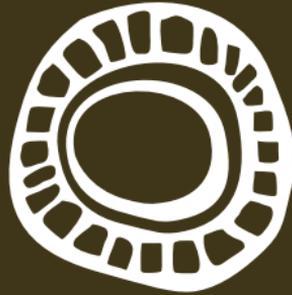


South African *Psychoanalytic Confederation*



POCKET

DIRECTORY

Communicating our Commitment to
National Mental Health

2012 EXECUTIVE COMMITTEE:

Chair Mary-Anne Smith *mary-anne@smith.net*

Treasurer Carol Richards *ccrichards@mweb.co.za*

Registrar Thea Beech *tbeech@cgas.co.za*

Diversity Itumeleng Mamabolo *itumam@gmail.com*

PEP/CPD Michael Benn *mktbenn@netactive.co.za*

Secretary Karen Gubb *kgubb@worldonline.co.za*

Ethics Melanie Silove *silovem@iafrica.com*

Advocacy Mara Sayers *mara@facilitate.co.za*

National Rep/Communications Leonora Engelbrecht *leonora@icon.co.za*



South African Psychoanalytic Confederation

PostNet Suite # 157 Private Bag X18 Rondebosch 7701

E-mail: sapccontact@gmail.com

Telephone: Mary-Anne Smith – 083 294 3879

www.sapc.org.za

Published on behalf of the SAPC

by Frances Williams: psychoanalytic psychotherapist and publisher – 011 482 6512

Design and layout : m+m studios

Chairperson's comment

This pocket directory has been published as a complement to the South African Psychoanalytic Confederation's (SAPC) Open Day – Communicating our Commitment to National Mental Health.

Held on 14th September 2012 in Johannesburg at Ububele, the home of The Ububele Educational and Psychotherapy Trust, this event is the start of a dialogue between the SAPC and the Department of Health in order to mutually co-operate in the future of South African mental health.

This event is also an opportunity for the SAPC to cohere itself as a confederation – 47 different groups with over 550 members. In spite of its diversity theoretically, as well as its distinct and separate group identities, members are unified in wanting to think and action a way into a healthy future for all South Africans.

This booklet, in parallel to the presentations and exhibits on the Open Day, showcases the rich and varied work of SAPC members and the impact and reach that psychoanalytic thinking can have across all levels of mental health care. (See article on page 6)

It has been designed to be as user-friendly as possible with all entries containing contact details for more information, and space provided in the directory for additional notes and thoughts.

The directory will also be available on the SAPC's website – www.sapc.org.za

We hope that you find it useful.

Mary-Anne Smith

Executive Committee Chair

A big thank-you to all those who have contributed to the SAPC Open Day in so many different ways. Particular thanks to The Ububele Educational and Psychotherapy Trust who allowed us to use its space.

CONTENTS

Body of Knowledge	6
-------------------------	---

Counselling / Psychotherapy 11

Khanya Family Centre.....	12
Triangle Project.....	13
Children for Tomorrow – South Africa.....	14
Saartjie Baartman Centre for Women and Children.....	15
Famsa Western Cape.....	16
Lefika La Phodiso	17
Johannesburg Parent and Child Counselling Centre.....	18
Sophiatown Community Psychological Services.....	19
Women for Afrika.....	20

Education 21

Flying Children.....	22
Ridgeway College Peer Counselling Group	23
The Shine Centre.....	24
Community Assisting Schools (CAS).....	25

Parent-Infant Mental Health 27

Perinatal Mental Health Project.....	28
Babies in Mind.....	29
The Parent Centre	30
The Smile Foundation	31

IPCP.....	34
Ububele Education and Psychotherapy Trust.....	35
Southern African Association for Jungian Analysts.....	36
South African Psychoanalytic Initiative (SAPI).....	37
Gael Beckett.....	38
Judy Davies.....	39
Lauren Gower.....	40
Adolescence – Knowing what to expect.....	41
Child, Adolescent and Family Unit.....	43

Hlabisa Portraits

The black and white portraits in this directory are part of a photographic essay shot by Graeme Williams during 2001 in the Hlabisa District of KwaZulu-Natal in conjunction with Cotlands and its home based care project. The project is run in partnership with the Hlabisa Hospital.

About the photographer: Graeme Williams has been documenting South African society since the 1980s. His work has been exhibited widely in South Africa and internationally. Last year he was part of a South African exhibition Figures and Fictions at the Victoria and Albert Museum, London.

He generously donated the use of these portraits to the SAPC for its directory.

CONTACT
sapcontact@gmail.com



(L TO R) ZANELE (4), LUNGILE (2) AND ZUNGU (5) ARE ALL HIV POSITIVE.

Body of knowledge

The South African Psychoanalytic Confederation (SAPC) was formed in 2009. There are currently 47 groups and over 550 members who are highly trained professionals, involved in a wide range of activities including teaching, training, patient treatment, community interventions and corporate work. SAPC members subscribe to the confederation's constitution as well as its code of ethics, both of which are in accordance with international standards. Where relevant members are also registered with their respective professional bodies (e.g. the Health Professions Council of South Africa).

Positioned to help

The need to urgently overhaul South Africa's health system is a national imperative. The Department of Health (DoH) has a massive and complex task on its hands. The proposed National Health Insurance (NHI) rollout has elicited much response from health care providers, both positive and negative. The SAPC believes that its members are ideally positioned to be actively involved and are deeply committed to the strategy and implementation of a new mental health system.

Q.G.

SAPC member Khanya Family Centre was formed in 1994 after the post apartheid violence that erupted in Katshehlong between Amazulu and Amakhosa tribes. A non-profit organisation based in Katshehlong it facilitates the process of capacity building for community members to promote their own well being, growth and self-reliance.

