

SPEAKERS: SATURDAY 4 SEPTEMBER

Morning Symposium (08:30 – 09:30)



Dr Sebolelo Seape is the first Female Black Psychiatrist in South Africa, she is currently in Private Practice in Parktown, with nearly 30 years of experience; and in that time she has had significant contributions in the increase in mental health awareness and comprehension in both marginalised communities and the private sector. She has a passion for community education and raising cognizance surrounding mental health issues, and has been an enabler of the growth observed in Soweto Private clinics; wherein hospital beds grew from accommodating 18 to 50 patients. She has also been involved in various media platforms including Media Talks, and engagements with the government and the Council of Medical Schemes; to improve the structuring of health services and benefits. She was appointed as the first Psychiatrist at Tshepo Themba Private Clinic. She is the chair of Psychiatry Management Group and president elect of the South African Society of Psychiatry (SASOP).”

Scientific Session 7 – The case for early intervention (10:00 – 13:10)



Dr Yumna Dhansay is a child and adolescent psychiatrist and forensic psychiatrist practising in Sydney. She completed her medical degree at the University of Cape Town (UCT) in 1995, and her psychiatry training through Stellenbosch University in 2004. She returned to her alma mater to pursue subspecialty training in child psychiatry, receiving her Certificate in Child and Adolescent Psychiatry from the College of Psychiatrists of South Africa in 2007 and her MPhil (Child Adol Psych) from UCT in 2012. Dr Dhansay was awarded fellowship of the Royal Australian and New Zealand College of Psychiatrists in 2013 and completed advanced training in Forensic Psychiatry in 2016. She was awarded her Masters in Forensic Mental Health with Excellence from the University of New South Wales (UNSW) in 2019. She holds appointments as a Child Psychiatrist in the South East Sydney Local Health District where she assesses and treats children, adolescents and families in community and inpatient settings, and as a Visiting Psychiatrist

to a Youth Justice Centre in the greater Sydney area. Dr Dhansay provides psychiatric and parenting capacity assessments in child protection matters for the NSW Children’s Court Clinic. She has a private medicolegal practice where she provides assessments and single expert reports for Family Court matters as well as psychiatric reports for children and adolescents with criminal matters. She is a conjoint lecturer with the School of Psychiatry at UNSW. She is a member of the RANZCP Section of Child and Adolescent Forensic Psychiatry Subcommittee and an examiner for the RANZCP. She is a reviewer for the peer reviewed journal, Australasian Psychiatry.



Claire Tobin has been a registered Psychometrist (Independent Practice) with the HPCSA since 2014. Her honours research focused on individual’s opinions as well as the stigma associated with mental illness. Claire is currently working for an NPO, Goldilocks and The Bear Foundation, where her focus is screening for ADHD and other mental health barriers. She also assesses children for learning difficulties through the use of psychometric assessments. She began her career working in the medico-legal field where she spent 3 years under the supervision of an industrial psychologist in this sphere. Upon relocation to Cape Town in 2017 Claire fulfilled one of her passions which is the upliftment of underprivileged communities. She volunteered her services at a local organisation who dealt with youth at risk and reintegrating drug addicts and street people into society. Her contribution was to provide psycho-educational training. Here she

recognised the importance of early intervention as she saw how many of the youth had struggled and dropped out of school due to a lack of awareness and intervention in terms of mental health difficulties as well as learning difficulties.



Tawni Voges is currently the Operations Manager at The Goldilocks and The Bear Foundation (www.gb4adhd.co.za), an NGO/PBO that offers free ADHD and mental health screening in underprivileged communities in Cape Town. She recently completed her Masters in Research Psychology at the University of Stellenbosch, where her focus was on how stigma associated with ADHD creates barriers to accessing treatment. Tawni completed her honours in psychology in 2010, where her research was focused on ADHD and the influence of methylphenidate (Ritalin) as a protective factor against substance abuse. She completed her training as a psychometrist with her internship at The Child Trauma Clinic in Pretoria. She is also trained as a “Bully Buster” which enables her to offer supportive group interventions to children who

experience bullying, an addictions counsellor and a certified life coach. Tawni has passion for community upliftment as her involvement with various NGOs attests to. She has volunteered and/worked at Lifeline, Reach for a Dream and JellyBeans Inc. She was previously employed by Oasis Association, which creates protective employment for adults with severe intellectual disabilities. She strongly believes in the power of psychoeducation in challenging stigma, building understanding, encouraging kindness and compassion and advocating for equal access to mental health care for all communities.



