivity. Yet, front-line staff constitute the face of retail stores as they interact with customers. Their behaviour is thus directly related to customers' shopping experience. In addition, even though front-line staff are easily substituted, it costs companies to recruit and induct new employees. There are thus moral and financial reasons that retailers should show an interest in providing decent work. In order to substantiate this claim empirically, this study investigates the relationship between low wages, work motivation and job and life satisfaction among involuntary casual workers in the retail industry based on data collected from cashiers working in supermarket chains in Cape Town. Correspondence: *Tarryn Schaffer, Honours in Organisational Psychology, Department of Management Studies, University of Cape Town. tarrynschaffer@gmail.com*

**Fortuin T. The link between income and psychopathology with specific reference to South Africa's working poor**

Much has been written in the South African press about the recently introduced national minimum wage on employers, mostly arguing that the minimum wage of R3,500 per month is not affordable, and that it will result in retrenchments and a reduction of working hours. A crucial issue which has received little attention are the psychological consequences of the national minimum wage for low income employees

themselves. While establishing a national minimum wage is a step forward, it is below the amount requested by the Economic Freedom Fighters and below a decent wage level. Employees earning around the minimum wage will remain trapped in poverty and are thus faced with stressors associated with a lack of financial means. Research indicates that such stressors increase various mental disorders. While this does not imply that income causes mental disorders, income is related to psychopathology as it determines the type of stressors an individual is exposed to. This paper examines the relationship between income and mental disorders in South Africa, particularly at low income levels, using data from working individuals in the 2014-2015 wave of the National Income Dynamics Study (NIDS), a nationally representative study including over 37,000 individuals. Correspondence: *Tennessee Fortuin, Degree (MD, PhD, etc.), University of Cape Town Street Address given during submission (such as 123 Street, City Name, State or Province, Postal Code, Country). FRTTEN001@myuct.ac.za*

**Mfeketho Y. The relationship between salary, psychological wellbeing and job satisfaction of socio-economically disadvantaged university graduates**

As class is closely associated with racial group in South Africa it is not surprising that the Unilever Institute of Strategic Marketing's Aspirations Report (2016) revealed pronounced differences between middle-class South Africans: White middle-class South Africans tended to have middle-class parents, while black middle-class South Africans were mainly from poorer backgrounds. To move from financial deprivation to a middle-class lifestyle is most likely through a university education. At the same time, though, the Aspirations Report revealed that black middle-class individuals felt pressure to support family members financially. It is thus likely that the importance of income and its relationship with psychological wellbeing and job satisfaction of recent university graduates differs depending on the graduate's socio-economic background. For graduates who have to support family members, income is more likely to be related to psychological wellbeing and job satisfaction than for graduates from a middle or upper-class background. While research on the impact of salary on wellbeing and workplace attitudes exists, it has tended to treat graduates homogeneously. Factors such as the graduate's social capital, and the motivation behind choosing a particular job have not been sufficiently considered. This study thus investigated predictors of graduate salary and its relationship with psychological wellbeing and job satisfaction depending on the graduate's economic background. Correspondence: *Yolanda Mfeketho Degree (MD, PhD, etc.), University of Cape Town, Street Address given during submission (such as 123 Street, City Name, State or Province, Postal Code, Country). MFKYOL001@myuct.ac.za*

**Botha G. The employer's role in supporting the involvement of domestic workers in their children's school education**

The success of a child's education, especially in the foundation phase, relies not only on what happens during the school day, but is also heavily dependent on parental

involvement after school. Individuals with poor education are often trapped in employment requiring a low skills level and paying low wages. In South Africa, the domestic work sector makes up a large proportion of these jobs, particularly for black women. Domestic work typically involves long hours away from home, low wages and little to no employment benefits. These circumstances, in turn, make it difficult for mothers employed as domestic workers to get involved in their children's education. The likely result is children not performing to their full potential at school, even in cases in which employers assist with access to good quality schooling. It is thus expected for children of domestic workers to remain trapped in the poverty cycle. This presentation provides the results of an empirical study which assessed the degree to which domestic workers in Cape Town are involved with their children's education and the factors which account for their involvement. Based on the results it makes recommendations as to how employers can assist domestic workers to be more adequately involved in their children's educational development. Correspondence: *Gina Botha, Degree (MD, PhD, etc.), University of Cape Town, Street Address given during submission (such as 123 Street, City Name, State or Province, Postal Code, Country. ginabotha26@gmail.com*

**Invited Symposium. Community as client: The need for community-centric interventions in African-centered psychology**  
**Chair: Grills C**  
**14:45- 16:45**

**Grills C. An overview of the basic tenets of African centered psychology will be presented along with the rationale for communitycentric interventions**  
Correspondence: *Cheryl Grills, PhD, Psychology Applied Research Center, Loyola Marymount University, 1 LMU Drive, 4753 University Hall, Los Angeles, CA 90045. Cheryl.Grills@lmu.edu*

**Walker A, Ajei MO. Examples of community-centric interventions will be presented including data from community interventions that incorporate community organizing and systems change as understood within the ecological model in community psychology with implications for African-centered psychology.**  
Correspondence: *Aisha Walker, Loyola Marymount University, 1 Lmu Drive, Los Angeles, 90045. aisha.walker@lmu.edu*

**Hill C. Alternative research methodologies for African-centered psychology will be discussed in light of a shift to community as client and the need for measures and metrics that extend beyond individual change measures and are rooted in an African Psychology paradigm.**  
Correspondence: *Christopher Hill, PhD. chill@uj.ac.za*

**Paper Presentations.**  
**Chair: Diale B**  
**14:45 - 16:45**

**Mokgele R, Rothmann S. Study Demands, Study Resources and Subjective Well-being: Academic obstacles and facilitators for First-Year University Students**

Understanding how students perceive academic obstacles and facilitators is essential for promoting the subjective well-being of first-year university students. Subjective well-being is seen as an indication of psychological and healthy functioning; a desired state that can lead to student success. To promote first-year university well-being, resources provided must match existing demands and enhance life satisfaction. The aim of this study was to validate a measure of study demands and resources in order to reflect obstacles and facilitators for first-year students in higher education institutions in South Africa. A cross-sectional survey was conducted with first-year university students (n = 936). The Study Demands and Resources Questionnaire was developed to measure demands and resources, while the Satisfaction with Life Scale was used to measure life satisfaction. Findings showed that a positive relationship between study resources and satisfaction with life exists, while a negative relationship between study demands and satisfaction with life also exists. Recommendations provide measures for enhancing academic facilitators and minimizing academic obstacles. Correspondence: *Revelation Mokgele, PhD, North-West University, P/Bag x2046, Mmabatho, 2735, Mmabatho, revelation.mokgele@nwu.ac.za*

**Nxumalo S, Edwards S. Attitudes of female university students towards participation in sports**

Chronic non-communicable diseases continue to present a global health problem. University life can perpetuate poor lifestyle habits in the young. Our aim was to characterise the attitudes towards participation in sporting activities of isiZulu-speaking female students. Using a self-administered questionnaire, we surveyed a non-random sample of 1 004 students who did not participate in physical exercise or sport and a sample of 292 who did. The students were recruited from all four faculties at the university. Quantitative data analysis was performed and a Cronbach Alpha reliability test was conducted to ensure the internal consistency of the items. We found that the non-participants did not participate in sport for fear of injury, and because obtaining a degree was more important to them than physical activity; they gave a low ranking to health-related benefits of sport. Those who participated in sport did so for the prospect of money and fame; they also gave a low ranking to the health-related benefits of physical activity. The study highlights the need for sustained interventions to educate, demystify misconceptions, and introduce more social sports to attract women students to sport participation. Correspondence: *Sabelo Nxumalo, MSc, UKZN, Box 7635, Empangeni Rail, 3910, Durban, South Arica. sanxumalo@yahoo.com*

**Thomas T. The experiences of undergraduate students at two South African higher education institutions**

The study aimed to explore the experiences of students at two higher education institutions (HEIs) in the Tshwane region, focusing on factors that were perceived by participants to facilitate their academic success and overall academic experiences. Purposive sampling was used and 31

registered undergraduate students were selected from the two institutions (12 and 16, respectively) for participation in the study. The data were collected through five focus group discussions. Thematic analysis was used to analyse the data. Participants reported the following as the personal, social and academic factors that they perceived to have affected their experiences at the HEIs concerned: self-regulation, self-efficacy, self-esteem, motivation, social and academic adjustment, family finances and prejudice on the basis of race and ethnicity. They also cited facilities and concerns with administrative processes in their respective HEIs as either hindering or promoting their academic success. There is a need for HEIs' student affairs divisions to ensure comprehensive adjustment and well-being among higher education students, especially taking into account their varying backgrounds and, therefore, their unique challenges in the higher education environment. Correspondence: *Tsholofelo Angela Thomas, MA, Department of Psychology, University of Pretoria, 12-9 Human Sciences Building, Department of Psychology, Lynwood Road, University of Pretoria, Pretoria, 0002, South Africa. angela.thomas@up.ac.za*

#### **Diale B. Educational Psychology students' perceptions of their role in advocating for Technical Vocational Education (TVE) in South African Primary Schools**

South Africa is currently struggling with the high rate of social challenges such as juvenile crime, poverty and unemployment. These challenges have had a negative impact not only on the economy of the country, but also on the education and training of children and youth in general. Most of all, the scourge of HIV and AIDS has left many teenagers in an unfortunate position of managing Child Headed Households (CHH). This has led to a special group of youths at risk, most of them having to either find part time jobs after school or leave school to seek employment in order to support their siblings. They then find themselves lacking skills to support them in seeking possible employment opportunities, leading to high rates of youth unemployment and possible involvement in antisocial and criminal activities as a form of survival. Educational psychologists play an essential role in addressing these socio-historical challenges and advocating for the importance of TVE in order to create a socially just society and address the pains and imbalances of the past. This paper focusses on how educational psychology students perceive their advocacy role in promoting TVE in addressing the skills shortage in the country and improving the career development of learners from an early age of their learning and development.

Correspondence: *Boitumelo Diale, PhD, HOD: Educational Psychology, Education Division executive member (SEPSA), University of Johannesburg, 791 Prosperity Road Groblerpark, 1724, Roodepoort, South Africa. tumid@uj.ac.za*

#### **Louis E. Students' International Experiences and Implications for the Internationalization of Psychology**

The focus of the internationalization of psychology continues to permeate throughout psychology doctoral training programs. Through the examples of faculty-student

collaborations such as Drs. Sharon Bowman and Gargi Roysircar-Sodowsky, the implementation of clinical/research skills and mental health training in international contexts is possible. This research project investigates the international perspectives of U.S. domestic doctoral students in psychology programs. Forty-three participants completed a semi-structured survey. They had international experiences through self-engaged initiatives by volunteering, conducting research or clinical work. Yet, students had concerns about the limited funding opportunities and the need for more training in coursework, clinical experience, and research. As a Haitian American, I will also present my own international experiences of mental health and disaster relief work in Haiti. I will share skills that were helpful for my doctoral training and areas of growth that are needed. This program will provide students, faculty, and other professionals to engage in dialogue about opportunities and challenges to participate in international work, learn about ways to increase collaboration, and recognize our significant roles in sharing our work across cultures. Implications for this work will help critically recognize the contextual meaning and delivery of the internalization of psychology around the world. Correspondence: *Elizabeth Louis, MA, The University of Georgia, 1090 Barnett Shoals Road, Apt. 503, Athens, United States. efl36019@uga.edu*

### **Paper Presentations. Indigenous**

**Chair: Lesolang N**

**14:45 - 16:45**

#### **Kpobi L, Swartz L. Traditional herbalists' methods of treating mental disorders in Ghana**

The use of traditional medicine for the treatment of various disorders is not a new practice. Various categories of traditional healers form a large part of the healthcare workforce in many low-and-middle-income countries, and, given the paucity of mental health professionals in these countries, traditional and complementary medicine practitioners are utilized even more so for mental disorders. In Ghana, efforts have been made to formalize and standardize the work of traditional medicine practitioners (TMPs). This goal is still mostly unmet, partly due to the lack of scientific knowledge of their beliefs, methods and practices in mental health care. Very few studies have been done to document this knowledge. In this article, we report on some of the methods that are used by traditional Ghanaian herbalists in treating mental disorders. Eight herbalists working within the Greater Accra Region, and who specialized in mental health were interviewed through individual semi-structured interviews. The data were analysed through thematic analysis. The analysis showed that traditional herbalists' work in treating mental disorders revolved around four key themes: the method of diagnosis; the treatment methods used; the mode of administering the treatment, and the purpose of the specific treatment. These themes are discussed with reference to their potential implications for patients' care and outcomes. Correspondence: *Lily Kpobi, 3 Desch Street, Idas Valley, Stellenbosch, 7600, South Africa. lily.kpobi@gmail.com*

**Edeling H. A spiritual approach to the dilemma of finding a functional model of psychology in a transforming society**

Here we are now. We can't go back, but how do we go forward? This symposium attempts to unpack what a decolonised psychology in Africa would look like and be. This presentation suggests a meta-spiritual approach to the divisions amongst us that seem to be at the root of much strife and unhappiness. We need a unified vision for humanity and for our role as psychologists in society - as thought-leaders to a nation that is struggling to be born. We need to stop blaming each other about who did what to whom and not throw out the baby with the bathwater by simply abandoning our previous learnings. We are urged to acknowledge that we are all inter-connected as humans and essential to this intricately interwoven system of humanity. We are encouraged to listen to each other and harness our considerable talent, traditional knowledge systems and goodwill to develop a model for psychology that will benefit every member of society. Audience to watch: <https://www.youtube.com/watch?v=2ESrd3mMop0> Or the first three minutes of Interview with Carol Bowman. <https://www.youtube.com/watch?v=k-MVcWEusW8>

Correspondence: *Hannetjie van Zyl-Edeling, D Litt et Phil (Psych UJ). Private Practice, 85 St Patrick Rd, Houghton, Johannesburg, 2198. han@emlct.com*

**Lesolang N. An exploration of the treatment of infertility by Indigenous healers in the Sekhukhune District Limpopo Province**

Culture affects the way people conceptualise and make meaning in their daily experiences, and in turn influences their decisions to seek solutions to their predicaments. Therefore, causes and treatment of illnesses appear to be perceived in a socio-cultural context. This paper explores the process of treating infertility within an African context by indigenous healers. The objective is to highlight how indigenous healers use their holistic approaches to deal with infertility dimensions such as despair, anger, guilt, and social isolation. A qualitative study was conducted among the indigenous healers of Sekhukhune District, Limpopo Province (South Africa) to explore the treatment of infertility. Indigenous healers were selected using purposive sampling. Six males and 6 females were interviewed. Data was collected using semi-structured interviews and analyzed using content analysis. The following psychological themes emerged from the study: treatment approaches by the ancestors; psycho-social treatment and natural treatment of female infertility. The findings illustrate how holistic treatment in health includes an extricable bond between man, the ancestors, the earth, and the Supreme Being. Correspondence: *Nkeke Lesolang, PhD, University of Limpopo, Polokwane, South Africa. nkeke.lesolang@ul.ac.za*

**Paper Presentations. Clinical**

**Chair: Van Rooyen K**

**14:45 - 16:45**

**Van Rooyen K. Similarities and differences in traumatic stress symptoms of cultural groups in the Eastern Cape, South Africa**

All clinical phenomena have a neurobiological underpinning, but are bound by cultural norms that demarcate deviance and dysfunction. The combined contribution of cultural and biological factors means that certain symptoms will be common across cultural groups, whereas some symptoms will be unique. Even common symptoms may have different meanings across groups, and not be equally salient. Finally, the language of distress is also important in the cultural differential expression of diagnoses. If one considers the diverse elements of biology, culture, salience and language contributions to the expression of a disorder, it becomes clear that an accountable cross-cultural picture of a diagnosis such as posttraumatic stress disorder (PTSD) will be complicated and nuanced. The current study examined the cultural differential expression of PTSD in 5 cultural groups in the Eastern Cape of South Africa. 150 individuals' symptoms were elicited in respondents' home languages. Data was analysed by basic content analysis and a secondary meaning based analysis. The comparative results show that there was a great deal of similarity in individual symptom experience. However, the differences between groups in terms of salience and inherent meaning constructions mean that there are significant differences important to consider in diagnosing individuals from these cultural groups. Correspondence: *Kempie van Rooyen, MA ClinPsych Psychology Department, Nelson Mandela University Summerstrand South Campus, Port Elizabeth 6031, South Africa. kempie.vanrooyen@nmmu.ac.za*

**Melikyan L. The theory of "maybe"-s in psychoanalysis in treating anxiety disorder**

The article addresses one of the main concerns of contemporary psychology - treatment of mental disorders, particularly anxiety disorder - through a new method in psychoanalysis. It brings forward the notion of the word "maybe" in psychoanalysis that has proved to be effective in treating anxiety disorders. Nowadays, under the broad umbrella of psychoanalysis, experts apply a set of psychotherapeutic techniques to treat various mental disorders, whereas others ignore the effectiveness of psychoanalysis, attaching importance to other forms of therapies like bibliotherapy, drama and music therapy cognitive-behavioural treatments mingled with medications. The method of "maybe"-s is to give as many rational and, more importantly, far more irrational versions to the persisting symptoms of patients: hence patients feel relief and gradual disappearance of the most persistent and scary symptoms and are back on track with a more productive therapy. Here I showcase the method applying it to one of the most common and annoying symptoms among patients with neurosis - nausea. The article shows how to apply the "Maybe" theory in the therapy, being efficient and fast in treating anxiety disorder, working thoroughly on each psychosomatic symptom causing it to fully disappear.

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**Wilson Z, Mitchell Y. Possibilities for developing resilience to counter stigmatisation and discrimination towards persons who suffer from Bipolar Disorder**

The tragic death of 94 psychiatric patients earlier this year highlighted the ongoing vulnerability of persons who suffer from mental disorders to stigmatisation, discrimination, and abuse. To gauge the experience of stigmatisation and discrimination among their own client base, the South African Depression and Anxiety Group (SADAG) conducted an online survey early in 2017 with persons who suffer from Bipolar Disorder. The aim of this presentation is to present key findings from this survey, which shows that respondents often experience dissatisfaction with treatment and counselling; and are frequently exposed to stigmatisation of their disorder and discrimination by persons from their social support structures as well as in their places of work. In light of a growing body of literature which indicates that persons who suffer from Bipolar Disorder could benefit from programmes aimed at improving their resilience, this presentation explores the possible roles that psychologists in various professional capacities can play in decreasing vulnerability to stigmatisation and discrimination, by assisting persons who suffer from Bipolar Disorder in building resilience. Correspondence: *Zane Wilson, Founder of The South African Depression and Anxiety Group, 322 Rivonia Boulevard, Rivonia Close Office Park, Block E, 2191. zane1@medport.co.za*

**Harrison C. Considering the impact of psychological strengths on the mental health of at-risk South African adolescents**

Paper withdrawn

**Sandison A. Systemic factors associated with antisocial behaviour: A case study**

Antisocial behaviour is often viewed homogenously; however, there are various developmental trajectories. The aim of the research was to explore systemic influences associated with antisocial behaviour within an individual case, with the objectives of identifying the etiological pathway to antisocial behaviour, identifying associated risk factors, and conceptualising the antisocial dynamic. The research design used was a single case study, within a qualitative paradigm. The sampling method was nonprobability purposive sampling, and data used was both archival, and gathered through a semi-structured interview. Data was analysed through the use of Miles and Huberman's model of data collection and analysis. This is the first case explored within a larger project, focused on identifying patterns of etiological pathways, risk factors and antisocial dynamics across multiple cases. Given the high levels of antisocial behaviour in South Africa, and the limited amount of South African research done in this area, it is important to enhance our understanding of antisocial behaviour within the local context. The findings illustrated the successful use of international literature in unpacking an individual case, and support this approach to pinpointing the underpinnings to a child's antisocial behaviour. Correspondence: *Alida Sandison, MA Psych (Co), Psychology Department PO Box 77000 Nelson Mandela Metropolitan University Summerstrand 6001, Port Elizabeth, South Africa. alida.sandison@nmmu.ac.za*

**Invited Keynote. Early intervention in psychosis in Africa: Time to implement early intervention services**

**Chair: Kometsi K**

**Presenter: Bonginkosi Chiliza**

**14:45 -15:25**

**Chiliza B. Early intervention in psychosis in Africa: Time to implement early intervention services**

Early intervention services for people with first episode psychosis have been established in a number of countries who make up the Global North. There are now early intervention services in a large number of countries in Europe, Australasia, as well as North America. The premise behind this wave of early intervention is that if we can intervene as early as possible and as well as possible, we can influence the long-term outcome of illnesses like schizophrenia. The critical period hypothesis states that the first five years of the illness present an important opportunity to change the trajectory of the illness. So, early intervention services focus on prevention of the progression of schizophrenia and accruing disability, as well as early identification and treatment of people who are at-risk of developing the disease. There a number of studies of the management of first-episode schizophrenia on the African continent by different groups. Our group showed that the use

of long-acting injectable antipsychotics combined with an assertive monitoring program was effective in the treatment of first episode schizophrenia. Yet there are no formal early intervention services on our continent. Correspondence: *Bonginkosi Chiliza PhD, Department of Psychiatry, Nelson R Mandela School of Medicine, University of KwaZulu Natal. chilizab@ukzn.ac.za*

## **Paper Presentations. Clinical**

**Chair: Swain K**

**15:25- 16:45**

**Klaunig M, Trask CL, Neis AM, Chen X, Cicero DC. Domains of schizophrenia self-disturbances are associated in a culturally-diverse population**

Self-disturbances are increasingly recognized as an important feature of schizophrenia. However, little is known about the relationship between various domains of self-disturbances. In addition, no research on self-disturbances has been conducted in a Hawaiian population. The primary aim of the current study was to examine the relationship among domains of self-disturbances in people with schizophrenia living in Hawaii. We measured three domains of self-processing: somatosensory function, self-concept clarity, and anomalous self-experiences. Results indicate positive intra-individual correlation in the self-processing domains, as well as positive correlations between self-disturbances and positive and negative symptoms of schizophrenia. This pattern of association is consistent with a model of self-disturbance as a broad factor of deficit expressed at multiple domains of functioning, which may underlie some diagnostic symptoms of schizophrenia such as hallucinations and delusions. Increased understanding of the structure of self-disturbances in schizophrenia could lead to better assessment and treatment of schizophrenia, particularly in culturally diverse populations. Correspondence: *Mallory Klaunig, MA, University of Hawaii, 2975 Koali Road Honolulu, HI 96826, United states. mklaunig@hawaii.edu.*

**Klaunig M, Trask CL, Neis AM, Cohn J, Roberts R, Mcfarland B, Cicero DC. Association between neurocognition and social cognition in schizophrenia**

A large proportion of individuals with schizophrenia suffer from neurocognitive deficits in a variety of domains, including attention, memory, and processing speed. In addition, social cognitive deficits in schizophrenia are associated with overall lower levels of functioning and poorer prognosis. Despite the importance of both neurocognition and social cognition in the prognosis of individuals with schizophrenia, little research has examined the degree of overlap between these two cognitive domains, and existing research on the topic has produced mixed results. In the current study, we examined the association

between social cognition and neurocognition in a sample of 44 participants diagnosed with schizophrenia and 30 non-psychiatric control participants. Results of independent t-tests indicated significant social and neurocognitive dysfunction in the participants with schizophrenia, as compared to the non-psychiatric controls. Correlation analysis indicated no significant association between social cognitive and neurocognitive domains in participants with schizophrenia. Our findings indicate that social cognition and neurocognition are likely separate domains of deficit in schizophrenia. Correspondence: *Mallory Klaunig, MA, University of Hawaii, 2975 Koali Road Honolulu, HI 96826, United states. mklaunig@hawaii.edu*

**Akinsola E, Odunuga L. Effect of Assertiveness training on body image and self-esteem of some adolescent orphans and non-orphans in Lagos Nigeria**

Body image, self-image, and self-esteem, which are closely related, are central to self-definition and self-actualization for adolescents and youth. The perceived imaginary audience characteristic of adolescence may make many adolescents prone to having body-image dissatisfaction and low self-esteem which may require positive intervention. The research reported here investigated the impact of assertiveness training as a positive intervention technique to improve body-image and self-esteem of some adolescent orphans and non-orphans. Out of 250 adolescents pre-tested, 172 (72 orphans & 100 non-orphans) reported body image and self-esteem issues. Of these, 120 youth aged 10 to 17 years were randomly selected (60 orphans & 60 non-orphans) into experimental and control groups for an intervention phase using a pre-test post-test cross-sectional design. The four groups completed the Negative Self Inventory Scale (NSIS) and the Nigeria Self Esteem Scale (NSES). The two experimental groups were each given eight sessions of assertiveness training for two weeks while the control groups received no training. The four groups were re-tested after the training of the experimental groups. Post-test assessment scores indicated that the assertiveness training significantly improved the body-image and self-esteem of experimental groups. Correspondence: *Esther Akinsola, PhD, Department of Psychology, Faculty of Social Sciences, University of Lagos, Lagos Nigeria. foluk6@yahoo.com.*

## **Documentary Screening. The Shore Break**

**15:30—16:45**

## **Paper Presentations. Parenting**

**Chair: Mthombeni A**

**16:50—17:50**

**Mthombeni A. Constructions of Fatherhood as Published in selected South African Psychology Journals: A Critical Discourse Analysis**

We have seen a growing interest in work on fatherhood within the South African context. Currently, it is estimated that 25% of children in South Africa grow up without their fathers and this is said to have psychological impacts on the well-being of children. The purpose of this study was to

analyze knowledge produced in South African psychology journals on the topic of fatherhood, highlighting emerging dominant themes and discourses around this topic. A desk review was conducted of the literature on fatherhood that has been published within the past fifteen years (2002 – 2016) in four well known South African Psychology Journals, JPA, AGENDA, SAJP & PINS. Key terms such as fatherhood, fathering, fathers and absent fathers were used to search for the journal articles. A critical discourse analysis method was used in analyzing the data. The results indicate that there seems to be an over-emphasis on negative discourses when talking and writing about fatherhood within the South African context. More work needs to be done to critically evaluate knowledge production processes on the topic of fatherhood and highlight the emerging dominant discourses and how they construct or de-construct fatherhood as well as gender roles. Correspondence: *Andile Mthombeni, Honours, Unit 324, Willinston Court, 17 Clarendon Place, Parktown., 2193, Johannesburg, South Africa. andilem50@gmail.com; andile.mthombeni@wits.ac.za*

**Abrahams L, Berg A, Suchman N, Abrahams T, Mpinda B, Mokoia N, Hawa W. "Parenting from the Inside Out (PIO): A mentalization-based parenting therapy": A pilot study of PIO with mothers accessing services at Lentegour Psychiatric Hospital**

The purpose of this pilot clinical trial was to evaluate the preliminary feasibility, acceptability and efficacy of an adapted evidence-based parenting intervention for use with parents accessing mental health services. The intervention was provided to mothers accessing services for their child/ren with developmental disability (CWDD), as well as mothers diagnosed with mental illness at the adult outpatient clinic. For mothers with a CWDD, the study was piloted as a 12-session individual intervention. For mothers accessing adult outpatient services, an 8-session group intervention was conducted. Pre-and post-assessments were conducted to assess the parent's mentalisation capacity using selected questions from the parent developmental interview (PDI). A video of the mother-child dyad involved in play was recorded and will be coded pre-and post the intervention using the Coding Interactive Behaviour (CIB) protocol. The results demonstrated an improvement in PDI post assessment scores. Pre PDI mean scores were 2.73 and post PDI mean scores were 3.47. The effect size was 0.50 for mothers participating in the group intervention. Results from the individual intervention are pending. The intervention required a number of adaptations to suit the study population as well as the available resources. Some of the challenges for conducting clinical research are highlighted, as well as the benefits of collaboration across sites. Correspondence: *Lameze Abrahams, University Of Cape Town/South African Department Of Health, 53 Zevenzicht Drive, Zevenzicht Estate, CapeTown, 7580.abrahamslameze@gmail.com;lameze.abrahams@westerncape.gov.za*