Q.G.

SAPC member The Perinatal Mental Health Project (PMHP) strives to assist the DoH in overcoming challenges related to:

- implementing the Mental Health Care Act (2002)
- realising DOH objectives as outlined in the Primary Health Care Re-engineering Plan, the Comprehensive Service Plan for the Implementation of Healthcare 2020 and the Negotiated Service Delivery Agreement
- achieving Millennium Development Goals 4, 5 and 6.

F.Y.I.

OPEN DAY OBJECTIVES

- assist in the rollout of government's urgent objectives for mental health
- communicate members' value to society
- our understanding of the human mind and development enables us to add value in inexpensive, practical ways
- inform SAPC members about other members' activities
- build a common identity

One of the main reasons for the September 2012 Open Day – Communicating our Commitment to National Mental Health – is to demonstrate the levels of engagement members have with the broader community. The presentations, exhibits and this pocket directory serve to provide a snapshot of current work being done by members. There is a massive job ahead in order to redress the deficits in South Africa's health care system, however the confederation proposes that even under its auspices alone, there are already a myriad of existing projects that can be harnessed and grown in order to meet the DoH's pressing agenda. All members showcased are committed to ways in which they can work collectively, collaboratively or in partnership with government towards a common cause.

“Freedom also requires psychological and emotional transformation.”

Effective interventions

The SAPC membership is highly trained both locally and internationally across multiple disciplines. While psychoanalysis and psychoanalytic thinking is traditionally seen as a Eurocentric, elite form of treatment, the SAPC suggests that this is erroneous and that in fact psychoanalytic thinking has a lot to offer in South African community settings.

It provides a deep and profound understanding of human development, including what contributes to progress along normal lines; and what gets in the way of healthy emotional development. This understanding is crucial for creating cost-effective, practical interventions aimed at the prevention of mental illness and promotion of mental health.



HIV POSITIVE SIPHESIHLE (1 YEAR AND 8 MONTHS), WITH HER FATHER

Q.G.

“The intervention comprises five antenatal visits and 15 postnatal visits ending when the child reaches six months of age. The approach and input is informed by current bio-neurological research, as well as the developmental theories of Winnicott and Bion, Bowlby’s attachment theory, the theories of intersubjectivity affect-regulation, empathy and mentlization developed inter alia by Brazelton, Stern, Tronick, Beebe and Fonagy.

SAPC member – The Parent Centre

Members’ commitment to the mental health of the nation is evidenced by the diversity and number of extraordinary projects that are currently underway in the SAPC community. These projects demonstrate how sophisticated theory and thinking are translated into practical down-to-earth interventions which in turn impact in complex, wide-reaching and positive ways in the communities in which they operate.

Mary-Anne Smith, SAPC’s chair commented in a recent report, “If we don’t make clear what we can do at the level of prevention and primary health care, the assumption that all psychoanalytic thinking is good for is ‘four days a week work on the couch’ and is for the ‘elite’, will persist, along with the idea that we are not relevant and have little to offer the majority of South Africans.

“Issues like the cost effectiveness of our treatment cannot be ignored. The reality is that our health care burden is such that there is little or no budget for long-term therapies, let alone high frequency therapies no matter how much we believe in them or research shows them to be effective. However our body of knowledge enables us to do cost effective, simple first line prevention interventions that in the long-term will have a tremendous impact on the mental health of society.

“This is where we can play a huge role, training and supporting primary mental health care workers to enable them to implement these interventions as effectively as possible, becomes one of many solutions.”

In addition to mental health and illness, psychoanalytic theory provides a way of thinking about the many difficulties evidenced in our traumatised and damaged society. If we are to recover as a nation from the horrors of the past and build a better world for all our citizens, the capacity to think about and engage with trauma, racism, road rage, violence, poverty, crime and many other challenges is crucial. Freedom also requires psychological and emotional transformation.

E.G.

“Our team can offer services in training community resource persons to offer dynamic therapeutic services in under-resourced communities and post-conflict society. For instance we offered a three-year analytically informed training programme and treatment service in Sierra Leone following the end of the war. We have also done similar shorter term training in Mozambique, Rwanda and South Africa.”

SACP – Children for Tomorrow

Counselling / Psychotherapy

It is well to give when asked, but it is better to give unasked, through understanding.

Kahlil Gibran



MBALI (2) (STANDING) IS LOOKED AFTER BY HIS EXTENDED FAMILY

KHANYA FAMILY CENTRE

Khanya Family Centre is a non-profit organisation based in Katlehong. Its mission is to provide psychotherapy, counselling, and care and support services for children, adults and families experiencing life challenges, including those affected and infected by HIV/Aids.

The centre's slogan is 'healing through hope' and it has as one of its underpinnings the idea that a healthy mind is more able to make sound life judgements. It actions this approach by offering skills development within the community including: basic counselling skills for teachers; peer counselling skills for youth; parenting education for parents and caregivers; as well as wellness in the workplace. Furthermore, it is an accredited internship site for Masters in Psychology students and Social Work undergraduates. Interested in collaborations with both public and private sector, its working model is ideal for duplication in other areas of South Africa.

"Give a person a hope; a purpose for living, life will have meaning."

F.Y.I.