Dr Rene Nassen is a Fellow of the South African College of Psychiatrists and a registered child and adolescent psychiatrist. She is the clinical head of the child and adolescent mental health service of Lentegeur Hospital. She is a senior lecturer in the Department of Psychiatry, at Stellenbosch University. Her research is in the field of paediatric HIV neuropsychiatry. Other interests are public mental health, medical education and support of the arts therapies within child and adolescent mental health



Dr Chris Schüler obtained his MBChB degree in 1992 through the University of Pretoria. He completed his internship at Willem Cruywagen Hospital in 1993 after which he worked as a general practitioner and district surgeon. He took up a post as registrar at Weskoppies Hospital in 1995 and obtained his MMed Psychiatry degree through the University of Pretoria. After qualifying as specialist psychiatrist he accepted a post as a locum consultant in child psychiatry in Worcester, England where he worked during 1999 and 2000. In October 2000 he returned to South Africa where he started a private practice as psychiatrist. For the period 2001 to 2002 he also worked part-time as consultant at the Child Therapy Centre at Pretoria Academic Hospital and in 2008 as an external consultant at the adolescent unit at Weskoppies Hospital.

Dr Schuler is a founding member and director of the Beethoven Psychiatric Hospital and Rehabilitation Centre in Hartbeespoort and is an executive director of Evexia Psychiatric Day Hospitals. Dr Schüler has a special interest in adolescent psychiatry and ADHD.

Scientific Session 8 – Parallel Sessions (13:55 – 16:00)

Session 8.1: Education



Berenice Daniels is an educational psychologist and currently the Director of Inclusive and Specialised Education Support in the Western Cape Education Department responsible for Specialised Support Services which include social workers, psychologists, therapists, nurses and learning support advisors; the Special Schools and the HIV & Care and Support Programme. She has a combined B.A. – B.Sc. degree and Higher Diploma in Education from UCT; She did an Honours degree in Psychology and remedial education courses through UNISA thereafter. She was the recipient of a British Council scholarship and did a Masters' degree in Educational Psychology at the University of Manchester. The topic for her research was Policy to Practice in Inclusive Education – exploring the continuum of provision in the United Kingdom.

Post 1994, she was seconded to the national Department of Education, as a co-ordinator of the National Commission on Special Needs and Education Support Services. In 1998 she was selected as one of the writers of the consultative document which led to the new Special Needs Education policy document, Education White Paper 6 (2001), Building an Inclusive Education and Training System. She has contributed to various publications on Inclusive Education, School Psychology, Health Promoting Schools and Conflict Mediation and presented on these and related topics locally and internationally. She has been the country representative for the International Institute for School Psychology. In 2013, she was included in the Pearl Anniversary Edition of 'Who's Who in the World' for outstanding achievement in her field of endeavour and significant contribution to the betterment of contemporary society.



Dr Merryn Young is a psychiatrist in private practice in Cape Town. She obtained her medical degree at the University of Pretoria. After completing her internship and community service in a rural area of Limpopo she continued to work as a Medical Officer in psychiatry and paediatrics, both in Limpopo and Johannesburg. She then trained in Psychiatry at the University of Cape Town and further completed the Fellowship in Child and Adolescent Psychiatry at Red Cross War Memorial Children's Hospital in Cape Town. She previously worked in a sessional capacity at Valkenburg Hospital, providing juvenile criminal capacity assessments for the Department of Justice, but now focusses on a diverse private practice seeing children, adolescents and young adults.



Elize Janse van Rensburg (B. Occ. Ther. (UFS), M. Occ. Ther. (UFS)) is an experienced occupational therapist with a keen interest in the fields of sensory integration, paediatric occupational therapy and neurodevelopmental conditions. Elize holds bachelor's and master's degrees in occupational therapy from the University of the Free State, both with distinction. She completed her sensory integration training through the South African Institute for Sensory Integration (SAISI), and has also received training in DIR Floortime and the Early Start Denver Model (ESDM), both early intervention models for children on the autism spectrum. Elize loves working with children and families who face challenges in participation in daily activities. She believes strongly in the power of early intervention, and particularly loves working with young children who experience sensory integration and other engagement challenges. She has a big

interest in autism, ADHD and learning difficulties, and believes in a holistic, child- and family centred, strengths-based approach. Elize owns a private occupational therapy practice in Bloemfontein, South Africa and is co-founder of Built to Bloom, a business supplying products and training related to occupational therapy. Elize is a former lecturer in occupational therapy at the University

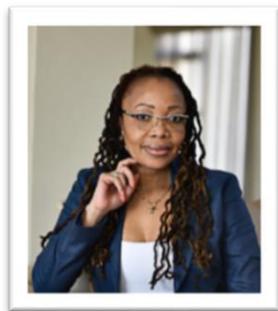
of the Free State and has served on the executive boards of the Occupational Therapy Association of South Africa (OTASA) as well as the South African Institute for Sensory Integration (SAISI). She currently serves as vice-chairperson of SAISI and is also part of the SAISI lecturing team, contributing to the training of occupational therapists in the use of Ayres Sensory Integration (ASI®) in capacities as a lecturer and a mentor. Elize also loves contributing to research in her field, and has authored several peer-reviewed articles and book chapters.