**Book Launch. Blackwashing Homophobia: Violence and the Politics of Sexuality, Gender and Race**  
**Chair: Kiguwa P**

**16:05—17:05**

Correspondence: *Melanie Judge, PhD, Pretoria, South Africa. melanie@justcommunication.co.za*

**Paper Presentations. Industrial/Organizational Chair: Pheko M**  
**16:50 - 17:50**

**Van Niekerk R, Prenter T, Fouché P. The career development of Ahmed Kathrada**

The aims of the study were to interpret Kathrada's career development according to the career development framework of Greenhaus and colleagues. Career development refers to the progress of individuals – viewed against the background of work, family, and self-development – through a series of stages characterised by distinctive themes and challenges. Kathrada's first career development stage – Career and organisational choice – occurred between 1929-1954 and encompassed childhood, adolescence, and early adulthood. Kathrada became politically active at the age of 12 and interrupted his school career to join the liberation movement. The second stage – Early career: Establishment and achievement – occurred between 1954-1969. During this stage, Kathrada progressed through the ranks but also experienced harassment by the police, banning orders, and imprisonment. The third stage – Middle career – occurred between 1969-1984. Kathrada spent the middle career stage in prison. The last stage – Late career – lasted 33 years and included his release from prison and involvement in politics and several foundations. The findings illuminate the nature and impact of involvement in the liberation struggle on career development. The investigation contributes to knowledge in three areas: the life of Kathrada, the career development of political activists, as well as the contextual variables that influence career development. Correspondence: *Roelf Van Niekerk, PhD, Industrial and Organisational Psychology, Room 1012, Main Building – South Campus, NMMU, Summerstrand, Port Elizabeth, 6031, South Africa. Roelf.vanniekerk@nmmu.ac.za*

**Brink L, Bell B. Age-stereotypes of emerging adults within the South African work environment**

Emerging adults are the most recent demographic group entering the workplace. These individuals form part of Generation Y and are between the ages of 18 to 25. Age-stereotypes of emerging adults are a common occurrence within workplaces, and therefore the general objective of the study was to explore age-related stereotypes experienced regarding emerging adults within the South African work context, and to determine the influences thereof. A qualitative research design was employed in order to reach the objectives of this study. A phenomenological approach using a combination of purposive and snowball sampling was employed. A sample of 25 employees (N = 25) from various South African organisations were interviewed and formed part of three generations namely Generation X and Y, and Baby Boomers. Thematic analysis was used to analyse the

data. Results indicated that emerging adults experience various positive and negative stereotypes within the workplace. These stereotypes also influence emerging adults in a behavioural, cognitive and emotional manner. These stereotypes also influence the way emerging adults are treated by older employees within the workplace. This study creates awareness within organisations regarding age-stereotypes of emerging adults. By being aware, organisations and employees can manage the influences of these stereotypes within the workplace. Correspondence: *Lizelle Brink, PhD, North-West University, South Africa. Lizelle.brink@nwu.ac.za*

**Pheko M. Gender, power, academic mobbing and workplace bullying: The case of University of Botswana**

There is ample evidence to suggest that historical discrimination and the continued imbalance of power between men and women has resulted in practices which may be working collectively to diminish female academics' access to academic freedom and other scholarly objectives. This paper explores how practices such as harassment, mobbing and bullying may be working through the existing power structures to negatively impact female employees' access to freedom of academic inquiry and other scholarly objectives at the University of Botswana. Specifically, we interviewed ten women who reflected on their experiences of working at the university. The women reflected on how the continuing power structures, masculine and patriarchal culture have legitimised mobbing and bullying practices within the university. They also highlighted how historical prejudice has resulted in a situation where university's employment decisions, such as assessments, appointments and promotion, are often privileges of the biased and dominating class of men – leading to biases in appraising women's potentials and experiences. As a way forward, organizational development approaches that can be used to adjust the power structures of the academic institutions and strategies that could sustain civil atmospheres of unencumbered intellectual freedom for female academics and leaders are suggested. Correspondence: *Mpho Pheko, PhD, University of Botswana, Private Bag 0022, Gaborone, Botswana. mphopheko@live.com.*

**Paper Presentations. Educational**

**Chair: Jeebodh-Desai L**

**16:50—17:50**

**Babalola S, Chovwen CO. Gender, emotional intelligence and self-sacrificial behaviour as predictors of servant leadership, among youths in selected States in Nigeria**

Servant leadership is a shift away from traditional approaches to leadership as it tends towards creating a serving relationship with others while focusing on achieving an organization's goals. This paper investigated gender, emotional intelligence and self-sacrificial behaviour as predictors of servant leadership among youths. This study adopts the cluster sampling method to gather empirical data from 370 participating youths from selected states in Nigeria. Four hypotheses were tested at  $p < 0.05$  level of significance.

Results from the analysis revealed that two independent variables of emotional intelligence and self-sacrificial behaviour have a significant positive relationship with servant leadership. Emotional intelligence is the best predictor for servant leadership ( $\beta = 0.40$ ), followed by self-sacrificial behaviour ( $\beta = 0.29$ ), gender was found not to significantly influence servant leadership. While this study may serve as a useful starting point for enhancing leadership selection and training programs, it also suggests that policy makers and stakeholders need to harness the leadership potentials of Nigerian youths in order for them to make a meaningful contribution towards national development. Correspondence: *Sunday Babalola, PhD, Department of Human Resource Management & Labor Relations, School of Management Sciences, PB X5050, University of Venda, Thohoyandou, 0950. sunday.babalola@univen.ac.za; babalolass@gmail.com*

**Jeebodh-Desai L. The utilisation of storytelling as a Therapeutic Intervention by Educational Psychologists to address behavioural challenges relating to grief of adolescent clients**

Storytelling as a therapeutic intervention entails the narrating of events by externalising emotions, thoughts and responses to life-changing events such as loss and grief. This creates the opportunity for clients to engage with psychologists by projecting various beliefs and challenges, such as grief, through a range of therapeutic modalities. This study conducts an inquiry into the ways in which storytelling can be utilised by educational psychologists, with adolescent clients, to address behavioural challenges related to grief. This qualitative study therefore aims to facilitate an understanding of the use and benefits of storytelling as a therapeutic intervention. This has been achieved by examining interviews with four educational psychologists who have utilised storytelling as a therapeutic intervention with adolescent clients to overcome challenges with grief. The participants (educational psychologists) discussed case studies during interviews, which provided evidence of their practical administration of storytelling as a therapeutic intervention incorporating integrated theoretical approaches through the use of blended therapeutic techniques. Behavioural challenges relating to grief were also predominant in the case study information provided by the participants. The participants further confirmed that the term 'grief' included different types of loss that were experienced among adolescent clients. Correspondence: *Laila Jeebodh-Desai, Masters Educational Psychology, Department of Education, University of Johannesburg, South Africa. laila.jeebodh@gmail.com*

**Paper Presentations. Clinical**

**Chair: Khota S**

**16:50—17:50**

**Khota S. The use of BWRT to manage symptoms of Borderline Personality Disorder**

A case study of a 21-year-old female presenting with Borderline Personality Disorder will be presented. Her

decision to begin therapy was as a result of a break up with her boyfriend following a suicide attempt. Therapy goals included dealing with past losses and abandonments and to assist with poor regulation of emotions. This case discusses the remarkable progress of the patient using six sessions of Brain Working Recursive Therapy (BWRT). Correspondence: *Shaheda Khota, MA (Clin. Psych.), Department of Health Sciences, North-West University, Member of the British BrainWorking Research Society, No 103 General Hertzog Street, Three Rivers, Vereeniging, 1930, Gauteng, South Africa. clinpsych.roshnee@gmail.com*

#### **Van Rooyen H. Interactional patterns of children admitted to a psychiatric hospital using the Marschak Interaction Method**

This study aimed to explore the interactional patterns of children who have been admitted to a psychiatric hospital and their caregivers by means of the Marschak Interaction Method (MIM). This study set out to describe the interactional patterns observed as well as the similarities and differences between the dyads. Attachment theory views the way in which the children interact with their caregivers as a crucial influence in their development and functioning. A qualitative research design was implemented to gather information regarding the interactional patterns of the dyads. Three caregiver-child dyads participated in this study. The caregivers showed similarities in that they were unable to react sensitively to their children's aggression and at times were not attuned to their children's emotional states. The children in the dyads showed similarities in that they took the lead in the interactions. One child showed a marked difference as he appeared to be more attuned to his caregiver's needs and tried to meet these needs. The two remaining children wanted to take control in the interactions. This supports the current theory that children who are seen to have disorganised interactions take control in two different forms: controlling punitive or controlling care-giving. Correspondence: *Holly van Rooyen, MA, Department of correctional services, 102, Blue Stream Estate, Matt Street, Pretoria East, 0181, Pretoria, South Africa. hollyvanrooyen@gmail.com*

#### **Kramers-Olen A. Assessment of sexual literacy in people with intellectual disability: Advances and challenges**

The right to sexuality is frequently restricted/denied to people with intellectual disabilities (PWID). Furthermore, PWID do not routinely receive the requisite supports they require in order to develop a positive attitude towards their sexual identity, as well as to be able to consent to sexual acts. Developmental, structural, environmental and attitudinal barriers frequently circumvent the expression of sexuality among PWID particularly in institutional health care settings. It is well known that mental health care practitioners' attitudes towards the sexuality of PWID are central to institutional "cultures" and policies regarding sexual expression of PWID in institutions. This paper considers the extant approaches to the assessment of sexual literacy knowledge among PWID, as well as its' challenges (particularly within the South African context) and advances recommendations in this regard. Correspondence: *Anne*

*Kramers-Olen, M Clin Psych, Department of Behavioural Medicine UKZN & Fort Napier hospital, P.O. Box 888, Hilton, 3245, Pietermaritzburg, South Africa. Anne.kramers-Olen@kznhealth.gov.za; anne55@absamail.co.za.*

### **Paper Presentations. Public Health**

**Chair: Howes D**

**16:50—17:50**

#### **Howes D. Procrastination and Distraction vs Future Vision**

In our society, we are bombarded with countless choices and distractions including cell phones, social media, fashion, internet, the media, shopping, food and addictive substances. Quality time and connection with family members in society is compromised as the inner alignment of an individual towards the truth of authenticity, wholeness and balance, is distracted towards these outer illusions. Conscious awareness of these challenges does not always lead to constructive action. Conscious solutions to change may be clearly apparent, only to be sabotaged and distracted by the deeper, unconscious emotional patterns and belief systems that are operating. An investigation is made into these unconscious origins of distractions and procrastination as well as the therapeutic intervention, in order to enhance and empower an individual to awaken to the truth of core values and needs within the individual and family contexts. The ability to prioritize these values with conscious awareness so that they may achieve and align with an empowered future vision is addressed. The inner balance of the mother / father and child principles is discussed relative to the ability to act and implement change so as to manifest and achieve an individual's highest, best future vision. A case example is cited. Correspondence: *Debbie Howes, Ma(ClinPSy), 221 columbine ave, mondeor, 2091. debbiehowes@mac.com*

#### **Van Niekerk R, Prener T. To treat, or not to treat, that is the question...**

Psychologists are trained to assess, diagnose, treat, and manage psychopathological symptoms. According to the prevalent view, the elimination of symptoms is desirable and the objective of interventions. This view is not supported by all. Increasingly, practitioners subscribe to the notion that the absence of psychopathological symptoms does not equate to the presence of mental health. Similarly, the presence of psychopathological symptoms does not equate to the absence of mental health. Practitioners are therefore required to consider related but independent dimensions when they assess the psychological health and treatment needs of individuals. This presentation focuses on the psychological and contextual variables that seem to determine the harmful or beneficial influence of symptoms. The assumption is that symptoms may undermine or facilitate adjustment. This view of psychopathological symptoms is by no means a recent development. Therefore, during the presentation the contributions of a number theorists, researchers and practitioners will be reviewed to offer an inclusive perspective on this paradoxical phenomenon. The presentation aims to challenge practitioners to reconsider the

principles we follow when assessing, diagnosing, treating, and managing individuals who present with psychopathological symptoms. Furthermore, it also aims to offer hope to individuals who find their psychological experiences complex and puzzling. Correspondence: *Roelf Van Niekerk, PhD, Industrial and Organisational Psychology, Room 1012, Main Building – South Campus, NMMU, Summerstrand, Port Elizabeth, 6031, South Africa, roelf.vanniekerk@nmmu.ac.za*

**THURSDAY, 21 SEPTEMBER 2017**

**Paper Presentations. Development/Children**

**Chair: Ntinda K**

**08:30—10:30**

**Dabugat F. Emotional Intelligence and Early Childhood Development in Africa: The Nexus**

Emotional intelligence (EI) is globally recognised as a necessary skill that is useful in all facets of life. The family is the pillar of every society, hence the relevance of early childhood development. The aim of this study is to investigate the relationship between EI and early childhood development in Africa. This is pertinent because Africa is lacking in childcare as witnessed in the inability of most African countries to achieve the Millennium Development Goals which led to the creation of the Sustainable Development Goals. A survey method will be used and participants will be selected from Jos, Nigeria. Questionnaire will be adopted as the instrument of data collection. Ninety participants will be drawn through a random sampling method. Results will reveal the link between EI and early childhood development of African children. The revelations of the study will serve as a guide for African parents in the 21st century. Secondly, it will enable government to formulate policies that will help families to function appropriately. Families will function better if given family strengthening interventions by governments. This falls in line with African Union's 2014 theme which recognised the family as an agent of socialization that transmits societal norms and values. Correspondence: *Felicia Dabugat, BSc, MSc, University of Jos, Faculty of Social Science, Department of Sociology, P.M.B. 2084, 930001, Jos, Nigeria. dabugatf@gmail.com; feliciasociology@yahoo.com*

**Asah-Ayesh V, Mate-Kole C, De-Graft Aikins A. Body image, sociocultural factors and psychological health among adolescents in Accra, Ghana**

The present study examined the relationship between adolescents' body image and psychological health. Further, it evaluated the coping strategies used when under stress. Three hundred and thirty-six participants were recruited from private and public educational institutions in Accra, Ghana. It comprised 142 males and 194 females, aged between 14 to 21 years old. Tests assessing body image, psychological health and coping strategies were administered. The results revealed that participants who were satisfied with their body

image showed significantly lower levels of stress than those with poor body image (body dissatisfaction). In addition, adolescents with poor body image reported experiencing higher levels of pressure. Participants with poor body image (dissatisfaction) reported higher avoidance compared to participants with good body image (body satisfaction). Correspondence: *Vida Asah-Ayeh, MPhil Social Psychology, Department of Psychology, University of Ghana. Legon, Accra, Ghana, 1 recreation lane, Baatsonaa Spintex Accra. P. O. Box Yk 287 Kanda. Accra. vidaasahayeh@gmail.com*

**Oppong Asante K, Meyer-Weitz A. Factors that promotes resilience in homeless children and adolescents in Ghana: A qualitative study**

Several studies conducted on street youth have focused on causes of homelessness, their engagement in risky sexual behaviours and the prevalence of STI, including HIV/AIDS. Although homeless youth are considered resilient, sparse literature exist on factors that promote resilience in this vulnerable group. Using a qualitative approach, semi-structured interviews were conducted with 16 purposively selected homeless children and youth (with a mean age of 14 years) from the Central Business District of Accra, Ghana. Thematic analysis was used to analyse the data. Findings showed that a strong religious belief, sense of humour, engagement in meaningful social interactive activities, reciprocal friendship, adherence to cultural norms and support from community-based organizations were identified as factors that help homeless youth cope with the multiple challenges of "streetism". Strengthening such protective factors could help ameliorate the impact of adverse conditions of these street youths. Correspondence: *Kwaku Oppong Asante, PhD, University of Ghana, Department of Psychology, P. O. Box LG 84, Legon, Accra. Ghanakwappong@gmail.com*

**Ntinda K. Relationship Identities of School-going Adolescents from Child-headed Households in Lubombo Region of Swaziland**

The aim of this study was to explore and describe aspects of relationship identity qualities and perceived resources of school-going adolescents from child-headed households in a rural Swaziland context. The participants were a purposive sample of (n =24) school-going adolescents from child-headed households in the Lubombo region of Swaziland (female = 50%; age range 11-17 years; grade 5-7). Data on their relationships and resilience were collected using in-depth interviews and focus group discussions. Data were thematically analysed. Findings suggest the adolescents to be invested in community and family identity relationships. Having an existential relationship identity with a Supreme Being was highly valued. Significant other identities of importance to the adolescents included peers' relationship in the context of leisure time and recreational activities such as dancing and engaging in sports. The teenagers reported to be less secure in their developing sexual relationships in which they perceived risk of abuse. Children from child-headed households in the emerging country of Swaziland seemed to be thriving rather than languishing in their relationship identities. Correspondence: *Kayi Ntinda, PhD, University of*

Swaziland, P/Bag 4 University of Swaziland, Kwaluseni  
Campus, Manzini, Swaziland. kmntinda77@gmail.com

### **Wan Y, Fu H. High-intensity Coordination Enhances Prosocial Behavior in 6-year-old Children**

Previous research has found that some elements of interpersonal coordination, such as mimicry and synchrony, facilitate prosocial behaviour, but the prosocial implication of other factors of coordination remains unclear. The present study hypothesized that the intensity of coordination plays a key role in promoting helping and cooperative behaviours. We explored the issue from a developmental perspective in the context of joint music making. Seventy 6-year-old children were assigned to play percussion instruments along a song track in pairs, with one child on drums and the other on bells. The drums played a simple rhythm first, and the bells followed with the same rhythm. In the high-intensity coordination condition, drums and bells alternated in every measure; in the low-intensity coordination condition, drums and bells alternated every 4 measures. In a later task, children from the high-intensity coordination condition were more likely to help their partners and work cooperatively. The result suggests that the intensity of coordination is a major factor that facilitates cooperation. By creating a “mini joint task” in every measure and constantly highlighting the mutual goal, the tight coordination boosts the pair’s confidence in completing the task and elicits their feeling of indispensability for the group’s success. This type of carefully designed joint task with high-intensity coordination might be very effective in promoting children’s development in altruistic behaviours. Correspondence: *Yingjia Wan, 3 Banking Street, 6-1-602, Nanjing, hina. wanyingjia@hotmail.com*

### **Invited Keynote. Internationalizing Psychology Education and Training: The Need to Broaden the Discourse**

**Chair: Maree D**

**Presenter: Ava Thompson**

**08:30—09:10**

### **Thompson A. Internationalizing Psychology Education and Training: The Need to Broaden the Discourse**

Internationalizing psychology education and training (PET) has become a major area of focus in efforts to create a global psychological science. However, the relative absence of psychologists from the Majority World in the burgeoning literature reduces the likelihood that a global psychological science that can promote humanity’s development and well-being in a wide range of contexts will be established. In this presentation, I provide an overview of developments of this growing “specialty”, outline key developments and discuss the implications of continued reliance on a European-American model of internationalizing PET. While acknowledging the significance of this shift, I argue that it is imperative for psychologists in the Majority World to become actively engaged in the discourse on

internationalizing PET. In addition to highlighting reasons for this critical engagement, issues for consideration and barriers, I present critical strategies for internationalizing PET in achieving a global psychology that incorporates concepts and findings from societies and cultures from all parts of the world. Correspondence: *Ava D. Thompson, PhD, Associate Professor, Psychology Department of Psychology, Sociology & Social Work, School of Social Sciences, University of The Bahamas, P. O. Box N-4912, Oakes Field, Nassau, Bahamas. ava.thompson@ub.edu.bs*

### **Symposium. Critical heterosexualities: Can psychology see straight?**

**Chair: Brouard P**

**Presenter: Zamani A**

**09:10—10:30**

### **Kotze E, Brouard P. Sex signs: Unearthing psychology's heterosexual assumptions**

The aim of this presentation is to unearth the heterosexual assumptions underpinning psychology through an exploration of the relationship between gender, sexuality and space, both materially and discursively. Drawing on the fields of Linguistic Landscape and Queer Theory, the presentation will provide an analysis of an intervention aimed at drawing bystanders into conversations about the sexed nature of a psychology conference, through the use of sex-related signs. The presenters argue that the apparent banal nature of these signs is exactly what enables them to contest the blind reproduction of the more traditional heterosexual signs that usually inform psychological meeting spaces. Ultimately, the presentation aims to contribute to a psychology that is able to critically engage with the heterosexual assumptions embedded within it. Correspondence: *Ella Kotze, MA, UNISA-SAMRC Institute for Social and Health Sciences, 1 South East Metropolitan Complex, Lenasia Drive M10, Lenasia South, Lenasia, 1827. ekotzees@unisa.ac.za ; ella.kotze@gmail.com*

### **Nduna M, Ewing D. Supposed Realities: The infrahumanization of bisexual individuals in unversed communities**

Scholarship on sexual orientation has gained global interest but this trend faces resistance in the African continent where there is limited knowledge that comes from, and offers an indigenous African perspective on the subject. This mirrors and strengthens the commonly held myth that homosexuality is un-African which manifested in the draconian sodomy laws that are still in place. South Africa was the exception as one of the first countries in the world to have constitutional provisions that protect people from discrimination based on their sexual orientation; however, reports of homophobic violence show that these provisions have not translated into the lived realities of LGBTI individuals who experience overt homophobia in their communities. This study is a community-based baseline qualitative assessment of AFSA’s sexual reproductive health rights interventions in seven sites across three South African provinces. Participants included community members who participated in focus group

discussions, and community stakeholders who were interviewed as key informants. While participants demonstrated knowledge about LGBTI rights, LGBTI identities were labelled as Western impositions, criticized as undermining and malicious to the communities religious and cultural social order which justifies their infringement. Correspondence: *Mzikazi Nduna, PhD, University of the Witwatersrand, P O Box 427, Wits, 2050, Johannesburg, south Africa*). [mzikazi.nduna@wits.ac.za](mailto:mzikazi.nduna@wits.ac.za)

**Macleod C, Tracey T. Queering heterosexuality? Undoing the disciplinary technologies of surveillance and confession, and the technologies of relationship**

The heterosexual imperative relies, inter alia, on the suppression of homosexuality, on a gendered binary, and on the day-to-day enactment of heteronormativity. In this paper, we analyse how heteronormativity is re-produced in the mundaneness of heterosexual couples' everyday life. Using photo-elicitation interviews a range of mixed-sex couples were asked to reflect on their togetherness. Central strands of their narratives included the immediate social and familial network in which the couple is embedded and the everyday context through which togetherness is constructed. We argue that both become means of exerting a normalising influence on couples. Modern couples, similar to the modern individual, are constructed as unique, separable entities. They are thus subject to surveillance through their family and friends witnessing their togetherness, and to the incitement to self-regulation through the confession. They monitor their relationship through the technologies of relationship (caring for each other, mastering the relationship and getting to know each other). These technologies take heterosexuality and a gendered binary for granted, thereby producing and reproducing heteronormative standards. Queering heterosexuality would require exposing and undermining these disciplinary technologies and the technologies of relationship. Correspondence: *Catriona Macleod, PhD, Rhodes University, P O Box 94, Grahamstown, South Africa*. [c.macleod@ru.ac.za](mailto:c.macleod@ru.ac.za)

**Paper Presentations. Clinical**

**Chair: Kritzinger AM**

**08:30—09:50**

**Fekih L. Youth suicide attempts and its relationship to alienation - A study on a sample of youth suicide attempts in Western Algeria**

This study conducted on a sample of 83 youth (aged between 17 and 30 years) focuses on youth who have made suicide attempts in western Algeria. The objectives of the study were to identify some epidemiologic data relating to youth suicide attempts. Data was collected using the Psychological Alienation Scale and Questionnaire. Statistical techniques included percentages, and t tests. The research findings were as follows: (i) The average "alienation" scores among youth who had made suicide attempts was high; (ii) There was a statistically significant difference ( $p < 0.01$ ) between the sexes in terms of suicide motives; (iii) There was no significant difference between the sexes in terms of

manifestations of alienation (isolation, no values; disability). Correspondence: *Laid Fekih, PhD, University of Tlemcen, N° 7 Belbachir Ibrahim street 13500 Remchi Tlemcen Algeria*. [fekih\\_laid@yahoo.fr](mailto:fekih_laid@yahoo.fr)

**Howes D. Teen suicide and self-mutilation**

As pressures and challenges increase within family, cultures and societies, teen suicide and self-mutilation has been on the increase. An investigation into the underlying unconscious dynamics of suicide is illustrated via a hypnotherapeutic model which serves to identify, illustrate and reprocess these relevant dynamics. The unconscious mind has the logic of a child: the strange logic helps to illuminate the interplay between the individual's ability to receive unconditional love and emotional support during challenging times; as well as the resulting anger and guilt which implodes destructively within the individual. The underlying missing information is illuminated relative to the dynamics of the self-destructive means of solving problems via suicide and self-mutilation. The psychotherapeutic procedure is outlined for constructive management and containment of these teens. Case studies are cited. Correspondence: *Debbie Howes, MA(ClinPsy), 221 columbine ave, mondeor, 2091*. [debbiehowes@mac.com](mailto:debbiehowes@mac.com)

**Kritzinger AM, Blokland L. Adolescent non-fatal suicidal behaviour: Experiences in the public health care context**

Non-fatal suicidal behaviour among adolescents is a global concern and South Africa is no exception. Adolescents admitted to hospital following a suicide attempt pose significant challenges to an already stretched public health care service. This study explores the experiences of adolescents admitted to hospital for the reason of non-fatal suicidal behaviour. In addition, attention is given to the experiences of the health care professionals who provide care after admission to hospital, i.e. the medical doctors, nurses, psychologists and social workers. The current presentation reveals some of the preliminary results of this qualitative investigation. Correspondence: *Anna M. Kritzinger, MA Clin Psych, Dr. George Mukhari Academic Hospital/Sefako Makgatho Health Sciences University. PhD Candidate: University of Pretoria, PO Box 4800, Rietvalleirand, Pretoria, 0174, Pretoria, South Africa*. [mia.kritzinger@gmail.com](mailto:mia.kritzinger@gmail.com)

**Invited Keynote. Relevance of HeartMath Global Coherence Initiative for psychology in Africa**

**Chair: Kramers-Olen A**

**Presenter: Steve Edwards**

**09:50—10:30**

**Edwards S. Relevance of HeartMath Global Coherence Initiative for psychology in Africa**

In its perennial and diverse forms Psychology in Africa represents a holographic version of a global psychology, which has yet to develop fully and transcend continental, national, cultural and other boundaries. Yet indigenous peoples throughout Africa and across the world have traditionally lived in a way that honours life as a deeply

interconnected whole, and practised a vibrant heart psychology. For example, Zulu culture honours ancestral (amadlozi) presence (sikhona), ceremonies (umsebenzi), indigenous healing practices of diviners (izangoma) and doctors (izinyanga). Profound interconnectedness is evident in such themes as ubuntu (humanity in all communal and spiritual interrelationships), ubudlelwana, (interconnectedness), indaba (coherent communication), harmony (ukulungiso), and unity (ubunye). The aim of this presentation is to illustrate the relevance of HeartMath Global Coherence Initiative for Psychology in Africa and, by implication, planet earth. The presentation reviews research evidence of HeartMath Global Coherence Initiative as an integral, positive psychological approach based on psychophysiological coherence, which is characterized by a heart rhythm pattern of elevated amplitude in low frequency heart rate variability of around 0.1 Hz. This is associated with synchronization between various physiological systems, positive emotions, athletes' "zone" experience, enhanced spirituality, personal, social and global coherence and health. For example, research evidence is provided for the effectiveness of an African heart breath healing method, specifically developed around the concept Shiso, an ancient isiZulu respectful (hlonipha) term for a human being, and acronym for Spirit (umoya), Heart (inhlizyo), Image (umcabango), Soul (umphefumulo) and Oneness (ubunye). Independent and collaborative South African research, validating various HeartMath techniques, is described. This includes an African Global Coherence Initiative Site, established on a private game reserve in Kwa-Zulu Natal, which is providing valuable, freely available, research data. The results and discussion draw upon local and international evidence and findings available on the websites: [www.heartmathsouthafrica.co.za](http://www.heartmathsouthafrica.co.za), [www.glcoherence.org](http://www.glcoherence.org), [www.Heartmath.org](http://www.Heartmath.org), [www.live4now.co.za](http://www.live4now.co.za), [www.researchgate.net/profile/Stephen\\_Edwards](http://www.researchgate.net/profile/Stephen_Edwards).