Employs: 17 paid employees; 20 volunteers

Reach: over 800 000 people

Uniqueness: only township non-governmental mental health clinic

Contact: Tshidi Maseko

Address: 504 Ramokonopi East, Katlehong, Ekurhuleni

Tel: 011 905 5885 / Cell: 082 8511289

Fax: 086 734 8603

E-mail: matshidisom@khanyafc.org.za

Website: www.khanyafc.org.za

TRIANGLE PROJECT

The Triangle Project is a lesbian, gay, bisexual, transgender and intersex (LGBTI) NGO, which challenges homophobia and encourages an appreciation of sexual diversity. It encompasses a Research, Advocacy and Policy Programme (RAPP), Community Engagement and Empowerment Programme (CEEP), Public Education and Training Programme (PETP) and a Health and Support Services Programme (HSSP). It is under the auspices of the latter that eight clinical psychologists provide counselling for adult individuals and couples, many of whom would not otherwise be able to afford such a service.

In a heterosexist world mirroring and containment is at a premium. It is debatable whether homosexuality is of itself a difficulty. Rather, it is the adaptation to a majority heterosexual and often homophobic society which is problematic. The impact of feeling alienated from early childhood is always central to the client's presenting problem as is the intersect of past and present. In this work psychodynamic ways of thinking, containing and working can be crucial.

F.Y.I.

Founded: 1981

Region: Western Cape

Employs: 8 full time employees and ± 100 volunteers

Reach: 728 individuals, each with an average of ten counselling sessions

“Psychologists at the Triangle Project provide a safe therapeutic space where alienated people are validated and are able to explore what is happening internally.”

Contact: Sharon Ludwig

Address: Unit 29 Waverley Business Park, Dane Street, Mowbray, 7700

Tel: 021 448 3812

Fax: 021 448 4089

E-mail: health@triangle.org.za

Website: www.Triangle.org.za

CHILDREN FOR TOMORROW – SOUTH AFRICA

.....

Children for Tomorrow – South Africa is a non-profit organisation with the mandate to:

F.Y.I.

Cost: free psychological service for children and families

Time: 12-year track record of community based contextualised service

Research: local and international research, consultation and clinical treatment services

- Promote psychological well-being for children, youth and families affected by trauma and violence
- Develop and enhance the skills of young people to make meaningful contributions to South African society
- Identify and develop interpersonal skills and life-skills required for effective functioning
- Collect, collate, analyse, assess, disseminate and apply the experience of working in under-resourced contexts to meet the national and international development challenges in a contextualised manner utilising best practice frameworks
- Promote shared-learning partnerships between young people of diverse backgrounds to enhance their capacity to respond to challenges and benefits of a democratic South Africa
- Develop and implement training programmes to enhance the knowledge, capacity and training of those providing psychological services following disaster and conflict

“Helping children heal – seeding for the future.”

Contact: Umesh Bawa

Address: Guga S'Thebe Arts and Culture Centre,
120 Washington Street, Langa, Cape Town

Tel: 021 695 1919 / 021 959 2283

Cell: 082 202 3211

E-mail: ubawa@global.co.za

SAARTJIE BAARTMAN CENTRE FOR WOMEN AND CHILDREN

The Saartjie Baartman Centre for Women and Children (SBC) was established in May 1999 as the first one-stop centre in the country for women, youth and children who have experienced domestic and/or sexual violence in their lives.

The SBC's purpose is to offer a range of services to reduce secondary traumatisation of the survivors and facilitate a recovery and healing process through the provision of high quality comprehensive services. To achieve this the SBC works in partnership with non-profit organisations and government departments to provide a range of services.

These include a 24-hour crisis response, residential facility for abused women and their children, specialised counselling services, life and job skills training, HIV/Aids education, legal advice and assistance, advocacy, and education and prevention projects in surrounding communities and schools.

F.Y.I.

Timing: 13 years +

Cost: all services are free

Reach: 3 540 clients seen in 2011

"The SBC's vision is the creation of a safe and secure society and a human rights culture where women and children are empowered to exercise their full rights."

Contact: Ilse Ahrends

Tel: 021 633 5287

Fax: 021 637 3487

E-mail: info@womenscentre.co.za

Website: www.saartjiebaartmancentre.org.za

FAMSA WESTERN CAPE

F.Y.I.

Time: 60+ years

Latest direct reach:
5 156; 11 433 HIV/
Aids clients

Indirect reach: very
active in the media
(e.g. radio)

Accessibility:
lay counsellors
provide a free and
accessible service
in the community;
professional services
are provided on a
sliding income fee
scale

FAMSA Western Cape is a non-profit organisation (NPO) specialising in relationship counselling. It believes that 'healthy families create healthy communities' and are the foundation of society. Secure families provide a favourable environment where family members can develop to their full potential, develop positive identities and form a set of values that serve as a frame of reference for life. Families come in many forms including: extended families, single parent families, gay couples (with or without children), nuclear families, child headed families, childless couples, cohabiting couples and combined families.

FAMSA recognises all forms of family and strives to make a positive impact in communities through its counselling and support services.

Originally formed in 1948, it is affiliated to the FAMSA National Council in Johannesburg and is one of 27 independent NPO FAMSA offices.

It also partners with public and private health and social development teams.

"Be the family
you want to see."

Contact: Daleen van Staaden

Address: 9 Bowden Road, Observatory, Cape Town, 7925

Tel: 021 447 7951 / 021 447 0170 (appointments)

Cell: 082 231 4470

Fax: 021 447 0174

LEFIKA LA PHODISO

In 1994 **Lefika La Phodiso** (Rock of Holding), Africa's first art therapy centre, was established as a response to the traumatic effects of political violence. Today **Lefika** works to better the lives of those individuals, families and communities affected by 'continuous trauma', abuse, crime, poverty, xenophobia and HIV/Aids.

Based in Johannesburg **Lefika** has developed a model for training community workers which is grounded in psychoanalytic thinking. One of its main goals is to equip community workers to facilitate community art counselling in large groups.