Marelé Venter (B Occupational Therapy (UFS) 2000; Post Graduate Diploma: Play Therapy (UFS) 2002) has been practising as occupational therapist for the past 21 years. She has always had a passion for people and their well-being, which led to her becoming an occupational therapist. After graduating with honours in 2000, she became increasingly aware of children's need for emotional support in her clinical work. Since play is a child's natural form of communication and learning, she undertook further studies in play therapy and received her post graduate diploma in play therapy, with honours, in 2002. She has been an advocate for the use of play as a means towards emotional and mental well-being, in occupational therapy, ever since. Marelé has worked for the Departments of Health and Education, as well as in private practice. Her work experience also includes lecturing at the Department of Occupational Therapy (UFS), specifically on the use of play as a means towards emotional well-being, in occupational therapy. During 2011-2015 she

was actively involved in providing occupational therapy group services in a private psychiatric clinic, where she facilitated adult, adolescent and children's groups. She is currently in private practice and co-founder and director of **i2we**: a company offering training for continuous professional development within mental health. She is also co-founder and co-author of **BullyBusters**: an anti-bullying therapeutic group programme for children and adolescents. This programme is currently being used by professionals throughout South Africa and will also be expanding abroad 2021, starting with Oman in the Middle East. Marelé is a member of the International Association for Group Psychotherapy and Group Processes (IAGP) and is currently busy with her post graduate diploma in classical psychodrama.

Session 8.2: Therapy



Dr Lerato A.M. Dikobe-Kalane is Soweto born and raised. She matriculated in 1993 at Marist Brothers Linmeyer. She Qualified as a Medical doctor in 1999 at the then MEDUNSA (now SMU). She trained as a Psychiatrist at Weskoppies Psychiatric Hospital through the University of Pretoria. MMED degree conferred in 2006. In 2006, she took up the post of Senior Consultant, and "Head of Department" at the then Pretoria Academic Hospital (now Steve Biko Academic Hospital). During her time at Pretoria Academic Hospital, she played a key role in the establishment and opening of the Psychiatry ward in the new hospital. In 2007, the private practice bug bit her and in 2008, she took on the challenge of setting up and opening a Mental Health ward at Netcare Akasia Hospital, which she passionately named, Wellness Ward. As in many sectors, COVID-19 brought changes to Dr Dikobe-Kalane's practice - Her beloved Wellness Ward was recommissioned for the admission of COVID-19 patients. She has now recently joined Vista Clinic in Centurion where she continues to give in-hospital care to those in

need of extra mental TLC. Dr Dikobe-Kalane also gives talks and psycho education on Mental Health to the general public through social media and numerous appearances on television and radio talk shows.



Angela Vorster is a clinical psychologist who has been working specifically with the mental health of medical students, registrars and doctors for a decade. She received her Master's training at the University of the Free State. She is currently a PhD candidate supervised by Professor Catriona Macleod - in the CSSR (Critical Studies in Sexualities and Reproduction research unit) at Rhodes University.



Jessica Cheesman is an Educational Psychologist in private practice and a qualified Foundation Phase teacher. She has a Masters degree in Educational Psychology from Stellenbosch University (Cum Laude), a research Masters degree from the University of Cape Town, an Honours degree from the University of Cape Town and a PGCE (Cum Laude) from UNISA. Jessica has a special interest in supporting families of children with ADHD, as well as adults with ADHD. Her two Masters theses focused on families of children with ADHD in South Africa. She founded the website ADHD Insight to provide knowledge and resources to the South African ADHD community. She believes in holistic intervention, and runs teacher workshops focussed on supporting learners with ADHD in the classroom, as well as parent workshops focussing on managing stress and parenting strategies. She runs a support group for ADHD families and a social group for tweens with ADHD and ASD.



Linda Hiemstra is an Occupational Therapist who has been in private practice since 2010. She owns and manages a multi-site practice with branches in Bellville, Paarl, Stellenbosch and Panorama. Linda qualified from the University of Stellenbosch in 2002, completed her community service in Bethlehem and then worked in the United Kingdom at the Royal Surrey Hospital, Guildford for just over two years. On returning to Cape Town, she was appointed as Chief Occupational Therapist at the Work Assessment Unit at Groote Schuur Hospital from 2006 to 2010. In 2008, she completed a post-graduate diploma in vocational rehabilitation at the University of Pretoria and in 2018, she completed a post-graduate diploma in interdisciplinary pain management at the University of Cape Town. In 2015 and 2016 she presented a publication at the SA Spinal Cord Injury Association Congress and the OTASA National Congress, and she is currently an honorary lecturer at UCT in the Department of Anaesthesia and Peri-operative pain management. She regularly presents on the

impact of mental health and pain conditions in the workplace, and is a trained Sensory Intelligence practitioner. Linda is passionate about Occupational Therapy and the difference this can make in people's lives. She enjoys teaching others about the role of OT and is a firm believer in the benefits of a team approach to healthcare. Her practice is one of the only practices that sees patients in all phases of care – from acute in-hospital intervention to out-patient and return to work services.