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## **Invited Symposium. Psychology and the sustainable development goals**

**Chair: Maras P (IUPsyS) & Mate-Kole C(PAPU)**

**08:30—10:30**

### **Barnes B. Health psychology and the sustainable development goals**

Health promotion programs, framed by psychological theory and practice, are common in the global South. Programs attempt to encourage healthy behaviours; to facilitate the uptake of 'simple' technologies such as condoms, soap, improved cooking technologies and insecticide treated bed nets; and to create enabling environments to make healthier choices easier. By drawing on work in relation to SDG three (good health and wellbeing), six (clean water and sanitation) and seven (affordable and clean energy), I argue that (health) psychology has an important role to play in the SDGs, but

that there are important limitations related to effectiveness, structural critiques, ethics and governance. The paper also reflects on the broader question of the role of health psychology in global development politics and identifies areas for future work including strengthening theory, gender, global North-South knowledge production and understanding resistance. The paper concludes by highlighting emerging developments in health behaviour change programs in the global South and their implications for the SDGs. Correspondence: *Brendon Barnes, PhD, Department of Psychology, University of Johannesburg, Auckland Park Kingsway Campus, 2006, South Africa. bbarnes@uj.ac.za*

### **Turnquest D. The role of psychologists in achieving the sustainable development goals: A focus on the youth ecosystem in advancing national development**

With the largest population of youth ever in the world, youth have become increasingly critical in the global development agenda. The United Nations Population Fund (UNFPA) recent advocacy for a stand-alone youth goal was met with varied degrees of resistance and was ultimately unsuccessful; the counterarguments centred around the position that many of the 169 indicators were relevant to young people. With proper coordination, advocacy and mobilization of young people, the SDGs are within reach and psychologists are uniquely positioned to address the challenge of engaging youth while offering scholarly guidance to policy-makers. Psychologists offer specialized competences and perspectives that are often overlooked in human capital development with young people. Immersion in the ecosystem of the world's 1.8 billion strong youth provides an opportunity to understand how social norms, values, socioeconomic status, and adolescent development shape youth participation in their communities and ultimately reflect the well-being of a Nation. In 2011, The Bahamas appointed a psychologist as its National Director on Youth Affairs, which allows for strategic interventions with and for youth, with their strengths and vulnerabilities. In this presentation, I highlight the role of psychology in engaging and empowering youth as a critical strategy for advancing National Development. Correspondence: *Turnquest DK, MA, Ministry of Youth, Sports & Culture, The Bahamas. dktturnquest@gmail.com*

### **Rugira J. The contextual manifestation and promotion of well for Sustainable Development Goals: the role of Psychology in Africa**

Recognizing that many nations had not achieved their MDGs, the United Nations adapted the Sustainable Development Goals – SDGs for the 195 nations that lagged behind. The health-specific SDG is No 3 which calls for commitment to healthy lives and promotion of well-being for all and at all ages. This goal has since been broken in nine targets of which two of them speak directly to psychology and the need for contextual relevance in intervention. Target four calls for the promotion of mental health and wellbeing, while target five focuses on strengthening prevention of the rise of substance abuse including harmful use of alcohol. With globalization on the rise, a contextual comparison of levels of well-being across nations can only contribute to a scientific vacuum and ill-conceived recommendations and

classification of nations. I argue the importance of social context as a determinant of well-being within and between nations. In this paper, I raise issues of culture, balance and measurement which positive psychology has particularly ignored when explaining positive functioning of individuals. I contend that SDG No 3 can only be achieved through deliberate consideration of the social-cultural contextualization of human life and experiences which have a direct implication on all aspects of health promotion. This paper further demonstrates that the specific circumstances that characterize Africa's socio-historical context which includes colonialism, slavery; burden of disease (e.g. HIV/AIDS; TB; malaria), civil wars and unrest paint a unique complex picture of the African population which needs to set the agenda for research in psychology which is concerned with the promotion of well-being. Correspondence: *Rugira J, PhD, University of Johannesburg, South Africa. jrugira@uj.ac.za*

### **Palmary I. Protecting the vulnerable? Gender, sexuality and asylum**

This paper looks at asylum as a key system of protection for vulnerable migrants. In focussing on how gender and sexuality have been taken up in the asylum system, I trace, through an analysis of UN documents, a discourse of increasing developmentalism which understands development as a linear and incremental attainment of rights. I argue that this serves to create the illusion of increasing protection for migrants in an increasingly anti-migration policy and popular world as well as reproducing the belief that some states are more advanced than others. A particular notion of human rights is at the heart of creating this hierarchy of development which in turns erases the exclusionary and often violent practices of those countries and policies deemed more developed. In critiquing this idea of development, I unpack the global nature of migration policy making and the way in which it reproduces unequal relationships between the 'west' and the rest. Correspondence: *Ingrid Palmary, University of the Witwatersrand, South Africa. ingrid.palmary@wits.ac.za*

### **Barthelemy M, Soltau F. Changing Mindsets for Realizing the SDGs: The Role of Psychology**

In September 2015, leaders of all countries adopted an ambitious 2030 Agenda for Sustainable Development with 17 Sustainable Development Goals at its core. The agenda aims to build a better world by 2030 through actions in areas of critical importance related to people, the planet, prosperity, peace and partnership. The Agenda aims at no less than transforming the world by 2030, an ambition that guides the characteristics of the Agenda, notably its universality, integrated nature and focus on 'Leaving No One Behind'. Implementation of the Agenda is already underway and many countries have started to adapt their policy, institutional or legislative framework for realizing the goals, mobilizing parliaments and local governments. This came out clearly at the meetings of the UN high-level political forum on sustainable development. Realizing the SDGs requires mobilizing all parts of the government. It also requires a "whole of society" approach and sensitizing and

mobilizing civil society, the private sector and people around the SDGs. The agenda truly requires a change of mindsets. For example, combatting inequality and improving the situation of the furthest behind may be perceived as a threat by some groups of the population. Unsustainable patterns of consumption and production are closely related to the attitudes and values that guide people and societies. Education and career management systems may fuel the habit of working in silos (rather than embracing integrated balanced approaches across economic, social and environmental areas). Many of the challenges at the heart of the SDGs are thus related to the psychology of people. Psychologists can provide essential insights that will help policy makers in building ownership and commitment to the SDGs within government and the political world, among civil societies and across societies. Correspondence: *Marion Barthelemy, United Nations Department of Economic and Social Affairs. Barthelemy1@un.org*

### **Symposium. The role of african traditional healers in the management of mental illness**

**Chair: Mashamba T**

**08:30—10:30**

#### **Madzhie M, Mashamba T, Takalani J. The Explanation, Causes and Treatment of Mental Illness by African Traditional Healers in Thulamela Municipality, South Africa**

The aim of this study was to understand and describe traditional healers' explanation and treatment of mental illness in Thulamela Municipality. The study was explorative and descriptive in nature. It was a qualitative study which was conducted at Tshisaulu village. The village is within the Thulamela Municipality which is under the Vhembe District of Limpopo Province. The population in this research were traditional healers who are located in Thulamela Municipality. Three female and three male traditional healers were chosen. Data were gathered through semi-structured interviews. The interviews were conducted in Tshivenda, audio taped and then transcribed and translated into English. Data gathered was analysed using content analysis. The findings of this study indicate that there are different methods used by traditional healers to treat mental illness. The findings also show that mental illness can be treated through African traditional healing. The study concluded that traditional healers are providing health services to people who are living with mental illness, and they are considered to be the health care system in their community. Correspondence: *Mpho Madzhie, University of Venda, Thohoyandou, South Africa. madzhiempho@gmail.com*

#### **Sodi T, Mashamaite P. An exploration of the treatment of mental illness by indigenous healers in Moletjie, Capricorn District, Limpopo Province**

This is a qualitative study that sought to explore the treatment of mental illness by indigenous healers in Moletjie, Limpopo Province. The specific objectives of the present study were to: 1) determine the types of mental illness identified by indigenous healers in Moletji, Limpopo Province and; 2) understand and describe the methods used

by the indigenous healers in the treatment of mental illness. Using snowball sampling, a total of 10 indigenous healers (males = 5; females = 5), were selected and requested to participate in the present study. Data was collected using semi-structured interviews, and analysed using thematic content analysis. The following psychological themes emerged from the study: indigenous healer's notions of mental illness, perceived causes of mental illness, the process of assessment using the divination bones (ditaola) and the treatment practices and processes that indigenous healers follow. The findings emphasize that treatment of mental illness is mainly determined by the perceived causes which are deeply rooted in cultural ideologies. Correspondence: *Tholene Sodi, PhD, University of Limpopo, Sovenga, South Africa. tholene.sodi@ul.ac.za*

### **Mashamba T, Mashamba L, Rambau I. Ethical issues in the diagnosis and treatment of mental illness among African Traditional Healers**

Several studies show that more than 80% of the people in developing countries use traditional medicine for primary health care. There are different reasons for traditional healer's popularity including their holistic approach to treatment and prevention of illness. Ethics in health care are vital systems of moral principles governing the appropriate conduct of health care workers. The aim of this study was to explore ethical issues in the diagnosis and treatment of mental illness among African traditional healers from western perspectives. A qualitative approach was used to conduct the study. Eight traditional healers were selected through purposive sampling. Data was collected through in-depth interviews and was analysed using thematic content analysis. The following issues were discussed: 1) certification of their knowledge and training; 2) their ability to foresee and avert harmful effects; 3) the patient giving consent in the diagnosis and treatment; 4) their knowledge of the botanical properties of the drugs they use; 5) allowing patients to sometimes use both western and traditional medicine and; 6) their attitude to preserve life in those who are terminally ill. Correspondence: *Tshilidzi Mashamba, PhD, University of Venda, Thohoyandou, South Africa. Tshilidzi.Mashamba@univen.ac.za*

### **Mashamba T, Rambau I, Mashamba L. Popularity of African Traditional Healers in the management of mental illness**

The aim of this study was to explore the popularity of African traditional healers in the management of mental illness. A qualitative approach was used to conduct the study. Eight traditional healers were selected through purposive sampling. Data was collected through in-depth interviews and was analysed using thematic content analysis. The following themes emerged from the findings of the study: 1) cultural tradition; 2) a holistic approach to the treatment and prevention of illness-body, mind, soul, family, environment, social, spiritual and life style values; 3) traditional healers are easily accessible and available, found in every village; 4) they know their patient's homes through home visits and; 5) low cost-as payment is done according to patient's ability (can be free), and can be done in kind or in instalments,

payment can also be made after the patient is healed. Based on the findings of this study, it can be concluded that African traditional healers are very effective in the communities where they operate. Correspondence: *Tshilidzi Mashamba, PhD, University of Venda, Thohoyandou, South Africa. Tshilidzi.Mashamba@univen.ac.za*

### **Taruvinga P, Sodi T. The conceptualisation of the causes of mental in a Zezuru Shona community in Zimbabwe**

The aim of this study was to explore the conceptualisation and treatment of mental illness by Zezuru Shona traditional healers in the Goromonzi District in Zimbabwe, with the view of capturing the psychological themes embedded in these culturally constructed practices. The study adopted the interpretive approach. Study participants (n = 10; male = 9; female = 1; age range = 36 to 68 years) were purposefully selected by adopting the snowball sampling procedure. Data was analysed using interpretive phenomenological analysis. The findings revealed that traditional healers perceive mental illness to be caused by both internal and external factors, with heredity and trauma understood to be some of the common causes. Diagnostically, spiritual procedures such as kushopera (divination), girazi (looking glass) and kurotswa (the use of dreams) were common methods used, while the use of mushonga (traditional medicines) was common in the management of various mental illnesses. The study is concluded by suggesting that mental health practitioners can learn from traditional healer's use of holistic and culturally sensitive approaches when conceptualising, diagnosing and treating mental illness and associated conditions. Correspondence: *Percy Taruvinga, PhD, University of Limpopo, Polokwane, South Africa. percytaz@gmail.com*

## **Symposium. Sexual violence in the South African context: young adolescents' experiences, rape posters and higher education responses?**

**Chair: Macleod C**

**08:30—09:50**

### **Lynch I, Timol F, Essop R, Macleod C. Starting young: Intimate partner violence among very young adolescents in Cape Town, South Africa**

This presentation outlines the findings of a study exploring very young adolescents' experiences of intimate partner violence (IPV). Violence prevention among very young adolescents (10 to 14 years of age) is often limited to notions of stranger danger and intergenerational sexual abuse, based on assumptions that this age group is not at risk of IPV. This research forms part of a baseline assessment of a five-year pilot intervention, the Sexual Violence in Schools in South Africa (SeViSSA) programme, implemented by Grassroot Soccer and the Soul City Institute at primary and high schools in Khayelitsha, South Africa. Data were collected from 662 participants across 10 primary schools using a cross-sectional survey design. The findings support a focus on early intervention, particularly around coercive sex in

relationships. Almost half of participants indicated that they have had a romantic partner, and of those participants, 48% reported having experienced intimate partner violence. Types of sexually-related IPV most commonly reported include being forced to have sex out of fear, and being forced to do something sexual that was humiliating or shameful. Girls experienced higher rates of intimate partner violence, including sexual violence, than boys. Just over half of participants that experienced sexually-related IPV reported the incident to someone (53%). Correspondence: *Ingrid Lynch, HSRC. ILynch@hsrc.ac.za*

**Macleod C, Bohmke W, Mavuso J, Chiweshe MT. Contesting sexual violence policies in higher education: The case of Rhodes University**

In April 2016, students at Rhodes University brought the institution to a standstill as they protested the University's sexual violence policies and procedures, as well as the rape culture that pervades our social structures. In response, a Sexual Violence Task Team (SVTT) was formed in an open, participatory and transparent process. Members of the University community were invited to comment on drafts of the SVTT document. In this paper, we outline: (1) the contestations that both the protests and the inputs from University members to drafts of the document highlight concerning sexual violence on campuses and sexual offences policies; and (2) the overarching recommendations made by the SVTT. We argue that part of the difficulty in dealing with sexual violence in higher education (and other) spaces is a rift between legalistic and gender-sensitive formulations of how to intervene. Correspondence: *Catriona Macleod, PhD, Rhodes University, P O Box 94, Grahamstown, South Africa. c.macleod@ru.ac.za*

**Bohmke W, Bennie R. What are we telling people to do about rape? A Q-Methodological approach to audience reception of public awareness messages on sexual violence**

Public awareness poster campaigns are an often-used method for raising awareness about the topic of rape and other forms of sexual violence. Many poster campaigns make careful use of high-impact imagery and easily remembered catchphrases and slogans; how such campaigns may unintentionally reproduce problematic social representations, attitudes and beliefs about sexual violence has received little attention. This paper outlines an analysis of audience reception of a range of sexual violence awareness campaign posters. Anti-rape poster campaigns published in the USA and UK were selected and analysed for the messages about sexual violence they contained. These messages were distilled into a series of statements presented to volunteer research participants in an agreement/disagreement ranking and sorting exercise. The resulting patterns were analysed using Q-methodology. The results show clear patterns of audience orientation towards the messages contained in sexual violence awareness posters that will be useful in the future design of effective and targeted public awareness materials. How messages aimed at raising awareness and reducing sexual violence are framed has the potential to reproduce dominant social narratives and gendered subject positions in ways that reinforce notions of men as active sexual agents and potential perpetrators, and

women as sexually passive 'victims-in-waiting'. Correspondence: *Werner Bohmke, MA, Department of Psychology, Rhodes University, P O Box 94, Grahamstown, Eastern Cape Province, South Africa, 6140, South Africa. w.r.bohmke@ru.ac.za*

**Invited Keynote. Situational mechanisms in violent enactments: Enhancing the resolution of the global picture of violence**

**Chair: Kiguwa P**

**Presenter: Brett Bowman**

**09:50—10:30**

**Bowman B. Situational mechanisms in violent enactments: Enhancing the resolution of the global picture of violence**

The last three decades have witnessed a paradigmatic shift in approaches to violence as an object of study. Once considered a relatively fixed behavioural expression of psychogenic traits, recent approaches claim the phenomenon as an emergent, preventable outcome produced at the intersection of human systems. Rather than a narrow focus on the individual, this conceptualisation provided new horizons for studying risks for violence at different levels of the ecology in which it is embedded. Despite the unquestionable successes of this orientation, relatively little is known about the mechanisms that translate risks for violence into enactments of violence itself. In this talk I suggest that addressing this omission is crucial to advancing violence studies, and that a focus on studying violent situations rather than abstracted risks is imperative to doing so. Drawing on several recent South African studies I demonstrate the utility of centering violence rather than its correlates as a target for critical inquiry, and discuss the implications of such a focus for better understanding violence across the world. Correspondence: *Brett Bowman, PhD, Department of Psychology University of the Witwatersrand, Private Bag X3, Wits, 2050, South Africa. Brett.Bowman@wits.ac.za*

**Invited Keynote. Emerging adults' susceptibility to sexting influences: Dangerous or developmental?**

**Chair: Pillay S**

**Presenter: Mia Amour Jules**

**09:50—10:30**

**Amour Jules M. Emerging adults' susceptibility to sexting influences: Dangerous or developmental?**

Social media may represent another avenue through which emerging adults can demonstrate risky sexual behaviour online (sexting) and explore their sexual identities with online peers. Emerging adulthood is defined as a time of life when the independent exploration of many personal life directions is of utmost importance. As it relates to sexuality, emerging adults are in the prime of their lives and the importance of sexuality increases as their curiosity peaks;

hence, the 18 – 24year demographic is more likely to experiment rather than commit to a stable identity online and offline. This is supported by the theoretical principles of the youth online social networking health-risk model. Moreover, recent findings from a cross-national comparative study show that emerging adults from the Caribbean and the United Kingdom are at heightened risk for contracting sexually transmitted infections due to risky peer group online interactions. Significant relationships were found between susceptibility to online peer influence (SOPI) and offline health related behaviour and cognitive factors (attitudes, subjective norms, perceived behavioural control and intent) generally mediated the relationships between SOPI and offline risqué behaviour. In light of these findings, the extent to which sexual risk-taking behaviours can be conceptualized as dangerous or developmental will be interrogated. Correspondence: *Mia Jules, PhD, mia.jules@cavehill.uwi.edu*

### **Paper Presentations. Counselling**

**Chair: Jithoo V**

**08:30 —09:10**

#### **Rodriguez A. Addressing Microaggression and Stereotype Threat in Clinical Practice**

This participatory seminar is designed to acknowledge, support and guide psychologists in determining how their cultural background, world view and self-identification, all components that influence personal identity, affects their work with individuals who are different. By relating personal identity development to the concepts of stereotype, threat and microaggression and their effect on test performance, emotional well - being, and other behaviours, the participants will reflect on how their own identity formation, and other emotionally connected group affiliations influence their perception of clients and themselves. The seminar will provide insight into how one works with individuals who are culturally different. The goal of the seminar is to increase professional effectiveness by understanding how the self is connected to the process of clinical support. The insights gained will help psychologists working with non-majority individuals who face societal and community roadblocks in education and in life to be more insightful, transparent and supportive when providing clinical services. Correspondence: *Andrea Rodriguez, PhD, 438 State St, Brooklyn, United States. arod423@aol.com*

#### **Jithoo V. Contested meanings of mental health and wellbeing amongst South African university students**

In order to provide relevant support; academics, health care providers as well as policy makers need to be more cognisant of how young people make meaning of their psycho-social developmental context. A qualitative study using individual interviews explored how a university cohort made meaning of emotional wellbeing and mental illness, the causes of mental health problems, the negative connotations associated with mental ill health, help seeking behaviours and how culture was used as a lens through which mental wellbeing was understood. The main findings indicate that students:

struggle to fully understand these concepts mainly because they are shrouded in mystery and complexity and are not engaged with freely because of stigma and stereotypical attitudes; and while culture provides a lens to understand the causes and interventions, young people often adopt a level of scepticism and are beginning to vacillate between tradition and modernity. Young people face many barriers to accessing health care services including: limited knowledge and stigma related to services, lack of confidentiality, fear of mistreatment, locations of facilities, and high cost of services. Universities and government should actively engage with research evidence to inform policies and programmes to improve the health and wellbeing of emerging adults. Correspondence: *Vinitha Jithoo, PhD, Wits University, 22A Gill St Observatory, Johannesburg, 2198, South Africa. vinitha.jithoo@wits.ac.za*

### **Invited Keynote. Realism in psychological science**

**Chair: Macleod C**

**Presenter: David Maree**

**09:50—10:30**

#### **Maree D. Realism in psychological science**

Currently the prevailing two epistemological approaches in psychological science (in South Africa) are positivism and social constructionism. Usually the motivation for social constructionism is the inappropriate application of positivistic quantitative frameworks to psychological phenomena. This paper would like to argue that both are wrong: psychological phenomena investigated in psychological science require a naturalist realist ontology and epistemology. Naturalist realism provides the proper grounding for appropriate methods in psychology without requiring any dualism. It is thus possible to move beyond the quantitative-qualitative, positivist-constructionist and even the scientist-practitioner polarities causing so much excitement among psychologists. In essence, the basis of a naturalist realism is critical difference, ontologically grounded. Correspondence: *David Maree, PhD, University of Pretoria, South Africa. david.maree@up.ac.za*

### **Invited Keynote. Lessons learned from a decade of focus on youth research in the**

**Bahamas**

**Chair: Fynn A**

**Presenter: Richard Adderley**

**08:30-09:10**

#### **Adderley R. Lessons learned from a decade of focus on youth research in the Bahamas**

The Focus on Youth Caribbean (FOYC) curriculum is an evidenced-based education methodology focusing on life skills training, with the objective of teaching and reinforcing behaviours which reduce risks for HIV/STI transmission and teen pregnancy. This paper attempts to distil the knowledge, understanding and experiences gained from the past 10 years of research on risk reduction for pre-and mid-adolescents in

The Bahamas. This broad research platform seeks to address a myriad of questions including 1) the age (ages) interventions should be given and, 2) is parental participation advantageous for the youth outcomes? In 2005, the Bahamian Ministry of Education introduced the program through the school system prior to the anticipated onset of sex among most youth, and to explore involvement of parents in the program. Through a randomized, controlled trial involving Grade 6 students in 15 of the 26 government elementary schools on New Providence, youths were administered periodic follow-up surveys through 36 months, ending in grade 9. With the research showing that the effectiveness of this unique programme was displaying signs of its waning, as a follow up, a randomized, controlled trial involving all grade 10 classes in all eight of the government high schools in New Providence, with periodic follow-up over two years, ending in grade 12 was implemented

Correspondence: *Richard B. Adderley, PhD, The University of The Bahamas. rbadderley@gmail.com; Richard.adderley@ub.edu.bs*

### **Paper Presentations. Community**

**Chair: Mar**

**09:50—10:30**

#### **Carolissen R. Reflections on tensions of citizenship and belonging in decoloniality debates in South African community psychology: Implications for curriculum in community psychology**

Decoloniality and decolonisation in curriculum have rapidly been centred as a core debate in local and global higher education contexts and has (in)directly invoked debates on citizenship and belonging in curriculum. In community psychology, the (de)colonisation debate has become increasingly popular where histories of drawing abyssal lines that render Euro-American histories visible and valuable, claiming to be universal, are well established. Given the fact that decoloniality and decolonisation debates have contributed to drawing significant abyssal lines when fixed positions are taken, belonging and citizenship debates are centrally invoked in curriculum. Some debates question who is allowed to speak about decoloniality, what the content of the curriculum should include and where, geospatially, the focus of decoloniality debates should emanate from. These debates impact on what constitutes a curriculum and the purpose of curriculum in community psychology. Debates on belonging centrally invoke social locations of difference such as place, race, gender and its intersectionalities. This conceptual paper aims to explore some of the tensions around belonging involved when the intersections between decolonisation, histories of community psychology and belonging, and its implications for curriculum are explored. Some implications for the development of curriculum in community psychology are offered. Correspondence: *Ronelle Carolissen, PhD, University of Stellenbosch, Department of Educational Psychology, University of Stellenbosch, Cape town, South Africa. rcarolissen66@gmail.com*

#### **Mariette G. Pan-African psychology, international healing collaboration structures: African centered black psychology a paradigm shift**

“Psychology for Society” ideals provide the greater psychological, psychiatric, social work and educational communities opportunities for returning humanity to their disciplines. Steeping disciplines within African Worldviews serve to realign knowledge, methodology, and definitions towards optimal health foundations for a “more just world”. Traumas of: inequalities, human rights abuses, ill health & suffering manifest in spirit illnesses and damage to Black/African peoples’ humanity. Timely and uniquely situated; The Association of Black Psychologists’ (ABPsi) efforts in Haiti provided opportunities to offer healing templates bridging Pan African and African Psychology discussions. Haiti’s unique history challenged the psychological community to bridge African commonalities created by: language barriers, worldview adaptations, attitudes, and stereotypes to heal Haitian’s Spirit (ancestors suffered, stolen from home, struggled surviving enslavement, racial oppression & dehumanization). Alienated from us, we embraced Haiti and her peoples’ suffering to collectively help heal them and heal humanity. Hurricane Katrina and the Haitian Earthquake galvanized ABPsi’s intellectuals to identify African Centered Black Psychology paradigms, culturally congruent trauma theories, interventions, treatment strategies were articulated, evolved and advanced for immediate to long term, conceptual healing models. Correspondence: *Gislene C. Mariette, PhD, The Association of Black Psychologists, PO BOX 361362, Los Angeles, Untede States. Mariettemaat@earthlink.net; marietteph@earthlink.net*

#### **Symposium. Shifting the boundaries in bereavement conceptualisation and care: an african perspective**

**Chair: Makgahlela M**

**08:30—10:30**

#### **Stephen A. The therapeutic value of Batsotso mourning rituals**

Grief is one of the psychological issues that continues to affect families globally. Post-death, life in most of these families remains a difficult time for many families as they try to come to terms with the demise of their loved one. In the western world, mainstream psychology is the most appropriate intervention. Mainstream psychological theories are now applicable across many parts of the world. Africa has rich cultural practices that could be harnessed in grief counselling. However, most of these practices are facing extinction as mainstream psychology continues to set in. This study sought to investigate Batsotso mourning rituals and the implication on the psychological well-being of the bereaved in Kakamega, Kenya. Batsotso is one of the Luhya dialects in Kenya. The study used a descriptive research design. The data was collected through the use of questionnaires, interviews and observation. The target population for this study was 400 families from Batsotso who had experienced a death in the last three years. The sample size of 80

participants was selected through simple random sampling. The study concluded that there is relationship between the Batsotso mourning rituals and the psychological well-being of the mourners. Correspondence: *Asatsa Stephen, PhD, The Catholic University of Eastern Africa, Ethiopia. steveasatsa@gmail.com*

### **Makgahlela M. Bereavement rituals prescribed for the management of traumatic deaths: A phenomenological study**

Traumatic deaths are often met with intense shock, disbelief, guilt and wonder. The expression of such a loss, and by extension, its management is usually culturally prescribed. Using the descriptive phenomenological approach, this paper explores traumatic deaths and the bereavement rituals prescribed for their management among the Northern Sotho people of the Limpopo Province, South Africa. The participants (n = 14, females = 50%, mean age = 59 years, SD: 13.7 years) were purposively selected and interviewed using in-depth interviews. Hycner's adapted phenomenological method of data analysis was used to derive meaning from the data. The study found that traumatic deaths, such as suicide or murder, are viewed as taboo and a source of danger to the bereaved family. Additionally, the findings reveal that various cultural means, such as consultations with traditional healers, and the use of distancing rituals are used to manage traumatic deaths. Correspondence: *Makgahlela M, PhD, P O BOX 5052, Sovenga, 0727, Polokwane, South Africa. mpsanyana.makgahlela@ul.ac.za*