Lefika has already trained 100 Community Art Counsellors (CAC). The result is ever-increasing accessibility for communities to mental health services within a framework that uses visual therapeutic and research methods, as well as the parent dyad (facilitators) as the mode of care and therapy. This offers an economical solution to address the depth of need.

"We aim to reduce the statistic 1 counsellor to 20 000 children." Laauwen, 2008

F.Y.I.

"Now I am rich and I can plant whatever knowledge I received into others including learners in my care."

"I have grown from all the support, guidance, love and security I have been receiving from my peers in the group. Working in a group is a good thing."

Contact: Dr Hayley Berman / Luke Lamprecht

Address: 2nd floor, Children's Memorial Hospital, Joubert St, Braamfontein

Tel: 011 484 4672

Cell: 082 883 0215

E-mail: info@arttherapycentre.co.za / hayleyberman@iafrica.com

Website: www.arttherapycentre.co.za

JOHANNESBURG PARENT AND CHILD COUNSELLING CENTRE (JPCCC)

F.Y.I.

Approximately 3 500
direct beneficiaries
annually, who
impact on many
indirect beneficiaries

Intellectual and
academic heritage

Training and
assistance to schools

JPCCC has been in existence for 68 years and gave birth to the psychoanalytic tradition in Johannesburg. It began with the return of servicemen from World War II in order to address the many issues this raised in families. It continues to offer these core services from its Berea (JHB) offices which include assessments, individual, play and family therapies.

Over the years JPCCC has expanded its geographic footprint and has opened offices in Rosebank, Soweto and Haartbeespoort. With this expansion there has been an organic development of services which now include home visits and psycho-social care, group work with

children and youth, school-based counselling, early childhood development, training and public awareness.

The JPCCC has integrated a psychoanalytic way of working with clients enabling accessible and effective community interventions for the most vulnerable.

“Perhaps the greatest social service that can be rendered by anybody to this country and to mankind is to bring up a family.” George Bernard Shaw

Contact: Gill Berkowitz / Irene Chait

Address: 32 Honey Street, Berea, 2198, South Africa

Tel: 011 484 1734/082 330 4217

Fax: 011 643 2957/086 690 2771

E-mail: Berea@jpccc.org.za

SOPHIATOWN COMMUNITY PSYCHOLOGICAL SERVICES

Sophiatown Community Psychological Services is a community mental health organisation which strives to provide culturally and socially appropriate psycho-social support to the economically disadvantaged; to build and strengthen support networks for vulnerable individuals; and to continuously work with others towards social justice and change. The two main centres are:

- From **Westdene** counsellors/therapists/social workers go into Zamimipilo, Joe Slovo, Pennyville, Riverlea, Noordgesig and Mzimhlophe as well as providing a full time service from the Westdene office for referrals from community structures, hospitals, clinics, and universities. The focus of this service is primarily on HIV/Aids, bereavement, and care giving.
- The **Bertrams** centre serves the inner city migrant and refugee communities with a particular focus on the trauma of war, forced displacement, and xenophobia.

FYI:

- The Sophiatown Counselling Programme
- The Group and Community Based Healing Programme
- The Siyabanakekele (Strengthening the Wounded Carer) Programme
- The Advocacy Programme

Contact: Johanna Kistner

Address: 4 Lancaster Street, Westdene

Tel: 011 482 8530 / 011 482 2117

Fax: 011 482 8714

E-mail: admin@sophiatowncounselling.co.za

“The Advocacy Programme facilitates the gathering of information about collective issues which are then fed into appropriate advocacy structures, such as Lawyers for Human Rights and the Consortium for Refugees and Migrants in South Africa.”

WOMEN FOR AFRIKA

Women for Afrika's (WFA) vision is to create a community of women supporting each other on a journey of self-discovery and female empowerment. **WFA** provides education and training, as well as ongoing support circles, leadership training and diversity workshops.

Amongst other activities it holds three-day intensive workshops that use an eclectic approach to personal growth. The workshops comprise a 'guided' program facilitated by trained volunteer staff.

WFA also offers Empowerment Circles, groups of women who come together for the purpose of supporting and encouraging one another for personal growth. Its vision is to be a place where women can be seen, heard, challenged and accepted. Members of the circle participate in exercises and also have an opportunity to staff workshops which provides a powerful personal growth experience as this requires leadership and facilitation skills.

"Discover the
power of who
YOU are."

F.Y.I.

Running for: 7 years in SA

World-wide workshop attendees: 10 000+

Contact: **Liane Durra**

Address: 3 St David's Rd, Claremont, 7708

Tel: 021 683 2566

Cell: 082 658 3082

Fax: 021 671 1950

E-mail: liane@intekom.co.za

Websites: www.wfa.org.za or www.womanwithin.org

Education

The greatest danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it.

Michelangelo



FLYING CHILDREN

F.Y.I.

'We are taught a little piece at a time so that we really understand. We can also ask questions when we don't understand.'

'In the beginning I was thinking, "Why is it every week?" – I can see now that it helps me to plan for the next week, and shows me how to teach the children step by step.'

'I feel encouraged to plan what I'm going to do next at my centre.'

Too many children are brought up by single parents, ill or dying parents, foster parents, elderly relatives, teenage mothers, or older brothers or sisters. Child care, both in children's centres and at home, is often inadequate and even emotionally and educationally damaging. This has the potential to create a problematic legacy for the child that is almost impossible to eradicate – before he or she has even started school.

This is where **Flying Children** enters the scene. Working with 'clusters' of around five schools, its programme offers makeovers that achieve a basic quality of facilities. It conducts intense teaching, mentoring and supervision with the teachers, and then builds services in aftercare, parenting training and support for orphans and vulnerable children at 'hub' schools. Psychoanalytic principles support and inform **Flying Children's** work.

