PSYSSA CONFERENCE 2025: VOLUNTEERS

Volunteer Coordinator

Zindi

Ammarah

Assistant Volunteer Coordinator

Amahle

Omolemo

Liesl

Phumla

Nozibusiso

Luna

Faresani

Zariké

Maliha

Aisha

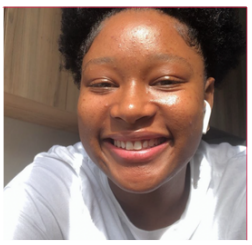
Nontuthuko

Sinothile

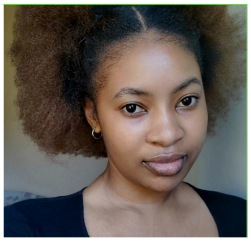
Pebetsi

Senamile

Neo



Claudia



Andiswe

PsySSA Psychological Society of South Africa

2025 Psychology in Society & Society in Psychology

Annual Psychology Congress

14 to 16 October 2025, Durban ICC

MEET THE TEAM

Zindi

Reflections:
Volunteering as the Head Volunteer at the PsySSA 2025 Conference was truly an honour. I loved every minute of it, from seeing the friendly, excited faces of delegates to having the opportunity to assist, guide, and support each and every participant throughout the event. This experience reminded me of the deep importance of compassion, empathy, and respect - the very foundations of our field. Titles and achievements may carry weight, but they should never outweigh our shared humanity or the simple courtesy we owe one another. I'm deeply grateful to my volunteer team for their incredible hard work, long hours, and unwavering commitment throughout this journey. Their teamwork and dedication made the experience not only successful but deeply meaningful. To all the attendees, thank you for your patience, smiles and conversations.

Ammarah

Reflections:
Being the assistant volunteer coordinator for this year's congress was an invaluable experience. Not only was I able to help lead a dedicated team in ensuring the smooth running of this event, but also to attend intriguing presentations from peers, colleagues, and scholars that I admire. I am deeply grateful for the opportunity - the PsySSA Congress has repeatedly shown me the diverse range of possibility in the field of psychology, and has helped me grow into the person that I now am, both personally and academically. I am eager to act on the lessons I learnt and advice I received throughout this congress, and I am ready to take on my role as the new Chairperson of the Student Division on this exciting note!

Amahle

Reflections:
Volunteering at the PsySSA conference was such an incredible experience. It was so informative and really opened my eyes to how much psychology helps people and how extensive local research in the field actually is. I also loved being part of such an amazing team, everyone worked so well together, and our leaders were truly inspiring. One of the best parts was being in rooms with people who have shaped the field and influenced the direction I want my own career to take. It honestly made me even more excited about the future and hopeful that one day I'll be standing beside them.

MEET THE TEAM

Omolemo

Reflections:
Volunteering with PsySSA was an enriching experience where I learned a lot and worked well within a dedicated team. I met many inspirational people who deepened my understanding and strengthened my passion for psychology. As volunteers, we worked exceptionally well together, ensuring that delegates were assisted warmly and efficiently throughout the event. The experience allowed me to grow both personally and professionally, gaining insight into the real world impact of psychological work and inspiring me to continue contributing meaningfully to the field.

Liesl

Reflections:
During my time as a volunteer at the Psyssa 29th annual congress, I never thought I could learn so much in a mere span of three days. The new research I discovered, topics learnt, friends made, and connections established, are all a treasure trove of experiences. From the diverse range of topics, people, and opinions, to the friendly faces and hard-working staff, it was truly inspirational to see so many passionate people in the field of psychology. I am truly grateful to them and everyone else. This was an opportunity I am so honoured to have experienced, and hope I get to again for the next conference, because I am definitely coming back. Lots of love to everyone.

Phumla

Reflections:
I wanted to express my sincere appreciation for the exceptional experience I had as a volunteer with PsySSA. The opportunity to network with esteemed professionals in the psychology industry was truly inspiring, and it reinforced my belief that my career aspirations are attainable. I was particularly impressed by the passion and dedication of the individuals I met, and I'm grateful for the connections I made. Thank you for providing a platform that fosters growth, learning, and connection.

Claudia

Bio:
My name is Claudia Dickson. I am a psychology honours student who values growth and strives to become a higher version of myself each day. I love being curious about life, and contributing meaningfully wherever I am. I am a true believer my actions reflect the light I carry.

MEET THE TEAM

Nozibusiso

Reflections:
Volunteering at the PsySSA Annual Psychology Congress was the best experience as it did not only give me an opportunity to learn more about psychology through various presentations. It further helped me to network with professionals in the psychology field and form meaningful connections with the volunteers. Whilst teaching me discipline, patience, time management, and the value of teamwork.

Luna

Reflections:
I am grateful to have been part of congress for the second time this year. It continues to raise the bar year after year, the calibre of presentations and speakers is inspiring and continues to remind me why I love this discipline. It was encouraging to hear the conversations being had that are addressing important mental health issues in the South African context.