### **Selepe M, Makgahlela M. Disenfranchised grief: When culture silences the bereaved**

The DSM-5 recognises various forms of grief, and one such expression of loss is referred to as disenfranchised grief. This is the grief that society fails to recognise as legitimate or sees as unacceptable. Consequently, the bereaved often experience profound social pressure to conform to societal norms that constrict the experience and expression of grief rather than support it. Using the self-reflective approach, this presentation illustrates the personal and cultural dynamics associated with disenfranchised grief, as was experienced by the first author. The author suffered two traumatic losses: one being that of her husband, 18 years ago and recently, that of her fiancé who was a foreign national. The author engages in a self-reflective process to identify and illustrate the interplay of internal and cultural factors that led to the experience of disenfranchised grief. To conclude, the paper discusses issues relating to self-healing and coping in the wake of not being recognised as a legitimate griever. Correspondence: *Mandu Selepe, PhD, University of Limpopo, P.O. Box 4543, Sovenga, 0727, Polokwane, South Africa. Mandu.Selepe@ul.ac.za*

### **Eze C, Piuos T. The Healing Effect of a Coffee Ceremony on Experiences of Loss and Grief among the Kaffa People in Barta Village of Bonga, Ethiopia**

Often the discourse of death and dying are associates of bereavement, which bring about experiences of loss and grief. Globally, humanity develops management skills to deal

with bereavement. This paper, based on a Masters' research thesis, presents the healing effect of a coffee ceremony among Kaffa people of Ethiopia, as a cultural psycho-spiritual tool, facilitating healing for those who mourn the death of their loved ones. The study used a qualitative research design, and recruited 24 participants who had lost their loved ones to tell their stories in relation to participation in a coffee ceremony and the sense it made for them. Using thematic analysis, the findings indicated that participation in a coffee ceremony provides a multifaceted support system including psycho-social, economic and spiritual support. Hence, the findings indicated that a coffee ceremony provides the bereaved with a communal space for interdependence as they grapple with the pain of bidding their loved ones farewell. Interestingly, this mutually supporting space interplays with how the deceased intermingle with the living. Consequently, their living presence soothes the pain of their physical absence. Therefore, the study recommends that coffee ceremonies be integrated as a psychological tool for counselling Kaffa people of Ethiopia and others for whom it might be relevant. Correspondence: *Chika Eze, PhD, Veritas University, Abuja The Catholic University of Nigeria. chikashcj@gmail.com*

### **Mutambara J, Sodi T. "I failed to notice the warning signs": Experiences of suicide bereavement among relatives and their coping strategies**

Deaths by suicide are on the increase in Zimbabwe. Making sense of a suicide death is known to be a very difficult process for the bereaved. This qualitative study explored the experiences of seven individuals who had lost close relatives to suicide. In depth interviews were done with the participants and each interview lasted between 35-65 minutes. Data were analysed using interpretive phenomenological analysis. The main themes that dominated the participants' experiences were self-blame, feeling guilty, spiritual distress and trying to make sense of the death. The participants had not received professional help to deal with their situation and they reported that they used the following coping mechanisms: talking to the deceased, praying to God and silence. The findings from the study suggest that bereavement among individuals who lose a close relative to suicide is complicated, and that religious beliefs are important in the process of coping. Correspondence: *Julia Mutambara, Midlands State University, Msu, P Bag 9055*

*Gweru, Zimbabwe. juliamutambara@gmail.com; mutambaraj@staff.msu.ac.zw*

### **Takalani J, Mashamba T, Sodi T. Cultural interpretation of bereavement and the role played by traditional healers in the management of bereavement related conditions, Thulamela municipality, South Africa**

In this paper, the results of a study that sought to explore the cultural interpretation of bereavement and the role played by traditional healers in managing bereavement related conditions in an African community are presented. The study was qualitatively conducted and investigated traditional healer's conceptualization of bereavement rituals and their roles therein. Using purposive sampling, ten traditional healers in Thulamela municipality (Limpopo Province), were

identified and selected to participate in the study. Data was collected using semi-structured interviews. The results were analysed using the interpretive phenomenological analysis method. Themes that emerged are: 1) there is commonality in the way traditional healers interpret bereavement; 2) traditional healers offer unwavering support to the bereaved people in different ways which speed up the recovery from such conditions. Based on the above findings, it is suggested that there are lessons that psychology can learn from traditional healing, more especially in the management and understanding of bereavement. The results are also discussed in the context of the emerging field of African psychology. Though there were limitations in this study caused by the sensitivity of the topic, the researcher was able to get the relevant information from the participants. Correspondence: *James Takalani, PhD, Department of Psychology, University of Venda, Thohoyandou, south Africa. james.takalani@univen.ac.za*

**Invited Keynote. Challenges psychologists face working with vulnerable children in Africa: Integration of theory and practice**  
**Chair: Dunbar-Krige H**  
**Presenter: Jace Pillay**  
**10:35—11:15**

**Pillay J. Challenges psychologists face working with vulnerable children in Africa: Integration of theory and practice**

Sub-Saharan Africa is the world's second fastest growing region after Asia but it is still the world's poorest region and it has the largest proportion of vulnerable children in the world. Some of the vulnerabilities that children can be exposed to from their early years, include HIV/AIDS and other illnesses; disability; poverty; limited access to services; physical, sexual and emotional abuse and neglect; being children of divorced and single parents; child-headed households; violence; and substance-abuse within communities. As such, psychologists practicing within a Sub-Saharan African context have their work cut out for them simply by attending to the multiple vulnerabilities children face on a daily basis. This paper explores the findings of several qualitative studies depicting the psycho-social and educational experiences of orphans and vulnerable children (OVC). The findings indicate the struggles of the children in terms of their living conditions, changing roles, community fears and school experiences which inevitably affect their psycho-social and educational well-being. More importantly, the resilient nature of some of these children is highlighted. Based on the findings the author poses several challenges for psychologists working with OVC and critically analyses the application of Western and Eurocentric psychological and developmental theories within an African context emphasising the need for stronger integration of theory and practice Correspondence: *Jace Pillay, DEd (ED. Psy), University of Johannesburg, P.O. Box 1292, Mondeor, 2110, Johannesburg, South Africa. jacep@uj.ac.za; pillayjace@gmail.com*

**Symposium. Holistic nurturing: analysis of orphanages and idcs in nigeria**  
**Chair: Mivanyi Y**  
**11:15—12:35**

**Mivanyi Y. Creativity and methods of teaching at Orphanages and IDC centers in Nigeria**

All human beings are capacitated by nature to respond to stimuli within their environment from all of the five areas of human development. However, the quality of response to stimuli can be greatly affected by environmental factors from conception. In the twenty first century, learning or adaptive processes have moved away from mechanistic models to learner centered methods. Cognitive strategies are employed whereby learners are creative and self-dependent in learning. Nigeria emphasizes self-centered methods of learning in the National Policy of Education. Thus, the research will find out whether children at orphanages and IDCC's are exposed to the learner centered teaching method. A researcher constructed questionnaire as well as the cognitive instrument of Matching Familiar Figures Test (MFFT) are used in data collection, based on the research questions and hypotheses. Data are collated and analysed using the chi-square test. The research results will be beneficial to various care giving agencies and fellow researchers, for further action. Correspondence: *Yuwanna Mivanyi, PhD, Kaduna Polytechnic, P.O Box 3310, Kaduna state, Nigeria. ymivanyi@gmail.com; mivanyimusa@yahoo.com*

**Aliyu M. The effect of various processing methods (roasted, germination and fermentation) on nutrient composition, of finger millet (*eleusine coracana*) food products (pap and tuwo) in managing malnutrition**

The cereal grain was purchased from a local market in the Kaduna metropolis and the analytical method used was individual standard procedures. The results obtained indicate that proximate composition showed no significant difference ( $p > 0.05$ ) in the carbohydrate content of food products (pap and Tuwo). Likewise, Tuwo ( $3.57 \pm 0.06\%$ ) from the germinated sample had a higher fibre content. Fermented finger millet pap had a significantly ( $p < 0.05$ ) higher moisture content ( $91.25 \pm 0.12\%$ ). Significant differences ( $p < 0.05$ ) were observed between unprocessed and processed finger millet in the antinutrient composition. Flour from the unprocessed sample had a significantly higher content of phytate ( $483.72 \pm 0.29$ ), cynogenic glycosides ( $2.66 \pm 0.07$  mg/100g), alkaloids ( $1.75 \pm 0.05\%$ ), oxalate ( $36.14 \pm 0.39$ mg/100g) and tannins ( $851.12 \pm 0.04$  mg/100g). Food products (pap and Tuwo) that were germinated had the highest phenol content ( $82.60 \pm 1.00$  and  $63.63 \pm 1.89$   $\mu$ g). Micronutrient concentration showed a significant difference ( $p < 0.05$ ). There was a higher content of phosphorus ( $16.10 \pm 1.20$ g/100g), iron ( $24.00 \pm 4.60$ /100g), magnesium ( $12.00 \pm 1.20$ g/100g) and calcium ( $16.00 \pm 2.10$ g/100g). Food products (pap and Tuwo) from the unprocessed sample had

higher total dietary fibre (16.50 ±0.50 and 18.70 ±0.50g/100g) while fermented pap and Tuwo had the lowest (10.40 ±0.05 and 11.21 ±0.50g/100g) total dietary fibre. The amino acids profile shows that, Tuwo from the germinated sample had higher leucine content (10.39g/100g) than from fermented (9.98) and unprocessed Tuwo (8.69g/100g). The lowest (6.85g/mg) was in roasted Tuwo. There were significant ( $p < 0.05$ ) amounts of essential amino acids, even after subjecting to heat. Correspondence: *Maimuna Aliyu, Kaduna Polytechnic Nigeria, Department of nutrition and dietetics kaduna polytechnic, Nigeria. maimunaba@yahoo.com*

#### **Akinsola E. Suitational analysis of mental health status of some children and adolescents in idp camps in Nigeria**

With the boko haram insurgency many of the children and adolescents in IDP camps in Nigeria are orphans who have been traumatized by witnessing bombings, killing of people including their parents and family members and wanton destruction of life and properties. These traumatic experiences must have negatively affected their psychological and mental wellbeing. To confirm this assertion, a sample of some children and adolescents in IDP camps were assessed on their mental health status. They responded to measures of anxiety and depression. Obtained results indicated that the children and adolescents reported high levels of anxiety and depression similar to levels characteristic of post-traumatic stress disorder. It was concluded that children and adolescents in IDP camps need, in addition to adequate and balanced nutrition, psychological and mental health interventions that will be provided by qualified developmental psychologists and other mental health professionals in order to address and rectify their psychological problems and other mental health related issues. Correspondence: *Esther Akinsola, PhD, Department of Psychology, Faculty of Social Sciences, University of Lagos, Lagos Nigeria. foluk6@yahoo.com*

#### **Paper Presentations. Sexuality and Gender**

**Chair: Bauer K**

**10:35—12:35**

#### **Kinanee J, Ugwuegbula C, Ezekiel-Hart J. Media reports and LGBT issues in Nigeria: Case of symbolic annihilation?**

This paper stems from a recent publication in a widely read national magazine in Nigeria titled “Men Raping Boys: The Big Cover up”. It is one of the numerous publications portraying LGBT issues in very negative light. With the ‘famous’ Anti-gay Law being gradually enforced in different parts of the country, which punishes not just those found ‘guilty’ of same-sex marriages, but also those who advocate for gay rights; it is observed that both the electronic and print media, from the analysis of publications that have been sampled over a three-year period seem to be popularizing the government stand of criminalizing gay relationships, as well as the formation of gay clubs. These authors consider this as symbolic annihilation, which some authorities define as a form of subtle violence that disregards the legitimacy of an

identity (which in this case is based on sexual orientation). This is so because “a society is susceptible to the media it consumes and the social norms as depicted by the media can be instructive to consumers as a model of behaviour toward the minority group”. The paper enjoins media workers to avoid sensational journalism and biased reporting against minority groups in Nigeria. Correspondence: *Joseph Kinanee, PhD, Dept of Educational Psychology, Rivers State University of Education, Rumuolumeni, PMB 5047, Nigeria. jbkinanee2006@gmail.com*

#### **Ntetmen J. Internalised conflicts in the practice of religion among kwandengue living with HIV in Douala, Cameroun**

Religion plays an important role in the life of Africans. Given that most faith organisations are vehemently opposed to homosexuality, the question arises as to the extent to which African gay men feel free to express and enjoy their faith while simultaneously acknowledging their sexual orientation. This study explored this question in relation to gay men living with HIV at the Access Centre in Douala, Cameroon. For this study, we analysed questionnaires used by Access Centre to assess the psychosocial life of people living with HIV. Additional follow-up discussions were held with self-help groups and one-to-one conversations were conducted. The results will show the extent to which participants practiced a religion and felt satisfied with their religious life, and how conflicted they were with their faith, given the pressure to choose between a religion they love, but which rejects them, and a sexual orientation they cannot change. Results displayed will show the extent to which religion’s attitude towards homosexuality impacts on the religious life and spiritual fulfilment for gay men in Africa. We will discuss how effective spirituality can be, as a coping strategy to adapt to a diagnosis of HIV/AIDS. Correspondence: *Joachim Ntetmen, BP 12767, Douala, Cameroon. jdeflore@yahoo.com*

#### **Otchere Y. Towards a global village: MSM research in Ghana, prospects and challenges**

Debates that the African culture is more oral than literal seem to be associated with documented research on Men Who Sleep with other Men (MSM) in Africa. Scholarly conceptualizations on MSM studies are captured in three main domains of influence. These are the socio-cultural, legal and religious. Although the field of MSM studies seems to be in its nascent stages in Ghana, extant research shows that MSM have existed since the pre-colonial era. And a lot more studies have highlighted attitudes towards MSM (especially homosexual men). This paper makes frantic efforts by tracing the trends of MSM studies in Africa/Ghana for half a decade, advocacy for reducing stigma towards MSM studies and the barriers to research into MSM in Ghana. The implications are to augment MSM research in Ghana given its mental health effects on MSM and their psychological help-seeking behaviour, also to open intellectual discussions on the emerging trends of gay rights and its contextual implications for African-centered psychological paradigms for developing countries like Ghana. Correspondence: *Yvonne Otchere, PhD, Lancaster*

University Ghana, BOX C324, cantonments-accra, Ghana.  
y.otchere@lancaster.edu.gh; yvonneotubea@gmail.com

**Kinanee J, Wichendu M, Ezekiel-Hart J, Kpai T. Comparative study of attitudes of nursing and counselling undergraduate students towards sexual minorities in Nigeria**

Nigeria has been considered as one of the most homophobic countries in the world. In addition to the existing laws criminalizing gay relationships inherited from colonial administrations, the Nigerian President in 2014 assented to the “Same-Sex Marriage (Prohibition) Act” which has since come into force. Considering the important roles helping professionals like nurses and counsellors play in the physical and mental healthcare of people generally, and LGBT people in particular, this study investigates the attitudes of 100 nursing and 100 counselling students of the University of Port Harcourt Teaching Hospital and Ignatius Ajuru University of Education Port Harcourt, Nigeria respectively towards lesbians and gay men and identifies significant factors affecting their attitudes. The study is ongoing, to be concluded in the next two months. The instrument used for the study is an adapted version of the ‘Attitudes Toward Lesbians and Gay Men’ (ATLG) Scale. The essence of the comparative study is to find out which of these student professionals would be more favourably disposed toward the sexually diverse or otherwise homophobic, and its implications for professional practice. Appropriate recommendations would be made, based on the findings, the essence of which would be to strengthen the students’ professional values against discrimination. Correspondence: *Joseph Kinanee, PhD, Dept of Educational Psychology, Rivers State University of Education, Rumuolumeni, PMB 5047, Nigeria. jbkinaanee2006@gmail.com*

**Bauer K. Sexuality and Gender Representation in Entertainment Media**

The way in which sexuality and gender is represented in the entertainment industry affects the way in which we see ourselves and others. This becomes especially important when representation is either ignorant, harmful, or both, as this can have lasting, damaging effects. With this in mind, it becomes important to critically analyse and discuss the way in which sexuality and gender are portrayed in the television, film, and gaming industry. Here, specific attention will be given to asexual representation in ‘The Big Bang Theory’ and ‘BBC Sherlock,’ the portrayal of a trans woman by a cis-gendered man in ‘The Danish Girl,’ and the issues surrounding a lesbian character being written by a straight man in ‘Dragon Age: Inquisition’. Correspondence: *Katherine Bauer, P.O Box 13204 Elspark Germiston 1418, South Africa. katvbauer@gmail.com*

**Symposium. BrainWorking Recursive Therapy (BWRT): The Future of Psychotherapy**

**Chair: Lockhat R**

**10:35—12:35**

**Naik B. Treatment of Social Anxiety Disorder In a female chief executive officer**

This paper focuses on a 38-year-old female who presented with debilitating Social Anxiety Disorder. The behaviour began about 9 years ago when she discovered that her husband had been involved in an extramarital relationship. This paper outlines the treatment process utilized. The patient was able to completely overcome the disorder.

**Naidoo R. Treatment of a (very) complicated grief**

The patient was the weekend mother of a 3-year-old girl since birth. The child was mauled to death by a pitbull. The patient could not accept this death. She received 2 sessions and appeared to have completely overcome the loss and was ready to integrate the loss. Correspondence: *Reshma Naidoo, Nicklaus Children's Hospital 3100 Sw 62nd Avenue, Miami, 33155. reshma.naidoo@mch.com*

**Berry K. Treatment of a severe flying phobia**

This paper focuses on the treatment of a female patient with a severe flying phobia with extreme distress during any form of turbulence. Even the thought of flying or the act of buying the air tickets generated anxiety. She received 2 treatments and reported being ‘cured’ after the next flight which included severe turbulence. Correspondence: *Kelly Berry Private Practice / Northlands Girls' High School, 76 Adelaide Tambo Drive, Durban, KwaZulu-Natal, 4051k.berry.counselling@gmail.com*

**Bassa-Suleman H. Treatment of severe Generalised Anxiety Disorder**

The patient was a male executive who suffered from severe Generalised Anxiety Disorder to the point of him struggling to function adaptively on a daily basis. This presentation focuses on the treatment process to the point of successful resolution of his symptoms.

**Lockhat R. Treatment of Chronic Arachnophobia in a female patient in one session**

The paper which includes a video of the pre-and post-treatment results focuses on a 32-year-old female patient who had suffered from a severe spider phobia to the point of freezing and becoming immobilized in the presence of a spider. She received one treatment and had completely overcome her fear. Correspondence: *Rafiq Lockhat, 21 Thornton Rd, Athlone, Cape Town, 7764. rafiq1@iafrica.com*

**Symposium. Symposium on healing methods with special reference to constellation work and holistic counselling**

**Chair: Geils C**

**10:35—12:35**

**Geils C. Constellation work, models of feminine consciousness and training of psychologists**

Western dualistic models of psychotherapy have typically excluded the transpersonal, and have over emphasised

masculine principles, such as the intellectual abilities of the mind. This has resulted in neglect of the feminine and non-rational abilities, as well as the body, heart and spirit. In Western psychology contexts, transpersonal, feminine, embodied and indigenous healing practices continue to be regarded as unscientific and/or remain fringe to mainstream Western theories and practices. An organic and heuristic inquiry was conducted into the experiences of 7 South African female psychologists of their participation in a series of family and systemic constellations workshops, over a nine-month period. Constellation work/Family and Systemic Constellations falls within the ambit of transpersonal methods and is theorized to overlap with shamanic practices. The collective profile that emerged describes a feminine consciousness transformation process, which possesses characteristics consistent with indigenous healing, the Divine Feminine and spiritual embodiment. Emergent themes are also consistent with the terms used in the literature to describe the Family Constellations/Constellation work praxis. These are broadly themed as: 1) connectedness and interconnectedness; 2) intuition; and 3) transpersonal awareness. Implications for models of feminine consciousness and the training of psychologists are discussed. Correspondence: *Catherine Geils, Phd student, UKZN, 26 Sir Duncan Road, Glenwood, Durban, 4001. cathygeils@gmail.com.*

#### **Thwala J. Stress reduction model: A holistic approach**

Philophonetics uses predominantly explosive and soothing sounds in its quest to heal victims of numerous stress related challenges in life. This model was developed through 'silent' sounds and gestures. Among other forms of life challenges, this model deals specifically with stressors emanating from contexts such as workplaces as well as formal and informal gatherings. The model suggests that humans are always caught off guard by day-to-day negative imprints not intentionally meant for them. Several groups of adults and young adults between the ages of 18 and 40 years were introduced to the principles of economical, silent and powerful sounds, which are used as self-help tools in the absence of the coach or psychotherapist. Groups that participated in this model report coping strategies such as: the ability to express one's opinion without fear of being negatively judged, gaining confidence and being assertive in the workplace, school or other academic contexts. Virtually all the participants reported feeling confident in the use of such sounds and were willing to share the skills gained with their friends and colleagues. There is a need to further test and strengthen this model. Correspondence: *Jabulile Thwala, PhD, University of Zululand, KZN, Durban, South Africa. ThwalaJ@unizulu.ac.za*

#### **Sherwood P. Holistic counselling**

This holistic counselling model is based on a fusion between the anthroposophical somatically based medical model and the notions of the breath and intentionality derived from Buddhist psychology. It provides an innovative energetic model of human psycho-spiritual experience together with original clinical sequences and processes that transform difficult experiences held in the gestures of contracted

breathing into healthy experiences and in the process, releasing the trauma held in the body and expressed through anxiety, fear, despair, anger and other maladaptive reactions. It incorporates both the verbal and non-verbal languages of the expressive therapies to track the flow of breath in the body and to transform and integrate challenging psycho-emotional experiences. This bio-energetic model of therapy addresses the latest mind-body research and illustrates how human psychological wellbeing embraces body, mind, and spirit. It provides repeatable sequences for diagnosis, intervention and evaluation for use by the mental health clinician. Correspondence: *Patricia Sherwood, PhD, Notre Dame University, PO Box 27, Boyanup, Western Australia. cctrust111@hotmail.com*

#### **Mayer CH. Constellation work - a healthy approach? Reflections on salutogenesis, cultural embeddedness, and spirituality in therapy**

Constellation work (CW) is a therapeutic approach developed by Bert Hellinger, a German missionary who spent many years observing the values, attitudes, and culturally embedded behaviour of ethnic groups in South Africa. CW has become a well-recognised therapeutic approach. It is used in South Africa to initiate healing and healthy intra- and interpersonal development in individual and group interventions, (family) therapy and counselling. It has also been used in Germany where, however, it has been subject to critical discussion. Based on these debates, the question arises: in which (cultural) contexts and under which circumstances does CW contribute to the development of health (salutogenesis) in therapy? In this paper, theoretical approaches of salutogenesis, culture and spirituality are used to reflect on this question to explore salutogenetic developments of individuals and groups in therapy across specific cultural contexts. Methodologically, the paper uses a reflexive autoethnographical account of exploring CW and its salutogenic impact in therapy in two selected cultural contexts. The paper provides new perspectives on CW in therapy and salutogenesis from culturally and spiritually embedded perspectives and highlights recommendations for future research and practice. Correspondence: *Claude-Helene Mayer, PhD, Rhodes University, Grahamstown, South Africa. claudemayer@gmx.net*

#### **Meyburgh T. Family Constellations: a bridge between African and Western Psychology practice**

Western psychology fails to meet the worldview of African people throughout the world as it is based on Western normative behaviour and those who have been classified as European. Family Constellations is relatively new in South Africa and little academic research is available on its use or benefits in South African contexts. Family Constellations have similarities to practices of traditional healing that have particular implications for African/Black Psychology. This paper provides a theoretical comparison and contrast of the assumptions and aims of Family Constellations with African/Black and Ubuntu psychology. Like non-Western practices of healing, Family Constellations are effective without a cause and effect, linear or diagnostic model; it integrates the spiritual identity of the client; and it privileges experience,

embodiment, community and trans-generational understanding of symptoms. The author proposes that Family Constellations provides a bridge between traditional African and Western psychological healing methods and could present a decolonised psychology practice for South Africa. Further research of actual practice in diverse contexts in South Africa is needed. Correspondence: *Tanja Meyburgh, MA PsychAfrican Constellations, Postnet Suite 106, Private Bag x26, Tokai 7966, Cape Town, South Africa. info@tanjameyburgh.co.za.*

### **Discussant.**

**Chair: Gill K**

Correspondence: *Karamjit S Gill, PhD, kgillbton@yahoo.co.uk*

### **Symposium. The emancipation of the african psyche**

**Chair: Mosue L**

**10:35—12:35**

#### **Mosue L. The emancipation of the African psyche**

Africans have for centuries suffered cognitive, emotional, social and spiritual deep woundedness at the hands of colonizers and missionaries. The deep woundedness is visible despite gaining political independence. Africans themselves now pose a terrible threat to their own existence as they tear great holes in the life-sustaining fabric of their cognitive, emotional, social and spiritual environments and the institutions that promote these environments. Generational family structures are so far unable to provide secure and consistent, holding and safe facilitating structures or environments where members of the African society, especially the most vulnerable youth can freely express their thoughts, feelings, concerns and fears in creative and constructive ways which are not harmful to them, anyone or anything else. The introduction of Generation Dialogue, Safe Conversations and Community Art Counselling are some of the few modalities of interventions that can help free the African psyche from psychological bondage and destruction to break centuries of African generational struggles with loss of identity. Correspondence: *Letta M. Mosue, MA, University of Pretoria, Address is 2847 Motsatsi Street, Tlhabane, North West, 0299, South Africa. lettamosue1@gmail.com*

#### **Ratala M. The Effects of the Wounded Psyche on the Education System and Workplace**

The woundedness of the African psyche has spilled over into other societal institutions such as the education system and the workplace. This renders the majority of the population ineffective as individuals, in teams, in organisations and in society at large. This weakened power base can only mean that, as Africans, we have not recollected ourselves post colonization, and thus have little or nothing unique, valuable and impactful to offer the global community. It is now time that we tap into our identity and indigenous work systems to co-create African solutions to African challenges. We need to read, enquire and talk about who we were in the education,

skills and work spaces so as to create an industrious and prosperous society. Correspondence: *Manoko Ratala, PhD candidate, Sekgwari Management Consulting, 7 Frederick Drive Noordwyk Midrand, South Africa. manoko@sekgwari.co.za.*

#### **Serote M. Emancipation of the African Voice**

The story of the African people, as told by the Africans themselves, begins in Leloko. What must African intellectuals do to examine, incubate and innovate this very important IKS institution, as founded by the organic African intellectuals? Storytelling is a medium of history-telling among the Africans. Emancipating the African voice to tell its story will be the first step in emancipating the African psyche. How do we capitalize on African storytelling to mobilize solidarity and revive Ubuntu values among the Africans, especially the youth? How can this matter be put on the National agenda, given the diversity of our nation? What other IKS institutions must be probed to assist us in thinking through and catapulting this institution into the twenty-first century? Correspondence: *Mongane Serote, PhD. monganeserote1@gmail.com*

#### **Sefotho M. Visions of career guidance from South Africa: A journey of social injustice**

This paper covers visions of career guidance in South Africa and the educational journey of blacks embroiled in social injustice. South Africa has been a country of marginalization of black people since the European conquerors arrived on African soil at Cape Town in 1488 in the person of Bartolomé Dias. The inhabitants of the African territory were the Khoisan, and the Black people of African tribes. The trajectory of education since then was linked to colonialism and the apartheid system. Consequently, there were two systems of education in South Africa: the white system which received better resources and the Bantu system for Blacks which was grossly neglected. Psychology was used as a tool to subjugate Blacks and direct them to an educational system that was useless for the development of human capital. This left the majority of the Black people mentally captured, perpetually dependent and reeling in poverty. Career guidance though not a panacea to the captivated African psyche, has potential to empower the youth to believe in themselves and transition to an improved wellbeing and emancipated livelihoods. Correspondence: *Monageng Sefotho, PhD, University of Pretoria, South Africa. max.sefotho@gmail.com*