"We want pre-schoolers and their caregivers in South Africa's disadvantaged areas to fly as high as they can."

Contact: Lindy Harris

Cell no: 082 905 5881

E-mail: lindyharris@mweb.co.za

Twitter: @Flying_Children

Web: www.flyingchildrensa.co.za

RIDGEWAY COLLEGE PEER COUNSELLING GROUP

.....

Founded in 1999 **Ridgeway College** is an independent school in Makhado, Limpopo. Currently it has 175 students doing IGSCCE and AS Levels, Cambridge (CIE) Board.

Simultaneous to its growth has been the development of a project by the college – The Sumbandila – scholarship students from the outlying Vhembe District. The first group of Sumbandila students are due to go to university at the end of this year. This has been a very successful project with talented students who have joined **Ridgeway College** to ensure cultural sensitivity and the relevance of high standards of education required in South Africa.

A peer counselling group has been formed which comprises volunteer senior students who undergo basic counselling skills in listening, using feelings and giving attention to others. A new group of 10 is currently being trained for the coming year.

F.Y.I.

- Building trust and understanding confidentiality
- Feelings have meaning
- Responsibility to others within the community

“The group provides a thinking space within a busy school. Experience has shown that this can contribute to the holding function that schools can achieve through the passage of adolescence.”

Contacts: Philip Hewitt / Ndivhuwo Kutama

Tel: +44(0)208-402-2984 / 015 516 3908

Cell: +44 (0)7977160858 / 078 619 4134

E-mail: philiphewitt@yahoo.co.uk / ndivhuwo.kutama@gmail.com

THE SHINE CENTRE

The Shine Centre was established at Observatory Junior School in Cape Town in 2000 in response to an identified need for an early intervention programme for children who needed support in language and literacy attainment. In 2007 **The Shine Centre** was formalised into an NPO and obtained PBO status. Four additional centres were open in 2009/10.

Shine delivers literacy support to children in Grades Two and Three in school-based centres using trained volunteers and evidence-based methodology and resources. Those children who do not make satisfactory progress through the literacy support programme are referred to volunteer psychologists for an assessment so that recommendations can be made to help the child further.

F.Y.I.

A significant percentage of children are two to three years below the class average in reading and literacy

Continual poor results can lead to low self-esteem, emotional and behavioural problems and ultimately dropping out of school

Thirty-six **Shine** literacy games have been developed by speech and language experts to cover the foundation theory needed when learning to read and write. Volunteers need not have any previous teaching experience – they simply play the game which teaches the required skill.

“Individual support through the Shine programme enables children to reach their potential and discover a love of reading and books.”

Contact: **Bea Volbrecht**

Address: Unit 108, Palmyra Junction, Palmyra Road, Claremont

Cell: 083 785 9998

Website: www.theshinecentre.org.za

COMMUNITY ASSISTING SCHOOLS (CAS)

HA Jack Primary School – Care Bear Counselling Room

In October 2009 a group of concerned people identified the need to support schools within their community that had had a positive track records in the past. Many of these schools, previously referred to as Model C schools, are currently struggling as a result of: minimal financial government assistance and funding; declining fee paying student body; and uninvolved parent bodies.

The **CAS** approach is a pragmatic and inclusive model which provides much needed support to the school's head and senior staff members and works directly with members of the community in which the school is located.

HA Jack Primary School in Johannesburg falls under the **CAS** umbrella. Within the school a Care Bear Counselling Room has been built, providing learners with a space to talk about their emotional difficulties. Learners struggling scholastically are also provided with support, assessment and if necessary relevant referrals.

FYI:

Social issues impacting the learning environment:

- child led households
- poverty and malnourishment
- personal experience with HIV/Aids
- domestic abuse

“The foundation of every state is the education of its youth.”

Diogenes Laertius

Contact: Leandra Jacobs / Ros O'Conner

Cell: 072 211 3286 / 083 444 6572

Email: info@leandrajacobs.co.za / calocon@telkomsa.net

Website: www.leandrajacobs.co.za / www.communityassistingschools.org

NOTES

A series of horizontal dotted lines for writing notes.

Parent-Infant Mental Health

There are one hundred and fifty-two distinctly different ways of holding a baby – and all are right.

Heywood Broun



HIV POSITIVE ANILISWA (3 MONTHS) WITH HER FATHER

PERINATAL MENTAL HEALTH PROJECT (PMHP)

.....

The **Perinatal Mental Health Project** addresses mental illness among pregnant and postnatal women and girls from disadvantaged communities affected by poverty, HIV/Aids, violence, abuse, social exclusion and refugee status.

An independent, not-for-profit initiative based at the University of Cape Town, it has been operating for 10 years in partnership with the Western Cape Department of Health (DOH). It provides an integrated counselling service in four public obstetric facilities in Cape Town and builds capacity among a range of different health workers to provide support, screening and appropriate referral for pregnant women and girls experiencing psychological distress.

Officially recognised by the World Health Organisation, the **PMHP** is focused on building the capacity of the public health sector and is an incubator, supporter and advocate for the development of evidence-based, scalable tools and interventions for low-resource settings.

“Caring for mothers. Caring for the future.”

Contact: Bronwyn Evans

Address: LABU, Mowbray Maternity Hospital,
Mowbray, Cape Town

Tel: 021 659 4938

Cell: 072 788 1663

E-mail: bronwyn1evans@yahoo.com

Website: www.pmhp.za.org

F.Y.I.