Faresani

Reflections:
I had an amazing time at the conference and really enjoyed working with my partner, she made the job less hectic. It was nice being part of something so impactful. I loved being in a space full of people in my field, making connections and listening to experiences

Zariké

Reflections:
It has been an honour for me to volunteer at yet another PsySSA Congress. My name is Zariké Gouws, and I am a third-year student at the North-West University in Potchefstroom. As a student aspiring to become a clinical psychologist, I view every congress as an opportunity to grow both professionally and personally. The conversations I engage in, the insights I gain from leading scholars, and the sense of community among passionate minds continuously reaffirm my purpose. Each experience strengthens my dedication to psychology, and I'm already looking forward to returning to the next PsySSA Congress, ready to learn, serve, and engage with the brilliant minds shaping its future.

MEET THE TEAM

Maliha

Reflections:
Having the opportunity to volunteer at this conference was a great honour. This experience has cemented my love for the discipline and has allowed me to listen to insightful presentations and connect with my fellow aspiring psychologists. I gained valuable exposure to emerging research and practices shaping the field today. The experience has also inspired me to continue to pursue opportunities that contribute to my growth as a future psychologist, as it has reaffirmed for me that this is what I would like to do in my life. I am truly grateful for the opportunity to learn, engage, and contribute to such a meaningful event and I hope to be back next year.

Aisha

Reflections:
Volunteering at the PsySSA Congress felt like stepping right into the heartbeat of psychology, surrounded by engaging discussions, networking opportunities, and exciting new research. I met inspiring professionals, learned so much, and left feeling both challenged and genuinely motivated to grow in the field.

Nontuthuko

Reflections:
Volunteering at the PsySSA 29th Annual Psychology Congress was truly an inspiring and enriching experience. Being part of such a significant event allowed me to connect with professionals, academics, and students who share the same passion for psychology and mental health advancement.

Throughout the congress, I had the opportunity to learn from thought-provoking presentations, panel discussions, and research exhibitions that explored a wide range of psychological topics — from clinical practice to community-based interventions. The experience deepened my understanding of the diverse areas within psychology and how they contribute to improving mental well-being in South Africa and beyond.

I'm truly grateful to have played a role in facilitating such an impactful event and to have gained valuable insights that will guide my personal and professional growth in the field.

MEET THE TEAM

Sinothile

Reflections:
I had the privilege of attending the PsySSA Congress, and it was an incredibly enriching and transformative experience. Through volunteering at the congress, I gained valuable insight into the diverse and dynamic nature of the psychology discipline.

I was fortunate to be allocated to a venue where the main theme focused on ethics. The discussions there were thought provoking and helped me connect theory to practice, reinforcing what my lecturers have taught me throughout my studies.

Overall, the PsySSA Congress taught me how to conduct myself professionally, network meaningfully, and engage intellectually in academic spaces. It reaffirmed my passion for psychology and my love for academia. I am deeply grateful to have been selected as a volunteer an opportunity that not only expanded my knowledge but also strengthened my commitment to personal and academic growth within the field of psychology.❤️

Pebetsi

Reflections:
Volunteering at the 29th Annual Psychology Congress was an intellectually enriching and inspiring experience. Engaging with critical themes such as decoloniality, trauma, psychological assessment, and professional well-being deepened my understanding of psychology in the South African context. I'm grateful for the opportunity to learn, contribute, and grow alongside passionate professionals and scholars.

Neo

Bio:
I am Neo Jennifer Matheta. A third year student in Behavioral sciences with sociology and psychology. I'm very hardworking and always eager to learn.

MEET THE TEAM

Senamile

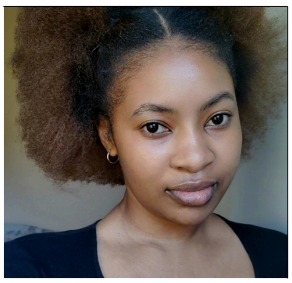
Reflections:
Attending the PsySSA's 29th annual Psychology Congress 2025 was a journey of growth and discovery, an enriching experience that exceeded my expectations. Initially, I felt a mix of excitement and anxiety, wondering what to expect and how I'd fit in. But as the conference unfolded, those nerves gave way to inspiration and connection.

One of the biggest highlights for me was attending the Decolonising Psychology - Screening session based on 'A 100 African Psychology Films' Initiative and screening of the 'An Epidemic of Loneliness' by Prof. Kopano Ratele. I was struck by the richness of discussions, diversity of perspectives, and treasure trove of thought-provoking ideas that bridged the gap between research and practice.

Meeting researchers whose work has shaped my understanding was surreal, and hearing their stories left me feeling inspired and humbled. I also appreciated bonding with fellow volunteers, sharing laughs and experiences that added a unique dimension to the event. Engaging with professionals, thought leaders, and like-minded individuals broadened my perspective.

I feel so privileged to have been a part of this important event and the PsySSA Conference 2025 Volunteers. I was inspired by the teamwork and felt like I was part of something bigger than myself. These encounters reignited my passion and motivation, reminding me of the power of community and collaboration in driving meaningful change.

As I look back, I'm grateful for the opportunity to have served as a volunteer and I'm already looking forward to future PsySSA conferences, eager to continue learning, growing, and contributing to this vibrant community.



Andiswe

B**io:**
I am Andisiwe Hlohloza. I am a third year Psychology student passionate about mental health and education. I am eager to expand my knowledge and network with professionals in the field. Through volunteering, I hope to contribute meaningfully while gaining valuable experience.