### **Paper Presentations. HIV**

**Chair: Wambua N**

**11:15—12:35**

#### **Mutambara J, Makomo KM. An exploration of the religious reasons for defaulting medication among people living with HIV/AIDS**

There has been a proliferation of faith healing organizations in Zimbabwe in the past decade. These organizations have been attracting many people especially those with chronic conditions as they claim to have spiritual powers to heal

illnesses. This has led to people with chronic conditions defaulting medications. The qualitative study sought to explore the religious related reasons that have led to defaulting medications among people living with HIV/AIDS in Zimbabwe. Fifteen participants who had defaulted medications, six counsellors and four religious leaders were interviewed. Content analysis was used to analyse data. Themes obtained were that people defaulted on medications because they believed in spiritual intervention, that the disease-causing demons had been cast, that medications will make them dirty and not go to heaven, that they could not take medication during church conferences and that they did not want to disobey the man of God. The study recommends the need to provide HIV/AIDS education to leaders of religious organizations. Correspondence: *Julia Mutambara, PhD, Midlands State University, PBag 9055, Gweru, Zimbabwe. juliamutambara@gmail.com*

**Rochat T, Houle B, Stein A, Edwards T, Bland R. Maternal HIV disclosure mediates improvements in children's mental health: Longitudinal follow-up of the Amagugu intervention in rural South Africa**

Most children born to HIV-infected parents are HIV-uninfected themselves but face risks associated with parental illness, hospitalisation, often exacerbated by stigma and a lack of access to health education and support. Primary school-aged children have the developmental capacity to grasp concepts of health and illness, including HIV. The absence of parent-led communication about HIV may leave these children vulnerable to psychological problems. Amagugu is a six-session lay-counsellor delivered intervention aimed at increasing parent capacity for HIV disclosure to primary school-aged children. An uncontrolled pre-post evaluation (n=281) found increased disclosure and improved child mental health measured by the Child-Behaviour-Checklist (CBCL). A subsequent RCT (n=428) found Amagugu significantly increased disclosure and improved the parent-child relationship. This longitudinal follow-up of the evaluation cohort investigates whether improvements in children's mental health are sustained, and whether disclosure mediates improvements. We assessed 249/281 (88.7%) of children 18-24 months' post-intervention (mean age 8.7 years) finding that mental health improvements are sustained over time. When controlling for maternal health, parenting stress, marital status, involvement of father and child age, full disclosure mediates reductions in the total ( $\beta=-4.2$ ;  $p=>0.001$ ) internalising ( $\beta=-4.0$ ;  $p=>0.001$ ) and externalising ( $\beta=-3.4$ ;  $p=0.004$ ) CBCL problem scores. Parent-child communication about HIV can improve children's mental health in the longer term. Correspondence: *Tamsen Rochat, PhD, Human Sciences Research Council, 5th Floor, The Atrium/ Overport City, 430 Ridge Rd, Durban, 4001. trochat@hsrc.ac.za; TRochat@hsrc.ac.za*

**Symposium. Where is my office? Cyber ethics in practice. New developments and ethical implications**

**Chair: Edeling H  
10:35—12:35**

**Edeling H. Cyber-safety for Psychologists - Personally and professionally**

*"... it is all about virtually providing services for people who can't make it in-person or prefer the online experience."*-Talkspace

When veteran psychologists such as Irvin Yalom start to talk of the benefits of cyber-counselling as part of the future of psychology, we just know that it is a phenomenon that is here to stay. Finding one's place and rhythm within this space is part of the challenge for modern psychologists. In this presentation (as part of the symposium on cyber-counselling) the author hopes to raise awareness for the pros and cons of online therapy, as well as the virtual, ethical-and real life concerns of psychologists in terms of keeping themselves, their practices, records, information and clients safe. Implications and adaptations to the ethical rules for psychologists will be suggested, particularly since the current ethical rules focus mainly on the safety and protection of the client and not much has been said about the rights and protection of the therapist. Correspondence: *Hannetjie van Zyl-Edeling, D Litt et Phil (Psych UJ). Private Practice, 85 St Patrick Rd, Houghton, Johannesburg, 2198. han@emlct.com*

**Dunbar-Krige H. Ethical guidelines for psychologists. Informed consent, confidentiality, legal and licensing issues**

Various international professional associations have developed codes of ethics and guidelines on TeleMental Health, E-Therapy, Digital Ethics and Social Media. However, the South African Code of Ethics for psychologists does not yet include any of these aspects. In this presentation (as part of the symposium on cyber-ethics in practice) the author hopes to raise awareness of dilemmas regarding informed consent, confidentiality and legal and licensing issues in the cyber world. Guidelines based on the ethical framework for social media of Kolmes, Nagel and Anthony will be proposed. These guidelines will be scrutinised for its applicability in an African context. Correspondence: *Helen Dunbar-Krige, PhD. helenk@uj.ac.za*

**Nortje S. Expanding the reach: Psycho- Cyber-interventions**

According to the World Health Organisation report on the assessment of the mental health system in South Africa, using the WHO-Assessment Instrument for Mental Health Systems (WHO-AIMS) the assessment determined that there are approximately 0.32 psychologists per 10 000 of the population. It is generally accepted that of these, the majority would enter private practice in major centralised areas in South Africa. We would need to question how we could potentially reach those that do not have access to adequate mental health services. This paper seeks to explore possible mediums to expand the reach of psychological services and investigates cyber-platforms as a form of community intervention for increasing access to mental health support.

Furthermore, it would allow the client to select a therapist-orientation that suits their needs without having geographical limitations. This has implications not only for the practicing psychologist to expand their services, but also for the client and communities who seldom have access to psychosocial support. Correspondence: *Shaun Nortje, BA, University of Pretoria, South Africa. psyssastudentchair@gmail.com*

**Symposium. Beyond the big five personality factors: an emic-etic understanding of german and kenyan resources for sustainable behaviour**

**Chair: Quaiser-Pohl CM  
10:35 —12:35**

**Kariuki PW, Quaiser-Pohl CM. Managing cultural diversity in Kenya and in Germany**

Culture represents the values, customs, beliefs, heritage and norms of a particular group of people in a society. Kenya is a country of great geographic, cultural and linguistic diversity. In Nairobi, for example, one is likely to encounter people from every continent and later discover that they are all citizens of Kenya. The country has over 30 million people, drawn from forty-two different ethnic groups, some Asian communities, remnants of European 'settlers' and more recently some expatriate communities, making the country a mosaic of cultural and racial diversity. Many people think of Kenya as the land of safaris, fast-running athletes, wild animals and Maasai warriors. However, Kenya is a crossroad where different cultures from Africa, the Middle East and East Asia have met for many years, a land with unique and dynamic cultural traditions. In Europe, according to the European Union Charter of Fundamental Rights, discrimination based on cultural or ethnic origin is illegal. Therefore, ways to manage cultural diversity, e.g. due to migration, have become an important topic in Germany. This paper attempts to explore the various ways used to manage cultural diversity in its different forms in Kenya and Germany, the challenges encountered, and the possible solutions. Correspondence: *Priscilla Wanjiru Kariuki, PhD, Department of Psychology, University of Nairobi, POBox 30197-00100, Nairobi, Kenya. pwanjirukariuki@gmail.com*

**Arasa J, Saunders M, Quaiser-Pohl CM. Culture-specific personality features and their correlates in Kenya and Germany**

This paper focuses on personality differences between persons from East Africa, namely Kenya, compared to persons from other cultures, e.g. Germany, and their importance for work-related outcomes. An empirical study based on the Five-Factor Model (FFM) and supplemented by the indigenous social relational concept of personality was conducted. Additionally, including gender roles, possible

behavioural and work-related outcomes of the observed personality features and their cultural differences were analysed. We administered the South African Personality Inventory (SAPI) to a sample of n=102 university students majoring in psychology in Nairobi, Kenya and Koblenz, Germany. Participants also had to fill in the Social Axioms Survey (SAS II), the Traditional Masculinity-Femininity Scale (TMF), the Gender Role Beliefs Scale (GRBS, short version), and the Trier Short Scale on Work-Life Balance (TKS-WLB). Using mean-level group analyses, as well as factorial-structural analyses, we found interesting cross-cultural similarities and differences. Correlations between personality, work-life balance, gender role beliefs and gender identity point to the need for an emic-etic approach in human resources management. Correspondence: *Josephine N. Arasa, PhD, University of Nairobi, United States International. jarasa@usiu.ac.ke*

**Kariuki PW, Heinecke-Muller M, Echterhoff W. Business-related personality features and behaviour in Kenya and Germany: An emic-etic approach**

Human resources often provide the highest value in a company and make it likely to be successful and sustainable. Cross-cultural psychology enhances intercultural understanding, facilitates mobility and fosters intercultural teamwork by examining behaviour related to business requirements. Since 2013, a Kenyan-German team has been cooperating on research regarding sustainable behaviour and functioning. To understand Kenyan behaviour, it might be useful to think in ways supported by the Ubuntu-concept. Kenyans show specific behaviour and attitudes differing from what is exhibited by German individuals. For example, there may be more group-orientation (collectivism) in Kenyans' ways of thinking. Two samples are tested in Germany and Kenya concurrently. Applied quantitative and qualitative measures aim at efficacy beliefs, social axioms, social skills, learning motivation and work-related personality features. Intercultural differences between Germany and Kenya are identified and evaluated with regard to their functional effects on coping and development in the occupational context. The tentative results and preliminary works using the Five-Factor Model and the South African Personality Inventory showed that the instruments and statements used cannot be easily transferred from one culture to another. This is the reason why there is need for an emic-etic approach, which would be useful in a transcultural context. Correspondence: *Priscilla Wanjiru Kariuki, PhD, Department of Psychology, University of Nairobi, POBox 30197-00100, Nairobi, Kenya. pwanjirukariuki@gmail.com*

**Mwiti G, Echterhoff W. Improvement of work-related human behaviour in Kenya and Germany**

Human resources management includes the improvement of work related behaviour in the fields of communication, commitment and motivation. Behaviour in these fields is culture-dependent. It could be economically useful to find cultural specifications, which are prone or unlikely to lead to successful business behaviour. The improvement of work-related behaviour could consist of cognitive training, counselling/consulting, psycho-education, coaching or

psychotherapy. There is evidence of improvement of work-related behaviour in Germany when using coaching and psychotherapy focusing on workload, stress and demotivation. This evidence is based on the W.E.I.R.D. culture in comparison to the Ubuntu culture. Corresponding pilot studies have been administered both in Kenya and in Germany. An improvement of work-related behaviour based on the Ubuntu concept has been experienced in Kenya, confirming the need to consider the Ubuntu-concept, e.g. by integrating the emotional relationships to the tribe of origin. The qualitative and quantitative results of the pilot study in Kenya and in Germany will be presented. The results back the hypothesis that the improvement of work-related behaviour has to meet different requirements rooted in the two cultures' involvements. Correspondence: *Gladys Mwiti, PhD, OASIS Africa, Kenya. glmwiti@oasisafrica.co.ke*

## **Paper Presentations. Community**

**Chair: Kapiyo M**

**10:35—12:35**

### **Kapiyo M. Research study on Community Based Maternal Mental Wellbeing Intervention - Catholic Relief Services (CRS)**

The purpose of this presentation is to disseminate the results of a study to assess the impact of a community-based maternal mental wellbeing intervention on the attainment of developmental milestones by children under two years in Kenya and Tanzania. Maternal depression and anxiety sets the stage for a myriad of negative health outcomes for the mother and her child. Poor maternal mental wellbeing disrupts cognitive abilities including decision making, increases stress, and impairs relationships and self-efficacy to effectively nurture the child. Addressing maternal health alongside parenting practices is critical to enhancing optimal development of children. The CRS Thrive project is a community-based program for pregnant and lactating women that delivers educational messages on integrated Early Childhood Development (ECD). In select communities, CRS is piloting the incorporation of a mental wellbeing intervention to prevent and address maternal depression and anxiety. The on-going study adopts a quasi-experimental design with a mixed methods approach and aims to test the additive impact of the mental wellbeing intervention on the development milestones of children 0-23 months; caregiver characteristics, including maternal self-efficacy, resilience and uptake of key ECD practices. Baseline data was collected in November 2016 from approximately 1600 women. Follow-up data collection (round 2) will be collected in June 2017, six months after initiation of the intervention. Correspondence: *Maureen Kapiyo, THRIVE Kenya, Tanzania & Malawi, Catholic Relief Services-East African Regional Office (Kenya) St. Augustines court-off waiyaki way, Westlands, Nairobi. akinyikapiyo@yahoo.com*

**Wilson Z, Mitchell Y. Preventing suicide in the South African context: Evidence of challenges and possibilities from the SADAG suicide prevention helpline follow-up study**

The South African Depression and Anxiety Group (SADAG) has been operating an emergency telephone helpline for suicide prevention for the past 20 years. As part of ongoing monitoring and evaluation of the efficacy of the helpline, SADAG followed up with some of their clients to investigate what types of treatment they have received; which co morbidity and risk factors are present; which supportive and motivating factors are present; and to obtain an update on their mental health status relating to suicidal thoughts and behaviour. The aim of this presentation is to report key findings of this small-scope research project and to explore the role of psychologists in meeting the society-based challenges in suicide prevention efforts. Specifically, the presentation of the findings draws attention to the most frequently reported society-based causes for suicide attempts in this sample of SADAG patients, which is feelings of rejection; loss or grief; loneliness; work or school related problems; and relationship or family problems. These causes are juxtaposed against limited access to and efficacy of professional mental health services. In conclusion, the potential role of psychologists in improving not only therapeutic, but community-based suicide prevention efforts is considered. Correspondence: *Zane Wilson, Founder of The South African Depression and Anxiety Group, 322 Rivonia Boulevard, Rivonia Close Office Park, Block E, 2191. zane1@medport.co.za*

### **Fowler C. Exploring a group of South African Grade 7 adolescent girls' experience and understanding of menstruation**

Menstruation is shrouded in negative discourses of shame, bodily inadequacy and negativity. Since menstruation is linked to the process of sexualisation, fertility, health and feminine identity, it is important to understand how these discourses are internalized and influence the construction of young girls' feminine identities. This qualitative study was conducted with a group of South African grade 7 girls using a focus group discussion that was thematically analysed. One theme revealed ambivalence and confusion about the meaning of menarche. Another theme revolved around limited biological knowledge and contradictory messages about the relationship between menstruation, sex and child bearing. This was shown to negatively impact their emerging sexual and feminine identities. A third theme expressed menstruation as an illness narrative and something that was dirty and disgusting. Consequently, participants were hyper vigilant about being found to be menstruating, especially at school, and engaged in numerous strategies to conceal their menstruation. Poor sanitation at schools exacerbated these challenges, resulting in unnecessary absenteeism. This study is of use to inform policy makers, parents and educators and contributes to the development of healthy gendered identities for girls, through more inclusive and empowering programmes and processes of menstrual education. Correspondence: *Chantal Fowler, MA, 9 Milner Road, Observatory, Cape Town, South Africa. chantalv.fowler@gmail.com*

**Ndala-Magoro N, Sole T, Ngobeni M. Community participation's role in influencing the community psyche in community development**

The psyche of a community influences members' perceptions of their environment and can serve as a barrier towards development. The use of a Community Participation (CP) framework actively engages community participation in relation to the direction and execution of development. Therefore, CP has an indirect influence on community members' psyche. The application of CP and its innovative development contributions highlight the connection seen between psychology, the people and their environment. The aim of this paper is to present needs and preferences identified by the community of Roosenekal, Limpopo aimed at influencing future interventions to be executed by a community trust. There were 80 participants in the study. Data was collected using desktop research, semi-structured interviews with key stakeholders, a questionnaire and verification workshops. Data was analysed using thematic analysis and descriptive statistics. Four themes emerged: community overview; sectors available for employment; skills available and in shortage, and challenges faced by members of the community. The CP framework reduced helplessness and actively influenced community members to view their community differently and assisted the community to view opportunities at their disposal. From the results, it can be said that the incorporation of CP in uplifting the community and community psyche contributes to sustainable outcomes in the wellbeing and development of the community. Correspondence: *Nkateko Ndala-Magoro, MA Counselling Psychology, Department of Psychology, Pretoria University, HSB 12-7, University of Pretoria, Lynwood road, Hatfield, Pretoria, Gauteng, 0002, South Africa. nkateko.ndala-magoro@up.ac.za*

**Van Zyl M, Omofuma Y, Holleran L, Harrison, MC. Examining the global mental health treatment gap and how to move forward**

With recent evolutions in research, the relevance of mental health has become increasingly important on a global scale. On December 5th 2014, the United Nations agreed on seventeen Sustainable Development Goals (SDGs), with the aim of achieving these goals by 2030. While there continues to be clear advancements in the field of mental health in many first world and Western countries, there appears to be less progress among many third-world countries, particularly focusing on African countries. The global burden of mental health is often underestimated, as mental illness, more often than not, leads to disabilities as opposed to deaths. We seek to highlight recent progress in mental health across the African continent, as well as some of the challenges that remain. We will provide a pointed history of the developmental process of global goals, from the first Global Burden of Disease report in 1996, to strategies that could be implemented with the hopes of reaching the SDGs. Correspondence: *Maryke Van Zyl, Doctoral Student, Clinical Crises and Emergencies Research Group (CCER) Palo Alto University, United States. mharrison@paloaltou.edu. mvzharrison@gmail.com*

**Invited Symposium. The psychology of bereavement, grief and mourning in african communities**

**Chair: Sodi T  
10:35- 12:35**

**Nwoye A. From mind to relationship: A five-stage theory of community participation in grief work in Africa**

Western literatures on bereavement place enormous emphasis on the influence of intrapsychic factors over the course of grief and mourning. This approach has resulted in a great deal of information that has accumulated on how people react to loss and heal on their own in the context of bereavement. This presentation argues that across the different cultural groups of Africa bereaved persons neither grieve alone nor heal on their own. They are rather assisted by the community and culture in transcending the pain of their loss and grief. An Afrocentric five-stage theory of community participation in grief work in Africa is offered as a systematic illustration of how this goal is achieved. The paper highlights the content, process, symbolic meanings and clinical potency of the cultural rituals drawn upon by the community in facilitating the grief work, mourning, and healing of bereaved persons. Correspondence: *Augustine Nwoye, PhD, Professor of Psychology and Fulbright Scholar, Coordinator, PhD Programme, Discipline of Psychology, School of Applied Human Sciences, University of KwaZulu-Natal, Pietermaritzburg Campus, P/Bag X01, Scottsville, 3209, South Africa. Nwoye@ukzn.ac.za*

**Wasara N, Sodi T. The psychological significance of traditional mourning rituals in Gweru District, Zimbabwe**

The aim of the study was to explore the psychological significance of traditional Shona mourning practices in a Zimbabwean community. The study sought to: a) describe the traditional Shona mourning practices that community members engage in after the loss of loved ones; b) explore the cultural and psychological meanings that these community members attach to these mourning rituals; and c) evaluate the psychological significance of traditional Shona mourning practices. A qualitative approach, and in particular, the phenomenological method was used. Snowball sampling was used to identify and select study participants. Ten participants (male = 4: female = 6), aged between 25 and 75 years were identified and requested to participate in the study. Semi-structured interviews were used to collect data. The following psychological themes emerged from the study: a) the phenomenon of death and the belief in traditional mourning practices, b) psychological and cultural meanings attached to the mourning rituals, c) psychological significance of African traditional mourning rituals, and, e) the role of significant others in managing the loss of loved ones. The study is concluded by, among others, recommending that there is a need for the appreciation of the cultural and psychological meanings embedded in the mourning rituals. Correspondence: *Nicole Wasara, PhD. nwasara@gmail.com*

**Seretlo-Rangata ML, Sodi T. The psychological meaning of mourning rituals in Botlokwa community, Limpopo Province**

The aim of the study was to explore the psychological meaning of mourning rituals in Botlokwa community, Limpopo Province. Specifically, the objectives of the study were: a) to determine the subjective meanings that the bereaved attach to the mourning rituals, and, b) to identify and articulate the psychological meanings embedded in the mourning rituals observed and performed by the bereaved in this rural community. A total of ten participants (male = 5; females = 5; aged between 40 and 60 years) were selected using purposive sampling. Data were collected using semi-structured interviews. Thematic content analysis method was used to analyse the data. The results of the study suggest that the participants attach subjective meanings to the mourning rituals. These, among others, include mourning rituals being perceived as important for preventing misfortunes, illnesses and bad luck. The findings further suggest that the mourning rituals performed by the Batlokwa people have significant psychological meanings. These include assisting the bereaved to cope with the death of a loved one and to accept the death of a loved one. The study is concluded by, among others, recommending the need for psychologists to understand and accommodate the cultural realities of the grieving individuals. Correspondence: *Mmakwena Linda Seretlo-Rangata, MA Clin Psych, University of Limpopo, 7125 Setsokotsane Street, Roodekop EXT 31, Germiston, 1401, South Africa. lindammakwena@yahoo.com*

**Sodi T, Makgahlela M. Letswa: A bereavement ritual for avenging deaths among the Northern Sotho cultural group of South Africa**

Bereavement rituals are a conduit through which the bereaved in most cultures find meaning, transcend the loss and heal from the pain of grief. Varied as they are, the rituals serve various psychosocial and spiritual functions. Using the interpretive phenomenological approach, this study explores the nature and significance of letswa, a bereavement ritual common among the Northern Sotho cultural community of South Africa. A total of 50 elderly persons (+35yrs) who suffered a loss in their lifetime were purposefully sampled through the snowball sampling technique. In-depth interviews were used as data collection instruments. Preliminary study findings suggest that letswa is in the form of casting a spell over a death orchestrated by people with sinister forces by the bereaved family. Significantly, the ritual is intended to avenge for a loss suffered. The implications of this ritual are discussed in terms of its potential to facilitate or complicate the grieving process. Correspondence: *Tholene Sodi, PhD, University of Limpopo, Sovenga, South Africa. tholene.sodi@ul.ac.za*

**Invited Keynote. Psychoeducational assessment of Caribbean children: Reflections and future directions**

**Chair: Tabane R**

**Presenter: Donna Maynard**

**12:40-13:20**

**Maynard D. Psychoeducational assessment of Caribbean children: Reflections and future directions**

The provision of psychoeducational services for children with suspected learning disabilities in the Caribbean is somewhat challenged. Psychoeducational assessment is a process which involves the holistic assessment of children that includes administering and interpreting norm-referenced tests. In the case of Barbados, the psychoeducational instruments developed outside of the Caribbean are often used as part of the assessment of Barbadian children. Psychologists trained regionally interpret the results of these instruments based on extra-regional norms with little consideration that some of the language and concepts of the instruments employed may not be appropriate for Caribbean clientele. Furthermore, the factor structure for the test items based on samples of Caribbean test-takers may differ to those reported in the test-user manuals. Therefore, the wholesale use of such instruments with Caribbean children could possibly result in questionable assessment practices and diagnoses. This address will: (a) provide a historical account of the development of psychoeducational assessment of children in Barbados and, (b) discuss the appropriateness of the instruments that Caribbean-trained psychologists utilise when conducting psychoeducational assessments. A systematic literature review will be conducted in order to explore the development, role and appropriateness of the use of extra-regional psychoeducational assessment instruments with children in the Caribbean. Correspondence: *Donna-Maria Maynard, PhD, The University of the West Indies Cave Hill Campus P.O. Box 64 Bridgetown, Barbados. Donna Maria.Maynard@cavehill.uwi.edu; Donnataria.maynard@icloud.com*

**Paper Presentations. Educational**

**Chair: Ashley J**

**13:20 - 14:20**

**Kemeza I, Steffens K, Kibanja G. Correlated Self-Efficacy Beliefs and Academic Performance for Sources and Implications in High and Low Achieving Secondary Schools: A case study of Mbarara District-Uganda**

In Uganda, secondary schools are ranked high or low achieving depending on their performance. The major purpose of the study was to assess the relationship between self-efficacy beliefs and academic performance amongst students in high and low achieving secondary schools in Mbarara District. The study also gathered data that informed the need to narrow the academic gap between high and low achieving secondary schools. It adopted a mixed method approach and used the sequential explanatory paradigm to gather data from 300 students. Interview responses were analyzed to supplement the information collected through the questionnaire. The study findings showed that there was a very weak negative correlation between self-efficacy beliefs and academic performance in low achieving secondary school ( $r(148) = -.163, p=.047$ ) while high achieving schools have weak corrections ( $r(148) = -0.203, p=.013$ ). The study, therefore, recommends that students could be encouraged to practice adherence to moral self-sanctions while teachers evaluate and consult on performance so that students gain confidence and assurance to achieve academic success.