Formed: October 2002

Structure: 12 staff; 3 consultants; 2 voluntary workers

Current impacts:

- screened 14 725 at risk women and girls
- counselled 2 773 women and girls
- trained 1 854 health workers
- supportive care for 40 000 mothers through training provided to midwives/nurses
- 120 000 others and infants received supportive care by trained health workers

BABIES IN MIND

Drawing on a psychodynamic model of thinking **Babies in Mind** runs workshops for new parents, caregivers, grandparents and childcare workers. Through the provision of psycho-education and psychological support, one of its primary aims is the prevention of mental illness in new parents (particularly postnatal depression). This focus in turn impacts on the mental health of the infant, fostering and optimising a healthy parent-infant relationship.

Early parenting is crucial for a child's development and a healthy parent/child relationship reduces the danger of later mental health challenges, including depression, anxiety and substance abuse.

In order to continually expand and grow the impact and reach of the project, one of its main activities involves the training and supervision of mental health professionals to enable them to conduct their own workshops with new parents around the country.

F.Y.I.

Formed: May 2012

Regions: Gauteng,
Western Cape, Eastern
Cape

No of practitioners: 9

There are opportunities currently and in the future for collaborations with both public and private sector.

"It is easier to build strong children than to repair broken men."

Frederick Douglas

Contact: Jenny Perkel

Address: 8 Kreupelhout Avenue, Devil's Peak, Cape Town

Tel: 021 461 9153

Cell: 082 928 5548

E-mail: jenny@perkel.co.za

Website: www.babiesinmind.co.za

THE PARENT CENTRE: Parent-Infant Home Visiting Programme

.....

First developed as an intervention for evaluation in 1995 **The Parent Centre** has evolved as a regular service operating in 10 vulnerable communities in the Western Cape.

A non-profit organisation, it aims to help children through parents by promoting positive parenting and in particular positive discipline.

Its parent-infant home visiting programme targets parents and infants at the perinatal stage. Home visits are conducted by previously untrained women from the targeted communities, who have undergone extensive specialised training and receive regular supervision and support by specifically trained psychologists and social workers.

The recipient parents and infants are those considered vulnerable because of factors such as intimate partner violence or teenage pregnancy.

The intervention comprises five antenatal visits and 15 postnatal visits ending when the child reaches six months of age. The approach and input is informed by current bio-neurological research, as well as developmental theories.

“Infancy offers a window of opportunity for primary preventive interventions, for parents, that benefit children and thus our future society.”

Contact: Mireille Landman

Tel: 021 685 4250 / 021 762 0116

Cell: 082 339 1605

E-mail: mlandman@cybersmart.co.za

F.Y.I.

Running for: 17 years

Staff: 63

Impact in 2011: 19 parent-infant counsellors visited 810 families impacting on 810 parents/caregivers and 1 065 children (infants and their siblings)

THE SMILE FOUNDATION

.....

The Smile Foundation is a NPO which was established at the behest of former President Nelson Mandela in 2000. The foundation's primary mission is the provision of reconstructive plastic surgery for children, mainly from vulnerable and previously disadvantaged communities, who have facial anomalies which are either congenital or have been acquired accidentally.

As part of its holistic service delivery, the **Smile Foundation** offers pre and post operation counselling as well as individual brief-term psychotherapy for parents and the parent-infant relationship. The focus is on detoxifying the experience of trauma as well as fostering the attachment relationship between parent/caregiver and infant. This is done within an individual and group context on a monthly basis in collaboration with Allied Professionals. Individual social factors and parameters are taken into consideration in the implementation of the above and are addressed as far as appropriately possible.

"A smile is worth a thousand words."

F.Y.I.

Operates from: 7 of the 11 academic hospitals in SA

Reach: supported approximately 1 000 operations

Contact: **Katrin Woodhead**

Address: Eastwood Block, 57 6th Rd, Hyde Park

Tel: 0861 A SMILE / 011 325 6480

Email: info@smilefoundationsa.org
support@smilefoundationsa.org

Website: www.smilefoundation.co.za

NOTES

A series of horizontal dotted lines for writing notes.

Training / Practice

*Pain makes man think. Thought makes man wise.
Wisdom makes life endurable.*

John Patrick



HLENGIWE (12) (L) AND MBONISENI (12) ARE LOOKED AFTER BY THEIR UNCLE

INSTITUTE FOR PSYCHODYNAMIC CHILD PSYCHOTHERAPY (IPCP)

The Institute for Psychodynamic Child Psychotherapy (IPCP) is dedicated to the development and training of clinicians in the field of child, adolescent and adult psychotherapy in South Africa. Its programme consists of courses that include infant observation, psychoanalytic theory and clinical seminars that are informed by the structure and teaching methods of the Tavistock Clinic, London.

The IPCP is also actively involved in the support and supervision of childcare workers and community projects. Members of the IPCP team act as consultants to a number of community projects to teach and supervise individuals involved in community. Projects include:

The Cedar Children's Village Orphan Project

This project is located on a farm outside the town of Heidelberg. The orphanage accommodates six children who attend a Montessori nursery school on the property. An IPCP community worker consults with the 'mother' of the children on a monthly basis to assess and offer guidance about the children's emotional development. **Contact:** *Julie Green on 011 646 0039 or e-mail: jgreen1@telkomsa.net*

Khanya Family Centre – see page 12

The Khanya Family Centre is an NPO that provides accessible psycho-social services in the Khathorus area.

Lefika La Phodiso – see page 17

Lefika La Phodiso started in 1994 with the main objective of supporting and training community members to offer art psychotherapy/community art counselling in under-resourced areas.

Flying Children – see page 20

This project groups existing children's centres into small clusters. Each centre is given a 'make over' so that it has the basic play, educational and safety requirements for an educare centre.

Contact: Trevor Lubbe

Tel: 084 746 6852

Website: www.ipcp.co.za

THE UBUBELE EDUCATIONAL AND PSYCHOTHERAPY TRUST

Ububele is an Nguni word meaning kindness or generosity. **The Ububele Educational and Psychotherapy Trust** is a mental health training institute on the edge of Alexandra Township, a densely populated, largely impoverished area in the north of Johannesburg.

F.Y.I.

Training target population: psychologists, social workers, social auxiliary workers, students, youth and childcare workers and lay people working with children in community-based settings

Therapy target population: mother-infant dyads, children under seven, older children, teens, parents and other caregivers

Assessment target population: preschool, primary and high school children from disadvantaged backgrounds who cannot afford to use a private practitioner for an assessment

Ububele has developed models of community-based mental health care which address the emotional trauma of South Africa's past, the ongoing mental and physical effects of the cycle of poverty and the daily challenges faced by individuals, families and communities. Ububele's training programmes are informed by a blend of Western psychoanalytic thinking and African indigenous knowledge systems. **Ububele** strives to develop replicable intervention models and is an accredited service provider of the Health Professions Council of South Africa.

"Training through service. Service through training."

Contact: Getti Mercorio

Address: 1 Tenth Road, Kew, Johannesburg

Tel: 011 786 5085

Cell: 083 325 1342

Fax: 011 887 2724

E-mail: info@ububele.org

Website: www.ububele.org

SOUTHERN AFRICAN ASSOCIATION FOR JUNGIAN ANALYSTS (SAAJA)

F.Y.I.

The notion of the collective unconscious is helpful in making us aware that as human beings we share a common heritage and psychological structure.

It would be interested in partnering with the public and private sectors and its membership would be willing to donate time for the purposes of psychotherapy and supervision for community health workers, and to assist in developing a training curriculum.

Constituted in 1993 the aims and objectives of the **Southern African Association for Jungian Analysts (SAAJA)** are the promotion of an understanding and application of analytical psychology and the fostering of a responsible relationship between the association, other organisations and the larger society within South Africa

SAAJA is a training institute with international accreditation and is a member of the International Association for Analytical Psychology (IAAP). It currently has a representative on the IAAP Executive Committee. In 2007 it hosted the first IAAP Congress held in Africa at the Convention Centre in Cape Town with over 500 delegates attending. Its analyst group of 28 works on a voluntary basis to teach analytic candidates, lecture to the Public Programme, and facilitate reading groups, in addition to seeing private patients, or working in the public sector.

“There are no paved ways into the future. We build roads by going on. Our life is the truth that we seek. Only my life is the truth, the truth above all. We create the truth by living it.”

C.G. Jung, *Red Book*,
p. 299

Contact: Astrid Berg

Address: 4 Linray Rd, Rosebank, Cape Town

Tel: 021 689 6090

Fax: 021 689 6090

E-mail: saaja@cybersmart.co.za

Website: www.jungsouthernafrica.org.za

SOUTH AFRICAN PSYCHOANALYTIC INITIATIVE (SAPI)

.....

This initiative is comprised of two groups of therapists. Each group meets monthly for a two-hour clinical discussion, which is led by **SAPA** psychoanalysts or **SAPI** psychotherapists who volunteer their time to teach.

One group is held on Monday evenings and the other on Saturday mornings at Ububele, Johannesburg. The aim of the groups is for group members to discuss clinical material or experiences in community settings. Psychoanalytic thinking and concepts are applied to these experiences with a view to understanding how this thinking can be useful and relevant in community settings.

Therapists are provided with a containing experience within which to think about their patients and experiences, with the aim of helping them develop good, relevant therapeutic skills to assist patients maximally.

F.Y.I.

Thinking psychoanalytically does not mean long-term treatment

Thinking psychoanalytically is a way of understanding the world

Being deeply understood is a way of being resilient in difficult circumstances

“Psychoanalysis in the community.”

Contact: Mary-Anne Smith / Siobhan Carter-Brown

Tel: 083 294 3879 / 084 223 340

SAPI Chair: Karen Gubb / SAPI Secretary: Gael Beckett

GAEL BECKETT

Gael has drawn on psychoanalytic theory and practice across four decades of practice to inform not only her private practice work and teaching, but also many applications of work with different communities.

In all these applications psychoanalytic reflective practice is applied within group settings. This approach aims to be inclusive, to practice active listening and reflection, to combine the thoughts of the group rather than adopt a top down, individual approach to project management or to group process.

The approach is based on a group analytic understanding that in order to heal a hurt society, groups can be a place of building different ways of interacting within the broader society.

“Man is a group animal at war with his groupishness.”

Morris Nitsun, Group Analyst

“That his shriveled heart can contain greenness.”

Anne Alvarez

F.Y.I.

Examples of work between 1970-2012:

Ran Ithumuleng night school for teachers in Auckland Park for nine years

Ran workshops for Soweto ECD teachers in child development, including emotional development

Established a street people's project in Parkview

Consults to Ntataise a rural ECD network

Worked with Headstart on Parent Involvement Program

Staff support group with Baragwanath nurses working with HIV/Aids in peri-natal research unit

Contact: Gael Beckett

Cell: 083 675 7158

E-mail: gaelb@absamail.co.za

JUDY DAVIES

Judy Davies is in private practice providing therapy for children, adolescents and adults. She has a particular interest in parent/infant psychotherapy.

Supervision of other professionals is a large part of her work.

Judy also organises and teaches an internationally accredited child therapy course (Therapeutic Communication with Children); and supervises and consults to NGOs working with infants and children in Cape Town and Zimbabwe.