Correspondence: *Imelda Kemeza, PhD, Mbarara University of Science and Technology, Mbarara University, P.O Box 1410, Mbarara-Uganda. ikemeza@must.ac.ug; imekeza@gmail.com*

### **Ashley J. Academic self-concept, academic motivation, perceived support and academic performance of immigrant learners in South African schools**

A number of children immigrate to South Africa every year. In the year 2013, there were about 12,211 immigrant children under the age of 15 years in the country. As a result of the modern infrastructure and relatively developed economy, South Africa is seen as an alternative destination for immigrants from neighbouring countries and other parts of the world. It has been shown that migrant children experience challenges in their host countries. These challenges have been documented to affect their academic performance in school. The present study aims to examine the impact of psychological factors (academic motivation, academic self-concept, perceived support) on academic performance of immigrant learners in South African schools. The Social Determination Theory is used to understand the impact of psychological factors on learners' academic performance. A discussion of the role of psychological factors on academic performance is provided in the paper. It is envisaged that the findings will assist in determining whether changes in psychological factors impact on immigrant learners' academic performance while studying in South African schools. Correspondence: *Jesse Ashley, MA, University of South Africa, Muckleneuk Campus, Preller Street, Muckleneuk, Pretoria, South Africa. jesseashley25@yahoo.com*

## **Paper Presentations. Sexuality and Gender**

**Chair: Khumalo S**

**12:40 - 15:45**

### **Baloyi V, Madzhe M. Psychosocial challenges faced by young females dating sugar daddies: A case study conducted at the University of Venda**

The current study explored psychosocial challenges faced by young females dating sugar daddies, a case study conducted at the University of Venda. A qualitative approach using exploratory design was employed to explore psychosocial challenges faced by young females dating sugar daddies. A purposive sampling method was used to select the participant, data was collected using semi-structured interviews through an interview guide and analyzed using thematic content analysis. The results indicated that the contributory factors or reasons for young females to date sugar daddies were the need for financial support, emotional maturity of the sugar daddies, materialistic gain, peer influence, stress reduction, innate desire for a father figure and poverty/impoverished conditions. Additionally, the results further showed that young females face challenges when dating sugar daddies which include risk of contracting sexually transmitted infections, lack of emotional attachment and poor academic performance. Awareness campaigns and educational programs were identified as strategies to reduce

females' trend of dating sugar daddies. Furthermore, the study recommended that future studies should investigate the sugar daddy phenomenon on a larger sample to uncover more challenges faced by young females. Nonetheless, the current study contributed to the existing large body of knowledge on the psychological understanding of challenges faced by young females dating sugar daddies. Correspondence: *Valeria Baloyi, MA, University of Venda, Box 2491, Tzaneen, 0850, South Africa. twanibaloyi@gmail.com; valeria.baloyi@univen.ac.za*

### **Khumalo S. Perceptions about the usage of condoms: "I am a circumcised man, HIV/AIDS is not for me..."**

Studies have shown the link between male circumcision and risky behaviour in relation to condom use. Literature has revealed that some men who are circumcised have negative attitudes towards condom use. Such attitudes have severe implications for the spread of HIV/AIDS. Among Black African males, these negative attitudes are endorsed by dominant traditional notions of masculinity which promote a multiplicity of sexual partners and unprotected sex. Against this backdrop, the current paper explores young adult Black male's perspectives on male circumcision and condom use. Findings revealed that cultural norms and perspectives played a significant role in the participants' attitudes towards male circumcision. Embedded in their narratives was an implicit preference for traditional male circumcision as a 'rite of passage', while medical circumcision was generally frowned upon. Male circumcision was also considered to be a preventative measure for HIV infection by some of the participants. Interestingly, attitudes and perspectives towards condom use were also influenced by the brand of condoms available. This means that specific brands (like those that are paid for) were favoured which seems to be indicative of a stronger masculine identity. The research and practice implications, as well as the recommendations for future research, will be presented. Correspondence: *Sinakekelwe Khumalo, MA (Anthropology), Human Sciences Research Council, unit (Human Social Development, The Atrium, 5<sup>th</sup> Floor, 430 Peter Mokaba Ridge, Berea (Durban), KwaZulu-Natal, 4001, South Africa. skhumalo@hsr.ac.za*

### **Ntetmen J. Gay and lesbians in the struggle for becoming parents in Cameroon context**

The homophobic context in Cameroon does not make it easy for gay and lesbian people to achieve their desire to have children as a same sex couple, despite the fact that this desire is important. In order to investigate how this desire is managed, we conducted a survey of 100 gays and 100 lesbians in Doual, within a community-based organisation led by LGBTI people. The questionnaire included whether the participants desire having children, and how they intend to proceed in this regard. It was not surprising that nearly all of the interviewed participants desired having children, and this through the "natural way". The second phase of the study was to investigate those who are already in the process of having children to see how the mate is going to be chosen, given the fact that the preferred method is supposed to be

"natural". At this point we will see how realistic and demanding this experience might be for gay and lesbian people in Cameroon. Correspondence: *Joachim Nteten, BP 12767, Douala, Cameroon. jdeflore@yahoo.com*

**Yeatman J, Lesch E. Showing love: Relationship performance in gay dyadic formation**

Academic discourse regarding same-sex relationships has received a great deal of attention in recent years, especially of the kind which moves away from essentialist or assumptive notions of how these relationships should play out. However, very little literature focuses on the manner in which these relationships form and are performed, and more crucially what the experience of such a process is for sexual minorities. The extent of current literature on aspects such as visibility management, concealment and minority stress coalesces to demand an understanding of how it is that gay relationships surface in light of the constellation of factors which appear to move against such a possibility. This paper will report on the findings of a social constructionist study that aimed to explore young, adult, gay, males' experience of forming committed romantic relationships. Twelve volunteer participants recruited through snowballing were interviewed in-depth to generate their accounts of their romantic relationship experiences. Social constructionist informed thematic analysis was used to analyse the data. The prominent themes that have been identified with regards to participants' positive as well as challenging experiences to form committed romantic relationships in a predominantly heteronormative social context will be presented and discussed. Correspondence: *Joshua Yeatman, BA(Hons) Psychology, Bosman street, Matieland, Stellenbosch, Western Cape, SA, Block 6 room 108 Academia. joshyeatman@gmail.com*

**Costine L. Lesbian love addiction: Understanding the urge to merge and what to do when things go wrong**

Love addiction for lesbians comes in many forms. Some struggle by sexually acting out and others are serial relationship junkies, jumping from one relationship into the next. Some are addicted to the high of falling in love and once that wears off don't know how to handle the day-to-day realities of a committed relationship. Some may avoid intimate or sexual relationships all together, becoming sexually anorexic. Some may even vacillate between all of these. The underlying component and common denominator in all of these scenarios is the "urge to merge". Attendees of this brief presentation will learn about the behaviours and symptoms associated with this unique intimacy disorder and how they are caused by a combination of attachment disorders, LGBTQ trauma, and what Dr. Costine calls "internalized lesbianphobia." Correspondence: *Lauren D Costine, PhD, Lauren D. Costine, PhD, 9107 Wilshire Blvd Ste 350, Los Angeles, CA 90210, USA. lauren.costine@gmail.com*

**Paper Presentations. Substance**

**Chair: Adewuyi TD**

**12:40 - 13:40**

**Groenewald C. "It's like the first time it's happening in the family; we don't know how to handle it": Understanding the support needs of mothers affected by adolescent drug abuse**

Research shows that adolescent substance abuse significantly impacts on the lives of mothers. Mothers who are affected by adolescent substance abuse (hereafter affected mothers (AMs)), generally experience high levels of distress which significantly compromises their health and subjective wellbeing. Yet they are often required to cope in isolation, given the lack of access to formal drug abuse treatment and the poor implementation of support services for AMs and families as a whole. Using interpretative phenomenological analysis (IPA), this paper discusses the support seeking behaviours and support needs of a sample of South African mothers of adolescents with drug abuse problems. Support emerged as a complex theme and four sub-themes will be discussed: a) support networks, b) availability and accessibility of formal support, c) support seeking behaviours and d) support needs to cope effectively. The findings offer valuable insights into the experiences of AMs and hold implications for research, intervention and policy. Recommendations for future studies will be provided. Correspondence: *Candice Groenewald, PhD, HSRC, The Atrium, 5th Floor, 430 Peter Mokaba Ridge, Berea, 4001, Durban, South Africa. crule@hsrc.c.za*

**Adewuyi TD. Socio-cultural factors of Alcohol consumption among University staff in Lagos, Nigeria**

This is a quantitative research survey that examined the socio-cultural factors related to alcohol consumption among both academic and administrative staff of Lagos State University, Ojo campus. The aim of this study is to find out the reasons why some of the staff of Lagos State University, Ojo campus converge at the staff club to drink alcohol after office hours. One hundred and fifty respondents will be surveyed for this study. Items from the GENACIS LITE-H2O Questionnaire revised edition will be used to develop the Socio-Cultural Factors of Alcohol Consumption among University Staff (SOCFACUS) questionnaire which will be used to gather information from the respondents. Percentages, multiple regressions, Pearson product moment correlation co-efficients and t-test analysis will be used to test the three formulated hypotheses for this study. The results of the findings will be discussed in line with the previous studies in some Nigerian state universities and that of the world globally. Correspondence: *Temitayo Deborah Adewuyi, PhD, Department of Psychology, Faculty of Social Sciences, Lagos State University, Ojo Campus, Ojo, Lagos State, Nigeria. ddtayo2004@yahoo.com*

**Maseko M, Mkhize N. Risk and protective factors for substance use: Experiences of homeless adolescents in Gweru, Zimbabwe**

Changes in the socio-ecological landscape in Zimbabwe have resulted in an increase in the number of adolescents living on the streets. This study sought to gain insights into the lives and experiences of homeless adolescents focusing on the perceived risk and protective factors for substance use among this vulnerable group. Using a phenomenological design,

data was collected from a homogenous sample of 10 participants. Data analysis using interpretive phenomenological analysis protocols revealed a number of risk and protective factors for substance use among homeless adolescents. Peer pressure, sensation seeking, stress, negative affect, community climate, substance use expectancies and adverse living conditions emerged as risk factors for homeless adolescents' substance use. Protective factors included communitarian street culture, religiosity, peer support, resilience, and personal and emotional coping. Findings suggest the need to develop interventions that minimize risk factors while fostering resilience and effective coping among homeless adolescents. Such interventions must take into account that each adolescent living in the street has unique needs and must be located as close to their milieu as possible if they are to be efficacious. Correspondence: *Mpikhelelo Maseko, PhD Candidate, Midlands State University, 4188 Kite Avenue, Northlea, Gweru, Zimbabwe. masekom@msu.ac.zw; mpikemaseko@gmail.com*

### **Invited Keynote. Is Pan African Psychology the way forward?**

**Chair: Nsamenang B**

**Presenter: Charles Mate-Kole**

**12:40-13:20**

#### **Mate-Kole C. Pan African Psychology: Whither Now**

As cited by many African psychologists on the Continent and in the Diaspora, psychology, from its very roots, has neglected African concepts and values of behaviour. The emphasis has predominantly been on Western or Eurocentric ideologies. Thus, acceptance of Western ideologies forms the ethos of psychological practice and teaching in many parts of Africa. To date, little attempt has been made by African academics and practitioners to entertain or, at the very least, introduce African concepts in understanding behaviour. To argue for an absolute shift does not augur well for the future of psychology on the Continent. Rather, there is the need for the co-existence of Western and African psychology with an emphasis on the relevance of cultural values in understanding behaviour. African psychologists should introduce our values to the teaching of psychology unabashed and create a new dimension in the practice of psychology. This paper seeks to outline the need to indigenize psychology in Africa. Correspondence: *Mate-Kole C. Charles PhD, Department of Psychology, Departments of Psychology, Psychiatry, & Internal Medicine; Centre for Ageing Studies, University of Ghana, PO Box LG 84 Accra, Ghana. cmkole@ug.edu.gh*

### **Symposium. Relationships as determinants, mechanisms, content, and indicators of well-being: applications of positive psychology in Africa**

**Chair: Khumalo I**

**13:20 – 15:20**

#### **Niquice F, Koller S. Societal reintegration of young prisoners/exprisoners Application of psychosocial communitarian technologies in Mozambique**

There are a growing number of people being sent to prisons worldwide, including many young individuals. Returning from prison, such youth face adversities upon re-integration into their families and community: stigmatization, dependence on psychoactive substances, poor health care, unemployment and impediments to accessing social opportunities. In this study, we conducted focus group discussions with 28 young people, aged between 17 and 25 years, from two prisons in Maputo. The aim was to explore the nature of the challenges they face and how they respond to these challenges. Themes which emerged from the data included the main problems that characterize their lives, as well as their desire to continue with their lives. The findings generally demonstrated the potential for social reintegration among young people that needs to be preserved. It is therefore recommended that Mozambique should consider implementing Positive Psychology informed community programs (Psychosocial Communitarian Technologies) to follow up on young people after serving their prison sentences. This perspective can contribute to the positive development of this group, promotion of their psychosocial well-being and the implementation of the principles of positive psychology in the process of human development of young people who are in conflict with the law. Correspondence: *Fernando Niquice, PhD, Police Academy of Mozambique, Mozambique Avenue, Km 16, Police Academy – Mozambique. fernandoniquice@gmail.com*

#### **Van der Berg A, Khumalo I, Makhanya D. Family structure, positive mental health and basic psychological needs: A Self-determination theory study among South African adolescents**

The fulfilment of basic psychological needs (autonomy, relatedness and competence) facilitates positive functioning in multiple life domains and across the lifespan. For adolescents, family environment, as indexed by parental presence and involvement, can influence satisfaction or frustration of needs as well as positive mental health. In addition to investigating whether parental presence and involvement influenced need fulfilment and positive mental health, this study determined if family structure moderated the association between need fulfilment and well-being. A sample of 933 South African adolescents (451 male; 513 female) completed the MHC-SF and the BMPN. Using SEM, direct and interaction effects models were tested and the former compared across the family structures based on parental presence. Measurement invariance preceded family structure (both parents; mother only; and other parental figures) group comparisons. The results present family structure and parental involvement as mechanisms for well-being promotion among adolescents. Genograms and qualitative research methods will be helpful in exploring the nature of the quality of well-being promoting parental involvement and family dynamics. Correspondence: *Amanda van der Berg, BA, Optentia Research Focus Area, P.O. Box 5025, Vanderbijlpark, 1900, South Africa. amyvanderberg@icloud.com*

**Wilson A, Somhlaba N. An exploration of the relational experiences of school-going adolescents in Northern region of Ghana**

Relational well-being (satisfaction with quality of social interactions) has positive implications for overall well-being of individuals and communities. Therefore, understanding this phenomenon among impoverished adolescents with limited resources is necessary in order to shed light on how relational experiences act as well-being promoting resources. Thus, this study aimed to explore the dynamics of relational experiences among adolescents in the Northern region of Ghana. Using in-depth interviews, eighteen school-going adolescents across six schools in the Northern region of Ghana were conveniently selected after an initial quantitative data collection phase. The kinds of relationships that adolescents engaged with, and the extent to which these interactions were adequate/inadequate for fostering relational well-being were inductively analysed using thematic analyses. Findings demonstrated that interactions across family and friendship domains fostered relational well-being when experienced by adolescents as adequate in satisfying emotional and instrumental needs. Negative relational experiences such as the need for face-saving during the support-seeking process had consequences for well-being. In order to enhance relational well-being in impoverished contexts, considerations must be given to the complexity of relationship dynamics comprising support seeking, expectation of care and the underlying need for feelings of competence. Correspondence: *Angelina Wilson, PhD, North-West University, 96 Hoffman Street, Potchefstroom, South Africa. wilson.angelina1311@gmail.com*

**Wadende P, Khumalo I. Quality of life and family adjustment in the context of chronic physical illness**

Chronic physical illness exacts demands on physical and emotional resources and triggers the need for appropriate adjustment for the person living with the illness as well as their family members. The Social Ecological Model may aid in understanding the multifaceted and interactive effects of personal and environmental factors in response to living with chronic ill-health. This study applied Genograms and Ecomaps to investigate people's adjustments in the context of chronic physical illness, in Bomet County, Kenya. It was driven by the research question: What psycho-social-environmental adjustments do individuals and families make when confronted with the reality of chronic physical illness? A sample of 60 people aged between 18 and 69 years (36 female, 24 male), undergoing treatment for diabetes mellitus and/or hypertension participated in interview-generated Genograms and Ecomaps to elicit information about adjustment behaviour and quality of life changes when faced with chronic illness. Individuals and their families sought information to enable meeting the demands of the health condition. Consequently, they would make changes to their diets, emotional well-being and physical health habits which had a positive effect on their overall quality of life and provision of support. High quality information resulted in improved quality of life. Correspondence: *Pamela Wadende, PhD, Kisii University-Kericho Campus, P.O Box 269-20200, Kericho. Kenya pamela.wadende@gmail.com*

**Schutte L, Wissing M. How "how are you?" is about more than you: Do perceptions of community wellbeing predict individual wellbeing?**

It is becoming increasingly clear that interconnectedness and positive relations are at the core of psychosocial wellbeing, and that theory and applications should also attend to both inter- and transpersonal levels of functioning. The present study explored the predictive value of various aspects of community wellbeing on the psychosocial wellbeing of individuals in a rural Setswana-speaking community in South Africa (N = 379). Linear regression analysis was used in this quantitative study. Participants responded to Setswana versions of items measuring community wellbeing; the Mental Health Continuum Short Form, Patient Health Questionnaire 9 and Stress Overload Scale Short Form. Results showed that a general sense of community and connectedness (e.g., a sense of membership within the community and not feeling like an outsider) significantly predicted mental health, while the nuanced quality of the connections (e.g., helping, trusting and getting along with each other) was not a significant determinant. This suggests that the former deserves particular focus in interventions. In contrast with literature encouraging an equal spread of power within communities, perception of power distance in this community supported mental health. More research is needed to understand the impact of power hubs within communities and when such hubs can be considered positive. Correspondence: *Lusilda Schutte, PhD, North-West University, Potchefstroom Campus, AUTHeR, Internal Box 500, Private Bag X6001, Potchefstroom, 2531, South Africa. Lusilda.Schutte@nwu.ac.za*

**Invited Symposium. Affirming an african episteme and practice: an act of decolonization  
Chair: Nobles W  
12:40- 15:45**

**Nobles WW. Will discuss the need to rescue the pictorial and conceptual representation of African real(ity) as episteme and trace its codification in Ifa and Vodun as a "science of the spirit" (as opposed to the notion of primitive religion)**

Correspondence: *Nobles Wade, PhD, United States of America, Professor Emeritus, Africana Studies and Black Psychology, SFSU and co-founder and past President of the ABPsi. drwnobles@gmail.com*

**Mkhize N. Will present on understandings of the unconscious in indigenous Africa thought. He will further demonstrate how traditional headers are able to tap on the unconscious, in order to bring about healing**

Correspondence: *Nhlanhla Mkhize, PhD, School of Applied Human Sciences, University of KwaZulu-Natal, Memorial Tower Building, Mazisi Kunene Avenue, Durban, 4041, Kwazulu-Natal ProvinceE, South Africa. mkhize@ukzn.ac.za.*

**Grills CT. Will discuss the need for African centered research and evaluation methods**

Correspondence: Cheryl Grills, PhD, Psychology Applied Research Center, Loyola Marymount University, 1 LMU Drive, 4753 University Hall, Los Angeles, CA 90045. Cheryl.Grills@lmu.edu

**Nobles V. Will discuss the creation of Ebonics as an African language of retention and resistance that serves as an act of decolonization in the Diaspora. She will demonstrate how it may serve as a valuable link for the reconnection of continental and diasporan African practitioners.**

Correspondence: Vera L. Nobles, United States of America, Africologist, Adjunct Professor, Berkeley City College, Literacy Coach, (Retired) West Contra Costa Unified School District. Drvnobles@gmail.com

**Baloyi L. Will argue that vumunhu/botho/Ubuntu (humanness) philosophy is the ethical foundation of any meaningful kalafi ya semowa/healing relationship. He will illustrate this by referring to the hospital healing context**

Correspondence: Lesiba Johannes Baloyi, PhD, Sefako makgatho University, Box 110, Medunsa, 0204. Lesiba.Baloyi@smu.ac.za

**Sodi T. Will discuss the role that traditional healers play in promoting mental health and human wellness**

Correspondence: Tholene Sodi, PhD, University of Limpopo, Sovenga, South Africa. tholene.sodi@ul.ac.za

**Ramose M. Guilt and political psychology: the case of South Africa**

Correspondence: Mogobe B Ramose, Sefako Makgatho Health Sciences University, Department of Clinical Psychology, Ga-Rankuwa, South Africa. tanella@mweb.co.za

## **Symposium. Abortion decision making in context**

**Chair: Chiweshe MT**

**12:40- 14:00**

**Du toit R, Macleod C. "Your baby comes out in bits and pieces": Sharing procedural information in the preabortion counselling interaction**

Information sharing is a pivotal activity in the pre-abortion interaction. However, information may not be shared in a neutral manner but rather presented, in content and delivery, in such a way as to either support or undermine a particular outcome. This potentially renders the counselling directive biased. Limited research has explored how information is shared in everyday pre-abortion counselling practice. Using a combination of discursive psychology and conversation analysis, we analysed how counsellors provide procedural (surgical and medical) information to patients in the counselling interaction. Data were collected at three public health hospitals in the Eastern Cape, South Africa, which offer abortion services. Data collection involved audio recording 32 pre-abortion counselling sessions. Analysis revealed inter-counsellor and inter-site variation in how

information was shared. In this paper, we problematize the various rhetorical strategies which were deployed by counsellors when delivering procedural information to their patients. We argue that excessive disclosure of the abortion procedure is a form of dissuasive labour which is used to evoke and associate strong negative emotions to abortion as a possible decision. The implications of these rhetorical strategies are discussed and possible recommendations are made for a more patient-sensitive approach to delivering information in the pre-abortion encounter. Correspondence: Ryan du Toit, MSS, CSSR, Rhodes University, 160 Montpeiler Road, 10 Montmarte Morningside, Durban, South Africa. r.dutoit@ru.ac.za; ryandtoit@gmail.com

**Mavuso J, Macleod C. Unwise choices': Problematising unintended pregnancy and abortion in nurses' and counsellors' narrated experiences of providing pre-abortion counselling**

Our study explores health service providers and women's narrated experiences of pre-termination of pregnancy counselling (PTOPC) in the Eastern Cape, South Africa. A Foucauldian post-structural feminist theoretical approach and a narrative-discursive analysis are used to examine the discourses participants drew on in constructing narratives of their experiences, as well as the power relations referred to by the participants. Here we discuss two nurses and two counsellors' narrated experiences of providing abortion counselling. These participants, all of whom are female ranging in profession, age, work experience, and racial identity, constructed accounts in which unintended pregnancy and abortion are unwise. Narratives of the purpose of pre-abortion counselling also revealed how health care workers believed that pre-abortion counselling could solve the problem of unintended pregnancy. Drawing on discourses of abortion culture, morality, religion, post abortion syndrome and responsabilisation to construct their narratives, participants took up various subject positions and mostly positioned women accessing abortion services as irresponsible and at-risk, as well as ignorant and (un)deserving of abortion. We conclude that constructing termination of pregnancy as a moral and social problem where abortion is conflated with the negativity associated with unintended pregnancy (also constructed as problematic) has implications for pre-abortion counselling service provision. Correspondence: Jabulile Mavuso; PhD; Psychology; Rhodes University; Lucas Avenue, Rhodes University, Grahamstown, 6140, South Africa. g09m2652@campus.ru.ac.za

**Chiweshe MT, Macleod C. You do not have a choice at that point in time". Stories of women's abortion experiences in Zimbabwe**

Not much is known about the abortion decision-making of women who have unsafe abortions in Zimbabwe. Using a Foucauldian postcolonial feminist approach and narrative-discursive analysis, we report on a study in which Zimbabwean women's abortion decision-making narratives were explored. We elicited the narratives of women who had undergone an abortion about how they came to make the

decision, and how they proceeded to terminate the pregnancy. The data were collected from three sites in Harare. A version of Wengraf's narrative interview was used to elicit narratives from 18 women (six at each site). The results showed that the women's narratives cohered around justifying abortion. Abortion was described as preventing the shame and stigma that arises from a complicated pregnancy. Abortion was also seen as protecting children already born from practical and cultural complications. Circumstances surrounding pregnancies also meant that continuing the pregnancy could lead to lost opportunities. Other narratives touched on how abortion was the only choice given poverty and the unreliability of the partner or partner's family. Correspondence: *Malvern Tatenda Chiweshe, PhD, Critical Studies in Sexualities and Reproduction, Department of Psychology, P.O Box 94, Grahamstown, 6140, South Africa. malrumy@gmail.com; Malvern.chiweshe@ru.ac.za*

**Vorster A, Macleod C. "It's not an abo; rtion": Silencing and stigma surrounding late termination of pregnancy and 'feticide'**

'Feticide' is regarded internationally as essential in ensuring a stillbirth once the pregnancy has progressed past the point of viability. In South Africa, 'feticide' and late termination of pregnancy (LTOP) are offered to all women carrying a foetus diagnosed with a congenital abnormality 'incompatible with life'. 'Feticide' and LTOP are common medical procedures that take place more frequently within public healthcare. In this research, we describe women's experiences of these procedures; interpreted through a feminist health psychology lens. Ten participants were interviewed and the interviews were coded and analysed using the social constructionist grounded methodology developed by Cathy Charmaz. Results indicate that women do not regard their experiences as abortions, but rather as pregnancy loss. Due to the stigma felt by participants, it is common for them to experience silencing and fear of societal rejection. The very term 'feticide' elicits associations with murder; further perpetuating stigma. The outcome is one where the loss of a wanted pregnancy remains as disenfranchised grief. A greater understanding of women's experiences of LTOP and 'feticide' as well as their needs regarding psychological support prior to, during and after the procedure, provides useful information on how to adapt the medical management of these experiences. Correspondence: *Angela Vorster, PhD candidate, C SSR, Rhodes University, Box 37226 Langenhoven Park, Bloemfontein, 9330 angievorsterpsych@gmail.com*

**Symposium. Problematics of pregnancy in South Africa**

**Chair: Du Plessis U  
14:00- 15:20**

**Du Plessis U, Macleod C. Governing pregnant women: The case of alcohol consumption**

In South Africa, the prevalence rate of Foetal Alcohol Syndrome Disorder (FASD) is among the highest in the

world. There are no central government policies that specifically mark out a framework for tackling the rising rate of FASD. The tendency within provincial governments has been to fund or defer responsibility to non-profit organisations to run awareness campaigns in local clinics and communities. This is in line with a global tendency to govern citizens at a distance from the state. The research aims to review and analyse the ways in which pregnant women's alcohol consumption is governed in South Africa using Foucauldian Discourse Analysis and the analytical framework of governmentality. The goal is to identify the general rationality of governing that underlies the ways in which the government is tackling FASD and alcohol-consumption among pregnant women. This involves an analysis of how alcohol consumption among pregnant women and FASD are problematised, what knowledge is produced on it, and what mechanisms and techniques are introduced to reduce drinking among pregnant women. Correspondence: *Ulandi du Plessis, MA (Rhodes) Rhodes University, 2 Villa D'Este Portbury, Grahamstown, South Africa. ulandidup@gmail.com; g07d1639@campus.ru.ac.za*

**Feltham-King T, Macleod C. Configurations of risk, race and culture in the construction of the teenaged pregnant woman**

Teenage pregnancy has become a key public health issue in South Africa. While the prevention of early reproduction features as the primary objective in this field, helping young mothers to manage their pregnancies and births has also come into the spotlight. In this paper, we report on an ethnographic study conducted in two Eastern Cape antenatal clinics in which a variety of forms of data (training manuals, policy guidelines, posters, observations and interviews) were collected. A Foucauldian Discourse Analysis of these data revealed two prominent discourses in relation to the teenaged pregnant woman: risk and race. The pregnant teenager is inevitably constructed as posing a risk to herself and her future baby. Risk discourses work together with discourses of race, with the black-raced subject representing double risk. In this context, race and culture are, however, conflated thereby softening the racialisation of risk. We argue that the common denominator within the double construction of the risky raced/cultural subject is the individualisation of the teenaged pregnant woman. Together these discourses function to simultaneously sanitize talk about race and work to maintain the status quo by holding up the pregnant teenaged woman as irrefutable evidence of degeneration and in need of additional management. Correspondence: *Tracey Feltham-King, PhD, Critical Studies in Sexualities and Reproduction, University of Fort Hare, 50 Church Street East London 5200, South Africa. tracey.felthamking@gmail.com*

**Reuvers M, Macleod C. Women's experiences of pregnancy support: An intersectionality approach**

Being pregnant in a low resourced setting is challenging. This is reflected in South Africa's high maternal mortality rates. Social support provided during pregnancy is associated with improved maternal and infant health outcomes. Studies have broadly categorized social support as emotional (loving

family) and instrumental (financial aid). Much of the South African research on social support around pregnancy tends to focus on single entities of support such as increasing partner involvement. There are no studies that have explored how women talk about the multiple forms of support that they may or may not receive during their pregnancy. Drawing on Macleod's pregnancy supportability framework, this study examines the interplay of individual, micro- and macro-level elements of support received or not received during pregnancy. Furthermore, it explores how pregnant women choose to position themselves or are positioned by others within their support networks. Data were collected using photo elicitation and open-ended semi-structured individual interviews with women who attended rural, antenatal public health clinics in the Eastern Cape. This paper will highlight themes that have been identified in women's talk about the support they receive during their pregnancy. Correspondence: *Megan Reuvers, MA, Critical Studies in Sexualities and Reproduction, Psychology Department, Rhodes University, CSSR House, Lucas Avenue, Grahamstown, Eastern Cape, 6140, South Africa. m.reuvers@ru.ac.za*

**Molokoe CK, Macleod C. Alcohol use during pregnancy in the Eastern Cape: Research in support of FASfacts intervention**

Alcohol consumption during pregnancy has been shown to have adverse effects on the foetus. The South African per capita alcohol consumption rate is above the African regional average and South African alcohol consumption is characterised by heavy episodic drinking, or binge drinking. Despite the high prevalence of foetal alcohol spectrum disorder (FASD) in the country, there is no government database that records alcohol consumption during pregnancy. The aim of the study is to determine the prevalence of alcohol use among pregnant women in the Buffalo City Municipal area. The research will provide the baseline for the subsequent evaluation of a preventative intervention provided by the non-governmental organisation (NGO), FASfacts. The sample comprised of pregnant women (N=1000) attending antenatal care in public health care facilities in Mdantsane and East London. Other than the prevalence of alcohol use during pregnancy, results show how the following variables are associated with risky drinking: age, employment, intimate partner violence, education, parity, gestation and alcohol usage in the home. Correspondence: *Carol Katlego Molokoe, Degree (MD, PhD, etc.), Rhodes University, P.O. Box 3586, Mmabatho 2735, Mahikeng. molokoe.kayc@gmail.com*

**Paper Presentations. Psychology & Media**

**Chair: Sewsunker S**

**12:40 - 15:45**

**Sims B. Decolonizing comedy: African media psychology in action**

*Intellectual decolonization is a prerequisite for the creation of successful political decolonization and cultural reconstruction processes. ~Marimba Ani*

Using media psychological frameworks which position media as one of several tools of colonialism, the proposed paper presentation will offer an African media psychology (AMP) theoretical framework useful for examining and interpreting the content and implications of popular comic media for individuals, families and communities of African descent. The discussion will center on African media psychology, and its offshoot, African comic science, and their implications for the design of media based on traditional and contemporary healthful, adaptive African principles. Using empirical findings from several recent content analyses this presentation will also offer methodological techniques for the scientific analysis of comic material (e.g. television programs, stand-up comedy performances) as well as directions for future research in the field of African/Black Psychology. Finally, this presentation will include empirical content analyses of popular comic media in an effort to test hypotheses related to the psychological nature and colonizing function of comedy in the United States from 1968 to the present. Correspondence: *Brian Sims, Florida A&M University. brian.sims@famu.edu*

**Snodgrass L. The human-digital interface and the rise of conspiracies and hate-mongering**

In the wake of global political upheavals there has been a surge in fake news, conspiracies and pseudoscience discourses on social media platforms. This has seen "post-truth" emerge as the Oxford Dictionary international word of 2016 that describes the irrationality that prevails when appeals to emotions and personal beliefs are more influential in shaping political opinions than hard evidence. This paper explores how the synergy of the human-digital interface creates the most effective distribution network of misinformation, hate-mongering and hoaxes that humans ever invented. The paper based on desktop research and studies drawn from the fields of cognitive and evolutionary psychology investigates how social media exploits our innate human tendencies. When the bombardment of internet news and memes encounters the limitations of human cognitive abilities; perceptual distortions and biases proliferate. Biases, in a variety of guises are pervasive, occurring quickly, effortlessly and unconsciously. Conspiracy theory illustrates how people seek out or evaluate information in a manner that supports their pre-existing beliefs and worldview. In this way, the paper reveals how our evolutionary brain architecture presents a dangerous mismatch with the overwhelming demands of the social media environment we increasingly inhabit. Correspondence: *Lyn Snodgrass, PhD, Department Political and Conflict Studies, Nelson Mandela Metropolitan University, PO Box 77000, Port Elizabeth 6031. lyn.snodgrass@nmmu.ac.za.*

**Curran L, Sandison A. Reflections on the Use of an Online Learning Platform in a Tertiary Environment**

The need to increase access to higher education and ensure financial viability, has led to increased class sizes globally, at a tertiary level. Large classes pose unique challenges to the creation of an academic environment within which students learn and master knowledge and skills. Challenges include the anonymity of students, the presence of language barriers,

and in particular the lack of physical infrastructure to cope with large numbers. These challenges place much pressure on lecturers to engage with alternative strategies of teaching and learning that maintain quality education. To this avail, the aim of this paper is to explore the use of an online learning platform used to augment teaching and learning at a first-year level. The paper follows a single case study design, and purposive sampling method. It draws on quantitative data in the form of descriptive statistics on student engagement with an online learning platform. Data revealed that only 54 percent of a large class met the online requirements for the module. Presenters will reflect on these results and propose some reasons for the low engagement levels; they will explore their learning's from this process, and suggest possible ways to improve student's online engagement. Correspondence: *Lisa Currin, PhD student, Department of Psychology (Faculty of Health Sciences), Nelson Mandela University, Dept of Psychology, Building 7, South Campus, Nelson Mandela University, University Way, Summerstrand, Port Elizabeth, South Africa. lisa.currin@nmmu.ac.za*

#### **Diop I. Providing information and prevention on hysterectomy and mastectomy to Senegalese women through the realization of a booklet and a video**

Hysterectomy and mastectomy are surgical operations commonly used for treatment and prevention of breast and cervical cancer, which are widespread in the Senegalese population. In Senegal, more specifically, there is a lack of medical care, prevention, screening and education. Our previous research, on the topic of hysterectomy, mastectomy and women's status in Senegal has shown the need for more information, assistance, and support through the healing process. The inclusion of the family in the medical process is also essential, considering that many women are abandoned by their husbands after the operation resulting in economic distress. Our previous research has also shown that these operations impacted on sexual functioning and induced loneliness due to women's difficulty communicating with their relatives. The production of a booklet and a video that would be culturally adequate to the Senegalese population can significantly improve the lives of patients and their families. This project could be replicated in other African countries in adequation with the needs of their populations to improve care on the continent. Correspondence: *Ismahan Soukeyna Diop, PhD, University Cheikh Anta DIOP Dakar, 21 avenue Jean Jaurès, APPT n°2112, Senegal. ismahan.diop@ucad.edu.sn*

#### **Sewsunker S. Postgraduate student support through twitter: An exploratory study**

For students entering post-graduate studies there is an assumption that studies are initially intimidating but rewarding upon completion. However, the integration of social media such as Twitter, creates a supportive space for students. This position is the basis of this study which describes the exclusionary and inclusive experience of Academia by students and lecturers as detailed on Twitter. Twitter's academic users relate experiences of academia in an effort to connect with peers, students and laypersons. This paper aims to explore how Twitter potentiates learning with

lower levels of anxiety. This study is qualitative and exploratory in nature. It draws on screen grabs as a method to generate data. We utilize a deliberate selection of 140-character messages called 'Tweets' surrounding academic support or rejection and work-life balance. This involves convenience sampling of tweets in the author's own Twitter feed showing a selection of difficulties experienced by students in challenging circumstances. Findings are: Twitter creates a community of interaction between professionals, academics and students. It creates a safety network where users can share their vulnerabilities and challenges. Twitter triggered interaction that raised awareness in students that they are not alone and have avenues toward completing their studies. Further study surrounding social media as a support mechanism can help inform higher-education institutions on students' needs to help them complete their studies. Correspondence: *Saras Sewsunker, BA Honours, saras.sewsunker@gmail.com*

#### **Ellis K. The first Arabic online intervention for PTSD**

Young adults in Egypt have been heavily exposed to violence in recent years, including political violence in the Egyptian revolution and sexual assault. Creating not-for profit online resources addressing young adults' mental health is an important component in establishing equitable access to care. Addressing global mental health in vulnerable groups is critical to the success of integral human development, and has been listed by the World Health Organization as one of its new development goals. The current research addresses one of the most serious mental health challenges facing young adults in Egypt – posttraumatic stress. The current paper explores the adaptation and development of an online intervention for the treatment of PTSD in Egypt. Permission was obtained to adapt and translate into Arabic, an online program, developed by the National Center for PTSD, the "PTSD coach". During the last year, the research team have consulted with Egyptian experts in the field of mental health, and conducted public focus groups to develop a culturally and colloquially appropriate online intervention for PTSD. The current paper describes the process, challenges and successes of developing the tool, and designing a large-scale intervention study to implement and measure effectiveness and acceptability amongst Egyptians. Correspondence: *Kate Ellis, PhD, American university in Cairo, Street 86, building 4, apartment 6. Maadi. Cairo, Egypt. Kate.ellis@aucegypt.edu*

### **Paper Presentations. Children**

**Chair: August J**

**12:40 - 15:45**

#### **Arendse DE, Bielfeld IR. Exploring the Construction of Sentences within the English Comprehension Test**

South Africans live in a multi-lingual milieu which requires comprehensive investigation into the role of language in psychometric measures. This necessitates the investigation of factors such as sentence construction concepts which may impinge the performance of individuals on psychometric assessment. The purpose of this paper was to statistically

explore the sentences of the English Comprehension Test (ECT), as they were consistently identified as the most difficult items. The sample sizes for the two test versions were 597 and 882. This quantitative study involved the use of frequencies, scatter plots and correlations generated through the use of SPSS and Microsoft Excel. The results indicated that there was a consistency across the two test versions with regard to the most correctly and least correctly answered items, as well as the missing response patterns. In the correlation analyses, it was found that there were relationships between all the sentence construction items, but the extent of the relationships differed across the two test versions. More importantly, it was found that sentence construction concepts such as complex syntax, working memory overload and vocabulary contributed to poor performance on these items. This study has contributed to the development of the ECT and cross-cultural research in South Africa. Correspondence: *Danille Elize Arendse, MA, University of Pretoria/ Military Psychological Institute, 319 14th Avenue, Rietfontein, Pretoria, 0084, South Africa. arendse.danielle@gmail.com.*

#### **Arendse DE, Maree D. Exploring the Gender and Racial Differences within the English Comprehension Test**

In a multi-cultural context such as South Africa, it is indispensable to explore differences in performance on psychometric assessment. These differences are known as invariance and involve factors like race and gender which can cause differential test performance. For this reason, invariance was explored on the empirically designed English Comprehension Test with the purpose of comparing the performance of the different genders and race groups. The sample sizes for the two test versions were 597 and 882 respectively. This quantitative study involved a statistical inspection of the test across the gender and racial groups using Differential Test Functioning in Winsteps. The results indicated that there were possibly biased items for both gender (Female and Male) and the different racial groups (African, White and Coloured) in the test. In addition to this, there were similar results observed across the two test versions of the English Comprehension Test. It was however worth noting that the majority of the items for the test did not show bias for both gender and racial groups. The identification of possibly biased items is important and will require further investigation. As a result, this study contributes to cross-cultural test development and research in South Africa. Correspondence: *Danille Elize Arendse, MA, University of Pretoria/ Military Psychological Institute, 319 14th Avenue, Rietfontein, Pretoria, 0084, South Africa. arendse.danielle@gmail.com.*

#### **August J. A normative study of the Raven's Coloured Progressive Matrices for South African Children with Cognitive Barriers to Learning**

The Raven's Coloured Progressive Matrices (CPM) is one of the measures that have already been extensively normed throughout the world for various population groups. The shift in policy for the South African schooling educational system to focus more on inclusive education, has resulted in a growing need for mainstream schools to identify learners

who are at risk for learning disabilities in order to develop appropriate supportive intervention plans. The presentation discusses the results of psychometric normative screening data based on the Raven's CPM in a sample of learners identified as having cognitive barriers to learning. The primary objective of the study was to develop a special set of norms with cognitive classification scores that will aid in the early identification of learning disabilities. The results of the study indicated that there was a proportional relationship between age and test performance. Gender differences were found indicating that males in this study outperformed females. There was also significant difference in the Raven's CPM test performance with respect to the grade levels of the learners. Correspondence: *Justin August, MA, 6 Dunne Street, Parsons Hill, Port Elizabeth, 6001, Port Elizabeth, South Africa. justin.august@nmmu.ac.za; justinaugust30@gmail.com*

#### **Marais R, Stroud L, Foxcroft C, Cronje J. Using tablet technology for young children's assessment: Working towards a set of Cognitive item types**

Despite the promising possibilities that technology can offer, only a small number of psychological tests have taken the initial step of using tablet technology in assessment. This advancement has problematized the digitalization of test items, especially for young children, since there is paucity of research on both a national and international level addressing digital item and test design. Consequently, digital item development has moved to the foreground as an iterative process that needs to be considered. This paper presents the pre-design phase for developing a set of digitalised cognitive item types for tablet-based assessment of four to five-year-old children in South Africa. The presentation will highlight key decisions that have influenced the test, device and design specifications for the design and development of these digital items. The initial exploration and planning of digital cognitive items involved qualitative data collection and analysis methods. Exploring and gathering data of this kind is particularly important for innovative test development as it is a relatively unknown research area. Correspondence: *Rivca Marais, MA (Counselling Psychology), Psychology Department, University of Fort Hare, 1 King Williams Town Road, Alice, Eastern Cape, 5700, South Africa. rvanheerden@ufh.ac.za*

### **Paper Presentations. Social**

#### **Chair: Van Deventer V**

**12:40 - 15:45**

#### **Van Deventer V. The decolonisation of identity**

Decolonization is generally understood as a necessary movement in societies freeing themselves from colonising powers. But decolonisation runs deeper and broader than this. Like feminism in the 1970's decolonisation is beginning to offer significant contributions to disciplinary theory and methodology. It is gaining global traction beyond its localised agendas. In this paper, I present identity as an example of the rippling effect decolonisation has in psychology. I show how psychology colonised personal

identity and presented it as the self, establishing an impenetrable border, capturing the individual inside psychology. One needs the notion of decolonisation to liberate personal identity from the psychological construct of self. This is an academic argument, but I also argue that the liberated personal identity, rather than the self, is necessary to understand the individual in a decolonising society. Correspondence: *Vasi Van Deventer, PhD (Psychology), Unisa, PO Box 95257, Waterkloof, Pretoria, South Africa. vdevesh@unisa.ac.za*

#### **Finchilescu G. A Q-methodology exploration on student perceptions of academic dishonesty**

Academic dishonesty, in the form of cheating and plagiarism, is alarmingly prevalent in institutions of higher learning, world-wide. To gain insights into how students at a South African university perceive academic dishonesty, a Q-methodology study was conducted on first-year students. The volunteer participants ranked 48 statements on an 11-column grid anchored by 'strongly disagree' (-5) to 'strongly agree' (+5). The statements presented reasons why students cheat. Q factor analysis produced 3 factors – groups of participants – who shared the same perspective. The perspectives that emerged regarded academic dishonesty as (1) moral transgressions; (2) pressure transgressions; or (3) confused transgressions. These perspectives will be discussed in the presentation. Correspondence: *Gillian Finchilescu, PhD, Psychology Department, University of the Witwatersrand, P. O Bag 3, WITS 2050, Johannesburg, South Africa. gillian.finchilescu@wits.ac.za*

#### **Wilson A, Wissing M, Schutte L, Van Eden C. The importance of relationships: Reasons from adults experiencing high versus low harmony in life**

Relationships play an important role in psychosocial wellness. The present study aimed to explore the reasons for important relationships among South African adults experiencing high versus low harmony in life. Data were gathered using a mixed-method convergent parallel design, with a sequential analysis of quantitative and qualitative data. Two samples were purposively selected from a multi-cultural group (N = 287) of South African adults based on scores from the Harmony in Life Scale: one with high experienced harmony (N = 25, Males = 8, Females = 17, Mean age = 44, SD = 15.74) and one with low harmony (N = 25, Males = 9, Females = 16, Mean age = 37, SD = 11.40). Responses to semi-structured questions on reasons for three idiosyncratically selected important relationships were thematically analyzed. We found that motivations underlying relationships for both high and low harmony groups included the need for support, companionship and feelings of a sense of connectedness. However, motivations pertaining to formation of identity, experience of a sense of place, internal peace and deriving meaning from spiritual relationships were unique to the high harmony group. Experiencing more harmony in life is associated with a broader or more complex experience of interconnectedness. Correspondence: *Angelina Wilson, PhD, North-West University, 96 Hoffman Street, Potchefstroom, South Africa. wilson.angelina1311@gmail.com*

#### **Mojapelo C. Psychosocial perceptions of skin bleaching and beauty among black South African women**

The psychosocial perceptions of skin bleaching and beauty were explored among four black South African women. The research was conducted through the lens of colonisation, decoloniality, and feminist theories by way of a social constructionist meta-approach. A qualitative method supported by semi-structured interviews was used. Thematic analysis was used on the data obtained. Results of the study suggest that the increased obsession around Eurocentric physical features could be due to the globalisation of Westernised standards of beauty. Participants of this study express being impacted by ideologies borne of South Africa's unique history of white domination. Findings indicate that the ideas were passed down from generation-to-generation and appear to have an impact on women's body image and self-esteem. Living in a world that rejects their "blackness," it appears that some women have become psychologically trapped in a cycle that has resulted in the growing popularity of skin bleaching among South African women. Correspondence: *Charmaine Keitumetse Mojapelo, MA, University of South Africa, 1 Preller St, Muckleneuk, Pretoria, Gauteng, 0002, South Africa. charmainemojapelo@gmail.com*

#### **Sesheba L, Ndima L. The role of discourse in the construction of beauty ideals among black South African women in media: A Foucauldian discourse analysis**

The mainstream acceptance of the Eurocentric beauty ideal has illustrated how African beauty is still considered the "Other". Various studies have shown the negative effect that this exclusion has had on black women's notions of their attractiveness, self-esteem and identity. With the media industry's role as a titan in its representations of what a beautiful and successful woman in South Africa must look like, the discourse around what qualifies as beauty in this industry becomes important. Therefore, this paper aims to explore and uncover the discourses about natural hair that enable and reinforce the Eurocentric beauty ideal within the South African media industry. In addition, this paper will also look at how these discourses have influenced black women's hair choices within this industry. Texts from black female media personalities were analysed using Foucauldian discourse analysis. The data revealed that the discourse concerning black women's hair has been instrumental in portraying natural hair as inadequate, negatively impacting many black women's personal ideas of beauty and worth. However, the recent change in the discourse around natural hair has also led to a shift in this long-held view. Thus, this illustrates the power of discourse in the construction of 'truths', identity and personal empowerment. Correspondence: *Linah Sesheba, MA, Student Equity and Talent Management Unit, 22405 Extension 4 Mamelodi East 0122, Pretoria, South Africa. insesheba@gmail.com*

**Paper Presentations. Indigenous  
Chair: Kubeka NP  
12:40 - 15:45**

**Kpobi L, Sarfo E, Yendork JS. "It's only madness that I know": An analysis of how mental illness is conceptualized by members of selected charismatic churches in Ghana**

In Ghana many individuals employ traditional and faith healing to treat illnesses. Although attitudes and knowledge of lay people on mental illness have been explored, little is known about Christians' knowledge of mental illness and how the Church influences such knowledge. The present study explored knowledge on definition, types and symptoms of mental illness, church teachings on mental illness and the influence of such teachings on the mental well-being of 86 congregants of six Charismatic churches in Ghana. Through in-depth interviews, focus group discussions and observations, we found that participants reported knowledge of psychotic disorders with a few citing other DSM/ICD categories. Regarding church teachings, some churches provided education and spiritual healing, and others emphasized non-existence of, and immunity from mental illness. Findings showed the 'double-edged' role of religion in enhancing and hindering congregants' mental well-being. The paper concludes with an argument for psycho-education on mental illness and collaboration between Churches and mental health practitioners. Correspondence: *Lily Kpobi, 3 Desch Street, Idas Valley, Stellenbosch, 7600, South Africa. lily.kpobi@gmail.com*

**Selepe M, Klu S. When witchcraft threatens therapeutic process**

Witchcraft is one of the concerns amongst most Black Africans, particularly in the rural areas of South Africa. In most cases, clients bring spiritual issues to therapy since these are considered as their main stressors. To address their presenting problems, in most cases, psychotherapists work together with the spiritual leaders. However, it becomes a concern when these spiritual matters threaten the psychotherapeutic process. This paper presents the experiences of a psychotherapist who was threatened by the "witches" whilst the process of psychotherapy was ongoing. Furthermore, the paper outlines the challenges, limitations and the breakthroughs in the management of this psycho-spiritual case. In conclusion, the paper explains how this psycho-spiritual case would have been better managed if it was referred to a religious leader from the Lutheran church perspective. Correspondence: *Mandu Selepe, PhD, University of Limpopo, P.O. Box 4543, Sovenga, 0727, Polokwane, South Africa. Mandu.Selepe@ul.ac.za*

**Kubeka NP. The psychological perspective on Zulu ancestral calling: A phenomenological study**

When an individual in the Zulu culture has an ancestral calling, he/she presents with symptoms and signs that are similar to those of a person with a mental illness/psychosis. For healing to occur from the ancestral possession, one goes through the process of ukuthwasa to be a traditional healer. The psychological perspective conceptualises having the ancestral calling by providing theories and psychological understanding. Semi-structured interviews were conducted with two Zulu traditional faith healers who have undergone

the process of ukuthwasa. Their lived experiences were analysed using Interpretative Phenomenological Analysis. The findings of the study revealed that the processes of ukuthwasa for both participants have their differences and similarities. Their views on the process were about finding healing, connection and having a sense of belonging. During the process, there was a loss of self to regain the gifted parts of their lives and their ancestors. The psychological perspective takes the emotional aspects during the process into consideration, while the Zulu perspective focuses on the outcomes of the process. Both perspectives view the individual as he/she is seeking healing and going through the process in totality. Correspondence: *Nompumelelo Prudence Kubeka, MA, University of Pretoria, South Africa. pruegame@yahoo.com*

**Gerhardt MG. Theoretical Framework and effects of a community-based intervention using martial arts to reduce violent and aggressive behavior**

South Africans in past and present have been affected by the structural and physical violence of the colonial and apartheid system in one form or another and the consequences of an oppressive racist-capitalist system on the physical and psychological well-being of the dominated groups, shaping a society in which aggression and violence are often seen as legitimate means to resolve political and personal conflicts. As a consequence of this context, hyper-masculine tendencies, such as toughness, roughness and aggressive dominance became aspired standards in many communities. For many adolescents growing up in a resource and opportunity scarce environment, aggression and violence, or threads of these, become a means to claim an identity of strength and success amongst peers and leads many into gangsterism/ delinquency and forms a cornerstone for domestic violence and abusive behaviour. In search of alternative intervention methods, martial arts-based programmes are proposed as a framework to attract the mainly male at-risk adolescents to engage and adhere to a regular programme. This has the potential to be an ego-building method of therapy in support of controlling aggressive impulses. We present a theoretical structure for such an intervention and investigate the effects of a six-month martial arts based intervention. Correspondence: *Martin Gerry Gerhardt, Managing Director, Bom Combat, 23 Upper Camp Road, Maitland, Cape Town, 7404, South Africa. gerry\_gerhardt@web.de.*

**TUESDAY, 19 SEPTEMBER 2017**

**12:00 – 14:00**

**Interactive Poster Sessions**

**Cromhout A, Wissing M, Schutte L. Investigating the factor structure of the Relational Health Index-Community Scale: Application of standard and bifactor exploratory structural equation modelling**

Relationships play an important role in community well-being, health and a sense of belonging. The Relational Health

Index-Community Scale (RHI-C) with subscales Engagement, Empowerment/Zest, and Authenticity of Liang and colleagues is one of few available and promising measures, but not yet validated in the South African context. Although the measure was validated in several studies, conflicting results were obtained for its factor structure. The aim of this study was to investigate the factor structure of the RHI-C in a multicultural South African sample (n=284) using recent statistical developments. Confirmatory factor analysis (CFA), bifactor CFA, exploratory structural equation modelling (ESEM) and bifactor ESEM were applied to the data. CFA did not support the a priori three-factor structure of the scale (CFI=0.910, RMSEA=0.084), and bifactor CFA proved to be problematic. However, these problems were overcome and good fit indexes obtained by ESEM (CFI=0.965, RMSEA=0.063) and bifactor ESEM (item 9 removed, CFI=0.984, RMSEA=0.051). The results pointed to the limitations of traditional CFA and suggested that the incorporation of cross-loadings and a general community relational health factor in addition to the specific relational health factors, represents the data better. Given that these models are used, the scale shows potential for future use. Correspondence: *Amanda Cromhout, AUTHER, North-West University, Potchefstroom Campus, 11 Hoffman Street, Potchefstroom, 2531, Cromhout.amanda@gmail.com*

**Ndima L, Schutte L, Wissing M, Wilson A. Investigating the psychometric properties of the Setswana version of the K6 in urban and rural South African groups: Results from confirmatory factor analysis and Rasch analysis**

The K6 has been endorsed as a valid measure of psychological distress because of its good psychometric properties, brevity and ease of use. However, validation of the translated Setswana version of this scale is still needed. This study aims to examine the psychometric properties of the Setswana version of the K6 in rural (n=535) and urban (n=389) South African groups. The forward-back translation method was used to translate the K6 from English to Setswana. Confirmatory factor analysis and the Rasch rating scale model were used for data analysis. The internal consistency of the scale was borderline ( $\alpha=0.63$ ) for the urban sample and satisfactory ( $\alpha=0.74$ ) for the rural sample. While a unidimensional model was supported for the rural sample, it was not well supported for the urban sample. Item five seemed to be problematic for this sample, displaying a low factor loading in confirmatory factor analysis and poor item fit statistics in Rasch analysis. Although the findings suggest that the Setswana version of the K6 holds promise for future use, the fact that the good psychometric properties of the K6 were not replicated in both samples points towards the need for further refinement and revision of the scale. Correspondence: *Lungelwa Ndima, MA, North West University, Hoffman Street, Potchefstroom 2520, lungelwandima@yahoo.com*

**Daniels LE, Florence M, Blackburn L, Hendricks S, Nkwanyana A. Evaluating the preliminary equivalence of the English version of the South African Substance Use Contextual Risk Instrument (SASUCRI) across a sample of English and IsiXhosa mother-tongue learners**

The purpose of this study was to evaluate the preliminary equivalence of the English version of the SASUCRI across a sample of English and isiXhosa mother-tongue speakers. This study aimed to assess the mean differences in the sub-scale totals (descriptive statistics) and to assess the group differences between the reliability coefficients (Cronbach's alpha) of the sub-scales. This study is embedded in the framework of bias and equivalence and an exploratory differential design was employed using secondary data. The sample consisted of 431 English - and 204 isiXhosa mother-tongue speakers (12-20 years old). The results indicated that there were overall group differences between the two language groups on the mean scores and reliability coefficients for most of the sub-scales. The scores on the English version of the SASUCRI cannot be used for comparison across the two language groups because certain sub-scales of the SASUCRI are biased against the isiXhosa mother-tongue speakers. Correspondence: *Lito Daniels, M.A (Psych), University Western Cape, Department of Psychology, University of the Western Cape, Robert Sobukwe Rd, Bellville, ledaniels@uwc.ac.za*

**Jansen P, Tafelmeier C, Lehmann J. Motor and visual-spatial cognition development in primary school-aged children in Cameroon and Germany**

The main goal of this study was to investigate the motor and visual-spatial development in primary school-aged children in Cameroon and Germany. Thirty-four children in each culture completed a motor and a mental rotation test. The results show a better mental rotation performance of the German children compared to those from Cameroon. Boys outperformed girls. Furthermore, children in Cameroon showed in most single items a better motor ability compared to the German children. This could be explained by the early motor stimulation in infancy in Cameroon. A correlation between the overall motor ability and mental rotation performance could only be detected in the German sample, this might be due to floor-effects in the mental rotation test in the Cameroonian sample. Correspondence: *Petra Jansen, PhD, Head of the Institute of Sport Science, University of Regensburg, University street 31, 93053 Regensburg, Germany. petra.jansen@ur.de*

**Asah-Ayeh V, Ampomah MA, Mate-Kole C, Anum A, Ofori-Atta A, Olayemi E. The relationship between quality of life, cognitive deficits and psychological challenges in adult SCD patients in Ghana**

One of the most common hereditary hematological diseases in Africa is Sickle Cell Disease (SCD). More Africans with SCD are now living into advanced age and therefore quality of life (QOL) issues have become imperative. However, to date, the majority of studies have focused on children. In addition to the medical complications, some studies have reported psychological and cognitive challenges in SCD patients. Further, few studies have examined the impact of cognitive deficits and psychological challenges on QOL of adult SCD patients. This study examined the relationship among QOL, neuropsychological deficits, and psychological challenges in adult SCD patients in Ghana. Sixty-three adult

SCD patients aged 18 years and above participated in the study. Tests were administered to participants assessing cognitive functioning, behaviour and QOL. The results revealed significant correlations among QOL, cognitive deficits, depression, somatization and phobic anxiety. Pain, illness impact, support from family, health perception, spirituality and coping correlated significantly with cognitive deficits, depression, somatization and phobic anxiety. Thus, improving QOL of SCD patients requires that cognitive and psychological factors must be properly addressed. The findings have implications for clinical practice as early identification, assessment, management and remedial programs will help provide avenues for enhancing the QOL of the adult SCD patients. Correspondence: *Mary Akua Ampomah, Mphil, Psychology Department, University of Ghana, Legon Ghana. aframahampomah@gmail.com*