Her future plans include increasing her work in the field of infant mental health and to extend services to families. She is available to see referred patients and to provide supervision to other professionals.

F.Y.I.

Private practice
since: 1995

Regions: Western
Cape, KwaZulu-
Natal, Zimbabwe

Therapeutic
modality:
psychoanalytic
psychotherapy

"A psychoanalytic attitude can provide help to all age groups."

Contact: Judy Davies

Address: 28 Avenue Grande, Newlands, Cape Town

Tel: 021 683 1872

Cell: 083 273 3475

Fax: 086 684 9342

E-mail: jdavies@iafrica.com

LAUREN GOWER

Lauren is a psychotherapist in private practice, as well as a clinical supervisor, freelance writer and editor. She treats adults, children, couples mothers and babies over short and long term periods.

Lauren is very interested in combining psychoanalytic theory and practice with related disciplines in order to develop South African solutions in public and private health, in urban and rural areas. She is particularly interested in participating in studies and programmes that offer early interventions and preventive mental care to mothers and babies; and would also like to be more involved in work with people with HIV and TB who suffer from mental illness.

F.Y.I.

Supervisor – Wits University clinical psychology interns; psychologists in public and private health sectors; drama and music therapists; HIV-counsellors; child-care workers; refugees; child sex offenders; and prisoners

Facilitator/educator – psychoanalytic theory and practice study group for clinical psychologists in public and private sectors; and for drama, music and educational therapists working in universities and NGOs

Co-author and editor Elements of Counselling: A Handbook for Counsellors in Southern Africa (with J Schön and V Kotze)

“I am the chairperson on Zakheni Arts Therapy Foundation’s board. This foundation works in schools and community care programmes to build resilience in childcare workers, children and PWAs.”

Contact: Lauren Gower

Address: 154 Tenth St, Linksfield, Johannesburg, 2192

Tel: 082 688 5957

Fax : 086 672 2378

E-mail: lauren.gower@live.co.za

ADOLESCENCE – KNOWING WHAT TO EXPECT

These four workshops focus on the challenges facing today's parents and teenagers and are developmental in their approach.

The outcome is twofold; parents leave the evenings with a real sense of what is actually at stake during these crucial years; secondly, the workshops provide parents with some practical guidelines in order to help them negotiate this important and complicated phase of their children's lives.

An underlying goal of these workshops is to instil in parents a real sense of what is normal behaviour for teenagers, as well as to familiarise themselves with the consequences for everybody of allowing their teenagers to get involved with destructive and addictive lifestyles.

"The person who removes a mountain begins by carrying small stones." Chinese proverb

Contact: Gary Koen

Address: 25 Parish Road, Constantia

Tel: 021 794 8399

Cell: 083 306 2385

E-mail: gary@garykoen.co.za

Website: www.garykoen.co.za

Assessing and Managing Suicide Risk: Practical and Therapeutic Considerations

A one-day workshop for psychologists (qualified or in training) and medical professionals.

This registered professional development course provides a space and opportunity for clinicians to:

- Think about the complexities of suicidal behavior and the difficulties in making suicide risk assessments
- Learn the skills needed to assess suicide risk;
- Learn about the management of suicidal clients (acute management and the ongoing therapeutic management)
- Engage with the ethical and legal aspects of managing suicidal clients.

F.Y.I.

Run by Gary Koen and Jason Bantjes this workshop includes: pre-workshop reading, formal presentations and discussions

NOTES

A series of 20 horizontal dotted lines for writing notes.



health and social development

Department: Health and Social Development
GAUTENG PROVINCE

CHILD, ADOLESCENT AND FAMILY UNIT (CAFU):

Child Psychiatry, Charlotte Maxeke Johannesburg Academic Hospital

CAFU has developed four free-of-charge outreach workshops in an attempt to reach families who are unable to access regular family counselling or clinical services for their children and families.

Attachment Workshop

- Targets parents, teachers, social workers and nurses in hospitals and community services
- Focuses on the importance of secure attachment in the rearing and management of children

Adapted Systematic Training for Effective Parenting (ASTEP)

- An adaptive form of the STEP programme in an attempt to meet the needs of the patient population who are often working
- Targeted community areas such as Ekurhuleni and Sebokeng, and high-density communities such as Hillbrow and Berea – run in several different South African languages

Youth and Adolescent Support Programme

- Aimed at youth and adolescents as well as their parents/caregivers with a focus on adolescent developmental issues
- Also attended by nurses at community clinics to improve their counselling skills when assisting parents

Attachment and Post-Partum Depression Workshop.

- Aimed at gynecology, obstetrics and antenatal services in state hospitals and community clinics
- Designed to inform mothers about post-partum depression

Contact: Prof. Cora Smith

Address: CAFU: CMJAH, Private Bag X 39, Johannesburg, 2000

Tel: 011 481 5103

Fax: 011 481 5153

E-mail: cornelia.smith@wits.ac.za



The Ububele Educational and Psychotherapy Trust
1,10th Road, Kew, Johannesburg
Tel: +27 11 786 5085 E-mail: info@ububele.org
Website: www.ububele.org

Ububele's **mission** is to have a positive impact on the mental health of disadvantaged South Africans through the development and dissemination of training programmes which focus on the emotional health of children under seven, their parents and other caregivers.



Ububele focuses on preventative strategies and strives to:

- Develop replicable models of community-based psychosocial care and support
- Develop, run and disseminate training courses focused on preventative mental health strategies for children under the age of seven, their parents and other caregivers
- Carry out research focused on the mental health needs of children under the age of seven, their parents and other caregivers

In 2011, Ububele trained 290 people, including 127 community-based lay child caregivers. 1115 people received therapeutic interventions and 63 children were assessed.