**Mapaling C. "I'm not afraid of dying because I've got nothing to lose": Male suicide attempters in South Africa talk about feeling disempowered**

Suicidal behaviour is globally a public health concern. In South Africa (SA), a scarcity of qualitative research exists describing the socio-cultural context in which suicidal behaviours occur and the meaning that this behaviour holds for the individuals who engage in self-injurious acts. This study documents the narratives of six young men, between the ages of 23 and 34 years, admitted to hospital in Cape Town, following medically serious acts of attempted suicide, also referred to as non-fatal suicide attempts. By means of semi-structured interviews, and thematic analysis, it was uncovered that the participants felt trapped and described their suicide attempts as a rational means to escape. This paper describes the range of contextual and situational factors which participants say contributed to their feelings of being trapped. The narratives share consistency with the "Cry of Pain" theory of suicidal behaviour and literature which describes suicidal behaviour as both "escape" and "arrested flight". The implications of these findings for suicide prevention and treatment in SA are discussed. Correspondence: *Curwyn Mapaling, 6 Romain Court Northpine, Kraaifontein, South Africa. curwyn.mapaling@gmail.com; mapaling.curwyn@gmail.com*

**Pheiffer C, Fouche JB. Foetal Alcohol Spectrum Disorder (FASD) - A Community-based Prevention Programme**

Foetal Alcohol Spectrum Disorder (FASD) includes a spectrum of birth defects caused by the consumption of alcohol (and other substances) during pregnancy and is one of the leading causes of preventable birth defects and developmental disabilities. South Africa has the highest measured FASD rate worldwide. The FASD burden is complex given its multi-faceted nature, which includes maternal, psychological, social, economic and biological risk factors. Thus, interventions should be anchored in a multi-level, integrated and sustainable approach in which community experiential participation is critical. The WESH Department of Psychology's Clinical Intern Community Project offers such an FASD preventative intervention grounded in scientific psychological theory. This project intervenes at different levels of intensity (i.e. from psycho-

education to experiential self-exploration) for five different age groups between 8 to 29 years. Sustainability is ensured by training future facilitators in accordance with the "Train-the-trainer" principle. Implementation of the first two phases of this project (i.e. for the age-groups 8-11 years and 12-15 years) confirms that the theoretical basis of this FASD prevention programme translates well into the age-appropriate developmental needs for each targeted age group. Thus, further implementation will follow a similar approach. Correspondence: *Carina Pheiffer, MA (Clinical Psychology), UFS, Dept. of Psychology, West End Specialised Hospital (WESH), 121 Green Street, Kimberley, Northern Cape, 8301 South Africa. cgpheiffer@gmail.com; fouchejb@yahoo.com*

**Magorokosho N, Mberira M, Veii K. Exploration of attachment styles and intimate partner violence in Namibia**

Intimate Partner Violence (IPV) continues to occur in many settings across socio-economic, religious and cultural groups. It remains an unfortunate reality for many couples and families. Factors such as unemployment, alcohol- and drug abuse are some of the contributing factors. The absence of these factors however fails to explain the presence of violence in intimate relationships. The aim of this descriptive study was therefore to explore the role of attachment styles and IPV in Namibia. Currently, Namibia has a high prevalence of IPV. Specifically, the purpose of this study was to examine the possible relationship between attachment styles and IPV and to determine the best predictor of IPV from the different styles of attachment, among Namibian university students. The research instruments used were a socio-demographic questionnaire, the Abuse within Intimate Relationships Scale (AIRS) and the Experience in Close Relationship Structures (ECR-R) questionnaire. The sample consisted of 380 undergraduate students. The expected outcome of the study will be used as a basis to predict intimate partner violence. Furthermore, recommendations for practical implementation and future research within the Namibian context will be presented. Correspondence: *Natasja K. Magorokosho, Bachelor of Clinical Psychology (HONs), Psychology, University of Namibia, 340 Mandume Ndemufayo Avenue, Pioniers Park, Windhoek, Namibia. k.natasja89@gmail.com*

**Jansen Van Rensburg M, Jansen Van Rensburg M. Exploring the emotional effects of doing research on community research assistants**

Resilience Analysis Consulting conducts research and evaluation studies in various African countries. The organisation values participation of all stakeholders and takes a special interest in the wellbeing of all stakeholders during research studies, including the locally recruited research assistants. Ethical principles apply when dealing with all participants. Research assistants are emotionally vulnerable when conducting interviews on traumatic topics such as HIV and human trafficking. Training and debriefing activities aim to help assistants cope with their emotions. This study aims to explore the emotional impact and coping strategies. Data was gathered over a nine-year period from research assistants using a questionnaire on their experiences after they completed the data collection. The study included 76

researchers from five countries. Descriptive statistics and thematic analysis were performed. The majority of the research assistants indicated that they were emotionally affected during the data collection (n=52, 68%), while 30 (39.5%) felt affected after the data collection. The most common strategies used included debriefing, rationalization, reappraisal, and relying on their training and the methodology in use. The research assistants were able to cope with the adverse emotions. Information will enhance future efforts to limit the negative emotional effects on all research staff. Correspondence: *Madri Jansen van Rensburg, PhD, Resilience Analysis Consulting, P O Box 91849, Auckland Park, Johannesburg, South Africa. madrijvr@gmail.com*

### **De Klerk W, Lamont E, Malan L. Older age South African persons' experiences of their needs with cell phone use**

This study explored the needs met by cell phone use by older persons. Informants were 52 older South Africans (age range 65 to 89 years, male = 8, female = 44). The older persons completed a visual representation and semi-structured interviews on the needs met by their cell phone usage. Thematic analysis of the data revealed the following needs to be met by their cell phone usage: personal safety, sense of control, managing daily routine, and staying connected with loved ones. Findings are consistent with the propositions of the basic psychological needs theory (BPNT) regarding competence, autonomy and personal well-being. Correspondence: *Werner de Klerk, PhD, North-West University, Private Bag X6001, Potchefstroom 2520, Box 206, South Africa. 12998699@nwu.ac.za*

### **De Klerk W, Scholtz S, Hoffman J. Assistance seeking behaviour in older persons in the use of their mobile phones**

This analysis describes the assistance seeking behaviour of older persons in the use of their mobile phones. To this end, this study explores who and why older persons approach certain persons for assistance with their mobile phones. Voluntary purposive samples (n=52, 60+ years) from the Tlokwe municipality area (South Africa) took part in this qualitative study through semi-structured interviews, group interviews and the Mmogo-method. Findings from thematic analysis indicate that participants ask persons in social networks and service provider personnel for assistance with their mobile phones. Reasons for asking these persons were: close interpersonal relationships, transmission of appropriate technical knowledge, proximal persons, willingness to assist, and unsupportive service providers. Close interpersonal relationships show the most promise in contributing to older persons' learning of mobile-phone skills. Therefore, unsupportive service providers are encouraged to employ aspects of this and the aforementioned themes, into their services to improve older persons' mobile-phone experiences. Correspondence: *Werner de Klerk, PhD, North-West University, Private Bag X6001, Potchefstroom 2520, Box 206, South Africa. 12998699@nwu.ac.za*

### **Swain K. Exploring Community Violence and Traumatic Stress in a South African Youth Cohort**

South African adolescents experience high levels of violence exposure and traumatic stress with consequential impacts in psychosocial functioning. This study examined the prevalence of exposure to violence and traumatic stress symptomatology in an adolescent community sample in low socioeconomic areas of KwaZulu-Natal, and investigated the moderating effects of sex and grade level. Grade 7 (n = 256) and Grade 10 (n = 68) learners participated and almost 6% of the sample endorsed PTSD with an additional 4% experiencing clinically significant traumatic stress symptomatology. Post-traumatic stress symptoms were significantly associated with all forms of violence exposure and a multivariate effect of sex on peer victimization, but not on exposure to community violence was observed. Correspondence: *Karl Swain, 2 Roosevelt Road, Winston Park, Gillitts, Durban 3610. karlswain@gmail.com*

### **Naidoo P; Fouché P, Osorio D. Musician, writer and advocate for peace: A psychosocial developmental psychobiography of John Lennon**

This study entails a psychobiography of the Beatle, John Lennon (1940 - 1980). Lennon is renowned for his controversial musical lyrics. Lennon managed to leave a vast imprint on the world through his involvement with various social and political issues. He is also known by many as an advocate for peace and equality. This study aimed to reconstruct the psychosocial personality development of Lennon through the use of Erikson's psychosocial theory. A secondary aim was to test the relevance of Erikson's theory, as applied to the lifespan of Lennon. In this single case psychobiographical design, Lennon was selected as subject through non-probability purposive sampling. Lennon's life was reconstructed through a systematic analysis of publically available biographical data which consisted of primary and secondary data sources. Use was made of Alexander's psychobiographical model that provides indicators of thematic salience. Additionally, the collected data were integrated in a psycho-historical matrix which further guided the analysis. The findings indicate that John experienced difficulty with his psychosocial development during his early life. He only began to resolve childhood crises later in life through the help of therapy and the influence of Yoko Ono. Correspondence: *Pravani Naidoo, PhD, Department of Psychology, University of the Free State, 205 Nelson Mandela Avenue, Park West, Bloemfontein, Free State, 9301, South Africa. naidoop@ufs.ac.za*

### **Fouché P, Naidoo P, Rogers C. A psychobiography of Robert Hansen: "The Butcher Baker"**

Relatively few academic psychological analyses of the minds of murderers have produced in-depth understandings of the longitudinal intrapsychic-functioning of these individuals. This study entailed a psychobiographical single case study of infamous serial murderer, Robert Hansen (1939-2014) who made the strip-club district of Anchorage, Alaska his hunting grounds for 12 years. Hansen was selected by means of purposive sampling as the subject of this case study, based on interest-value and because of his bizarre modus operandi as a serial murderer. The Schahriar Syndrome Model by Claus and Lidberg was utilized as the model against which

Hansen's life was investigated. This model highlights five main primitive psychic mechanisms that are present in the functioning of serial murderers, namely: (a) omnipotence, (b) sadistic fantasies, (c) ritualized performance, (d) dehumanization and (e) symbiotic merger. Five significant historical periods of Hansen's life were identified which assisted in extracting and analyzing significant evidence from the data sources, using Alexander's psychobiographical model of salience. A conceptual psycho-historical matrix was also applied to organize data. The findings indicate that Hansen exhibited all five primitive psychic mechanisms in his functioning during various life-stages. This psychobiography supports the relevance of the SSM for understanding psychic mechanisms involved in serial murder. Correspondence: *Paul Fouché, D Phil, Department of Psychology, University of the Free State, P O BOX 339, Bloemfontein, 9301, RSA. fouchejp@ufs.ac.za*

**Fouché P, Van Niekerk R, Nel C. The Spiritual Wellness of Anti-Apartheid South African Parliamentarian Helen Suzman: A Psychobiographical case study**

The primary aim of this psychobiographical life history case study was to describe South African parliamentarian Helen Suzman's (1917-2009) spiritual wellness, within her socio-historical context, through the application of the neo-Adlerian holistic wellness model developed by Thomas J. Sweeney, J. Melvin Witmer and Jane E. Myers. Suzman was selected by means of a purposive or significant sampling technique. She received worldwide recognition and respect for her opposition of apartheid rule during her 36-year long parliamentary career. Following her death in 2009, her contribution to the establishment of democracy in South Africa was highlighted and she was saluted as a fighter for human rights and civil liberties. Two methodological strategies were used in this psychobiography, namely: Alexander's psychobiographical model for the prioritization and extraction of salient biographical data, as well as a psycho-historical matrix for the categorisation and presentation of the biographical data, in conjunction with the spiritual dimension of the holistic wellness model. Findings suggest that Suzman achieved a relatively high degree of wellness in all the dimensions and life tasks outlined by the holistic wellness model, especially in her spiritual wellness. Correspondence: *Paul Fouché, D Phil, Department of Psychology, University of the Free State, P O BOX 339, Bloemfontein, 9301, RSA. fouchejp@ufs.ac.za*

**Fouché P, Holz T, Walker Stephen S, Van Niekerk R. The psychosocial developmental trajectory-method in psychobiography: Application to Roald Dahl**

Psychobiography involves the use of psychological theories and historiographic methods to reconstruct the development of significant personalities through intensive life-span studies. Roald Dahl (1916-1990), renowned author, was selected as subject through non-probability purposive sampling. The aim entailed an illustration, with an application to Dahl, of the psychosocial developmental trajectory-method in psychobiography. The focus was on developmental crises and ego-strengths during Dahl's early life stages and the subsequent influence thereof on his adult

developmental trajectory. Alexander's indicators of saliency were utilized in conjunction with a psycho-historical matrix to collect, categorise and analyse significant themes from primary and secondary sources. Findings indicate that Dahl's development was influenced by socio-historical forces such as his relationship with his parents, the influence of his schooling background, his quest for a father figure, his tendency to withdraw himself, and his passion for writing. The utility of the psychosocial developmental trajectory-method, especially the use of a psycho-historical matrix, is illustrated in this study. Correspondence: *Paul Fouché, D Phil, Department of Psychology, University of the Free State, P O BOX 339, Bloemfontein, 9301, RSA. fouchejp@ufs.ac.za*

**WEDNESDAY, 20 SEPTEMBER 2017**

**12:00 – 14:00**

**Komesuor J. Forgiveness among Children in the Context of Peer-Peer Dyad**

The focus of the study was to investigate forgiveness in children (between the ages of 11 and 17 years) in Ghana: the main aim of the project was to examine forgiveness in the child-child dyad among Ghanaian children. The study was based on a qualitative design which enhanced the sensitivity to the phenomenological experience of forgiveness among children. In-depth interviews were held with children to ascertain their understanding of forgiveness. The findings show that generally children understand what forgiveness and unforgiveness is, but they find it difficult to explain the concept as they mostly confuse forgiveness with forgetting. It also revealed when children experience an offense, they might say they have forgiven the offender because their religion expects them to do so whilst that offense might not actually be forgiven. The results highlight the value of studying the importance of religion on the forgiveness process. The implication of the finding is that because religion practically obliges children in Ghana to forgive, implying that they are unlikely to seek redress for offences committed against them and keep the hurtful experiences to themselves which might have a negative impact on their development and psychological well-being. Correspondence: *Joyce Komesuor, MPhil, University of Health and Allied Sciences, PMB 31 Ho-Volta Region. jkomesuor@uhas.edu.gh.*

**Moodley-Govender E, Makola S, Ruth Connelly R, Chetty IG. Forgiveness Research in Africa: A journey of a South African team investigating forgiveness and father absence**

Father absence persists in post-apartheid South Africa (SA) due to labour migration, undisclosed paternity, denial of parental responsibility, and denial of access to children. The unique cultural factors such as bride price (Xhosa lobola or Zulu inhlawulo), delays the union of parents. A child's perception of an absent father can be transformed through forgiveness as a meaning-making mechanism. Extant South African studies surrounding forgiveness are politically orientated. However, empirical evidence of the efficacy of forgiveness intervention programmes are lacking. These distinct gaps in forgiveness research have created room for

innovative scientific studies. This study sets out to investigate forgiveness interventions as a tool to address the scars of fatherlessness. Wade et.al.'s meta-analysis of forgiveness interventions indicated that the treatment duration, the modality of delivery, and the severity of transgressions influenced benefits. These variables will be investigated with anticipated outcomes that carry promising implications for an enhanced understanding of coping strategies, psychological wellbeing and religious commitment. Forgiveness intervention provides a platform to explore the current understanding, experiences and practice of forgiveness in South Africa providing an indigenous resource for sustainable impact. Correspondence: *Eshia S Moodley-Govender, School of Heart, Each One Reach, 17 Spathodia Place, Glen hills, 4051. lifechoicesa@gmail.com*

**Rose J, Roman N, Kelvin M. Early Childhood Educators' evaluation of internalizing behaviours in children in a low-income community**

Early childcare centres report high rates of externalizing pathology in children. However, internalization behaviours are far less likely to be problematic within the school context. Children that are depressed, anxious and withdrawn are more likely to be met with concern much later in the process than a child acting out and externalizing their behaviour. Missed internalizing pathology often leads to more severe outcomes later in adolescence. The aim of this study was to establish baseline levels of perceptions of internalization, as reported by early childhood educators. The Child Behaviour Checklist – Teacher Rating Form (CBCL-TRF) was used to determine the levels of internalizing behaviours as perceived by the teachers. A total of 70 children were assessed. Of these, only 7 children were seen by teachers to have significant internalization behaviours. A breakdown of the various behaviours of internalization will be given. The results of this study suggest that either levels of internalization are relatively low in these children, or teachers aren't able to identify internalizing pathology as easily as externalizing pathology. This study received ethical clearance from the University of the Western Cape. Correspondence: *Jenny Rose, MA, University of the Western Cape Psychology Department, Robert Sobukwe Road, Bellville, Cape Town jrose@uwc.ac.za; jennyleesimpson@yahoo.co.uk*

**Maloa, B. Beliefs and behaviors regarding HIV-AIDS in adolescents in the city of Maputo in Mozambique**

The aim of the study was to examine the beliefs and behaviours regarding HIV-AIDS of adolescents from Maputo city, comparing men and women. One hundred and fifty five teens participated in this survey, of which 65 were men and 90 women. A demographic questionnaire, a questionnaire regarding beliefs about HIV-AIDS and a questionnaire in relation to preserving or risking HIV infection were administered. Data were analyzed using descriptive and inferential statistics, using the statistical package SPSS for Windows, version 17. Statistically significant differences were not found for beliefs about the origins of HIV-AIDS or

a cure for AIDS for those who might be infected by the virus. With respect to beliefs about actions for prevention of HIV-AIDS, women share the belief that teaching children about condom use encourages them to practice sex early. Men are at greater risk of HIV infection compared to women. Since beliefs about the effectiveness or otherwise of awareness programs against HIV-AIDS are adhered to in diversified forms taking into account sex, this fact should be taken into account in the design and implementation of programs against HIV-AIDS. Further research is necessary, which may include other age groups as well as other cities.

**Mavuso M. Autism and support: What can teachers do to promote learning?**

Autism is a growing global phenomenon affecting children within the education system. Although this is the case, accessing schools for learners with autism is a daunting task for many parents as there are few schools for children with autism in South Africa. In addition, most teachers have not been trained to support such children. Although several studies have been conducted on children with autism, not much has been reported on how schools could collaborate on supporting children with autism. In this presentation, I argue that collaboration between special and mainstream schools could yield positive outcomes in supporting learners with Autism. This presentation discusses findings from a qualitative case study which explored how two adjacent schools collaborated to support learners with autism. Data was collected through individual interviews, observation and field notes were reflected in a journal. An asset based theoretical framework guided the study. The study revealed that the shared physical environment enhanced communication; improved curriculum planning, encouraged a positive peer acceptance and improved relationships amongst teachers. The study recommends that schools should use collaboration as a strategy to support children with autism. Correspondence: *Corresponding (or submitting) author name, Degree (MD, PhD, etc.), Department if given, Affiliated Institution, Street Address given during submission (such as 123 Street, City Name, State or Province, Postal Code, Country E-mail: email@email.com*

**Diale B, Mehmedova A. From a tango dance to a kwaito jive: rethinking the techniques used in career counselling within the South African context**

For many years career assessment and counselling within the South African context has been a service available to a privileged minority. Many South Africans have gone through their school and career stages without ever having an opportunity to undergo such services. Even when administered, psychologists used tests batteries that are Western in nature and not suitable for the general South African population. This lack of suitable intervention has led to the need for a career approach that takes into account the lives and stories of individuals as an important part of their lifelong journey. This practice based paper aims at sharing personal and psychologists' experiences of how the traditional and narrative career approaches can be integrated to enable individuals to proactively make meaningful sense of their selfhood, which is ever-evolving, and inherent to

their social and psychological worlds which are dominated by language symbols. Various indigenous techniques are used to co-construct clients' career paths. We argue that until such time as we address these issues, there will always be 'thorns in the prognosis of our success' in the field of career guidance and counselling. Correspondence: *Boitumelo Diale, PhD, HOD: Educational Psychology, Education Division executive member (SEPSA), University of Johannesburg, 791 Prosperity Road Groblerpark, 1724, Roodepoort, South Africa. tumid@uj.ac.za.*

### **Edwards S. An integral, positive psychology paradigm for global coherence, research and health promotion**

The goal of this poster is to promote an integral, positive psychological paradigm involving HeartMath and Global Coherence Initiatives as coherence, research and health interventions. These interventions are essentially scientific, evidence based, advances on established psychological methods and other cardiorespiratory based healing methods, perennially used in various wisdom, knowledge and spiritual traditions. Evidence is reviewed in relation to psychophysiological coherence, which is characterized by a heart rhythm pattern of elevated amplitude in low frequency heart rate variability of around 0.1 Hz. This is associated with synchronization between various physiological systems, positive emotions, athletes' "zone" experience, enhanced spirituality, personal, social and global coherence and health. For example, research evidence is provided for the effectiveness of an African heart breath healing method, specifically developed around the concept Shiso, an ancient isiZulu respectful (hlonipha) term for a human being, which became an acronym for Spirit (umoya), Heart (inhlizyo), Image (umcabango), Soul (umphefumulo) and Oneness (ubunye). Independent and collaborative South African research, validating various HeartMath techniques, is described. This includes an African Global Coherence Initiative Site, established on a private game reserve in Kwa-Zulu Natal. Correspondence: *Steve Edwards, PhD, DEd, Psychology Dept, University of Zululand, 3 Antigua, 32 Chartwell Drive, Umhlanga Rocks, 4319, South Africa. sdedward@telkomsa.net; sdedward@telkomsa.net*

### **Pillay R, Flotman A, Mitonga-Monga J. Emotional labour among women leaders in the consulting industry: A hermeneutic phenomenological inquiry**

The view that the workplace should be viewed as a rational environment is being swiftly dismantled by acknowledging and harnessing the power of emotions in favour of individual and organisational outcomes. The focus of this study was to explore the lived experiences of emotional labour among women leaders in the consulting industry in South Africa. A qualitative study was conducted and informed by the hermeneutic phenomenological perspective. Data were gathered through in-depth, unstructured interviews with eight women leaders' resident in the Gauteng region. The data gathered were analysed by applying a hermeneutic phenomenological analysis and interpreted from a work and personally related emotional labour stance. The empirical findings suggest that these women leaders almost naturally adopt a transformational leadership style. However, in

situation-specific circumstances, a more transactional style is adopted. These women leaders enjoyed little work-life balance, which is accepted as common practice in this industry. Role complexity and personal life obligations result in role conflict. The women leaders' emotional well-being is adversely affected which manifests in guilt, loneliness, loss of identity, alienation and the emotional exhaustion they experience. Furthermore, there seems to be no to very little organisational support for women leaders in this volatile, highly pressured emotional context. Correspondence: *Reevasha Pillay, UNISA, South Africa. reevapillay@yahoo.com*

### **Tonelli L, May M. Of mirrors and masks: The RIDE towards transmogrification**

One of the greatest challenges in South African history was the migration between an apartheid regime and a new democratic society. Adapting to new norms is experienced with apprehension and trepidation. A system psychodynamic event on Robben Island, The Robben Island Diversity Experience (RIDE), held annually enhances understanding of South African diversity dynamics. The aim of the study was to explore whether members of RIDE transmogrify and what this means for the individual and the organisation. A qualitative hermeneutic phenomenology research design enabled exploration into the experiences of five members who had attended RIDE. Data was collected and analysed using IAQ as a research method. Findings indicate integration and adaption of diversity dynamics were experienced as migration from initial apprehension to feelings of long-lasting purpose intra-personally, interpersonally, amongst groups and in organisations. Working with the shock of seeing the real and experiencing the pain and fun of unmasking, the migration towards a shared destiny allowed for understanding and integration of diversity experiences. The member's experiences highlights systems psychodynamics contribution towards well-being of employees enabling people to feel they are adding value and have more ownership in their organisations and society. Correspondence: *Corresponding (or submitting) author name, Degree (MD, PhD, etc.), Department if given, Affiliated Institution, Street Address given during submission (such as 123 Street, City Name, State or Province, Postal Code, Country E-mail: email@email.com*

### **Mthembu O. The impact of age, gender, race and education on Hofstede's cultural value dimensions at individual level in a South African military sample**

Culture is a very salient concept in the military. Soeters established that Military Academy students have significantly higher collectivistic, power distance, uncertainty avoidance, masculinity and long-term orientations than their civilian counterparts. Culture is crucial in determining how the subordinates perceive their leaders. A quantitative study was used to gather data from a sample of 325 military practitioners using a convenience sampling technique. The sample comprised 62% females and 38% males and 64% Blacks and 29% Whites. ANOVA was conducted on age, race, and education groups and t-test analyses on gender were conducted to establish group differences. T-test analysis

indicated that females have significantly higher uncertainty avoidance orientation than males but significantly lower masculinity orientations than males. ANOVA analysis indicated that the 45-49-year-old group had significantly higher power distance orientations than both the 20-24 and the 25-29-year-old groups. Further ANOVA analysis indicated that Whites have significantly higher power distance orientations than Blacks while Blacks have significantly higher masculinity orientations than Whites. The results raise questions regarding the socialisation and implications for differences in cultural value orientations in a diverse military environment like the South African context. Correspondence: *Oscar Mthembu, MA, Stellenbosch University, Military Academy, Private Bag X 02, Saldanha Bay, 7395, South Africa. oscar@ma2.sun.ac.za; mbha@webmail.co.za*

**Pule N, May M. The social construction of student leadership in a South African university: The anxiety of working with diversity dynamics**

The current study undertook to understand the social construction of student leadership in a South African university. This aim was explored by means of a pluralism qualitative research design wherein social constructionism and psychosocial research were incorporated. Data gathering was done through social dream drawing. Themes expressing the fusion of discourse analysis and interpretation with a psychodynamics lens were found. The findings allude to a two – way interaction between identity and relational dynamics in student leadership which simultaneously sets up a conversation about the anxiety of working with diversity dynamics. Therefore, the main finding is that the co – construction of student leadership is used to create space for a conversation about the anxiety of working with diversity dynamics. ‘I am anxious about diversity dynamics’ is the main discourse found with omnipotence and splitting as the most used defense mechanisms. A framework presenting the findings of this research will be presented. This visual representation can be used as an effective tool to inform consulting psychologists and other practitioners who work in the field of diversity dynamics, leadership and student leadership about the methodological contributions and suggestions to practice that this study proposes. Correspondence: *Neo Tshireletso Pule, M.Sc. Counselling Psychology, Phd (Consulting Psychology), UNISA, Department of Industrial and Organisational Psychology, University of Pretoria, Lynnwood road, Hatfield Pretoria, Department of Psychology. npule555@gmail.com*

**Mayer CH, Tonelli L, Surtee S. Woman leaders as containers: their (unconscious) roles in South African Higher Education Institutions**

Women leaders are on the rise. The aim of this poster is to present findings on the (unconscious) roles women leaders play in higher education institutions (HEIs) in South Africa. The research draws on system psychodynamic theories, agency and ownership in organisations. This study is qualitative and provides rich in-depth insights into the research topic. Dilthey’s approach towards modern hermeneutics builds the research paradigm. Semi-structured

interviews were conducted with twenty-three women leaders of different cultural backgrounds, based at eight HEIs. Observation in one HEI was conducted. Findings show that women leaders act as containers of unconscious processes within organisations. They contain different social, family and professional roles on cognitive, emotional and behavioural levels. A split in essence - between the vision regarding roles they want to fulfill and the roles they do fulfill - becomes visible. Findings further show that women leaders are containers for negatively experienced emotions, such as anxiety and rage, within the system. Finally, they take on roles which make them think, feel and act as if they were containing roles connected to their upbringing as they unconsciously become mothers, aunts, daughters and sisters within their organizations. Conclusions and recommendations for future research and practice are given. Correspondence: *Claude-Helene Mayer, PhD, Rhodes University, Grahamstown, South Africa. claudemayer@gmx.net*