Session 8.3: New technologies



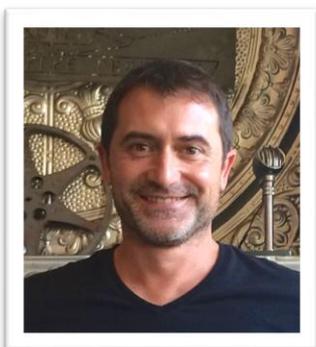
Dr Leon Morales-Quezada is a physician-scientist with experience in neurocognitive rehabilitation, noninvasive neuromodulation, applied psychophysiology, and technology development for neurological rehabilitation. Dr. Morales-Quezada received his MD degree from Universidad Autonoma de Aguascalientes and completed clinical training in emergency medicine and intensive care. He also completed a fellowship and Masters in Neuropsychology Rehabilitation at Touro College, a PhD in Cognitive Neurosciences from De Montfort University in Leicester UK, and a Master's in Public Health from Harvard School of Public Health. Dr. Morales-Quezada completed a fellowship in Integrative Medicine from the Harvard-NIH program, at the Division of General Medicine and Primary Care at Beth Israel Deaconess Medical Center (BIDMC) and Spaulding Rehabilitation Hospital (SRH), Harvard Medical School. Dr. Morales-Quezada research interests focus

on noninvasive neuromodulation, the placebo effect, and technology development applied in rehabilitation and behavioral medicine.



Dr Diana Martinez-Huerta is a medical doctor with a specialty in Neurorehabilitation. She received her medical degree from University of Aguascalientes, Mexico in 2002, Fellowship in Neurological Rehabilitation from IAHP, Philadelphia, USA in 2006; M.Sc in Neurological Rehabilitation in 2009, Fellowship in Neurophysiology from University Hospital, Cleveland, USA in 2012 and PhD from De Montfort University from Leicester, UK in 2018. She has 15 years of experience treating severe brain injured patients in United States, Mexico, Spain, Italy, China, Brazil, Colombia and Honduras. She developed, along with other professionals, an integrative intervention to rehabilitated neurological conditions including neurofeedback and other non-invasive brain stimulation techniques. She is the CEO (since 2012) of Neocemod (Neuromodulation Center), Mexico City and Aguascalientes, Mexico, with experience treating patients with epilepsy, learning disorders, behavioral disorder, mood disorders, sleep disorders, TBI and CP. She has extensive experience in neurophysiology,

EEG/qEEG/ERP interpretation. She is an international consultant for Neurofeedback professionals and currently she combines clinical work and research; which lead to studying the effects of Neurofeedback in epilepsy for her PhD thesis. She continues to receive invitations to give lectures and workshops for ISNR, BFE, NRBS and SMNB (Mexican Neurofeedback society) and other international neurological and neurophysiology societies. In 2017 she became the Director of the Neurofeedback Clinic at the Trauma Center at JRI in Boston, and she is the cofounder of Boston Neurodynamics, offering high quality training and consulting for neurophysiological evaluations, neurofeedback, biofeedback and other noninvasive brain stimulation interventions.



Dr Hugo Theron (MSc (Clin Psych) (US), MSc (Health Psych) (Leiden), PhD (Child Psych) (UFS) has been a registered clinical psychologist since the late 90s. He studied clinical psychology at Stellenbosch University, and medical and health psychology at Leiden University. He obtained his PhD in Child Psychology from the University of the Free State. He has worked with both children, adolescents, and adults in South Africa, the Netherlands and the United Kingdom. His fields of interest is varied, covering anxiety and mood disorders, as well as behavioural and neurodevelopmental problems across the developmental range from childhood, through adolescence, into adulthood. He did his PhD research on the use of information and communication technology (including social media) and the impact it has on children and adolescents; and enjoys discussing (and helping people to manage) the joys and pitfalls of technology.

Session 8.4: A practical approach to the treatment of ADHD



Dr Karen Vukovic (MBBCh) Wits, (FFPsych) and M.Med Psych (Wits) has been working at Mediclinic Sandton in adult psychiatry since 1994. Dr Vukovic has an interest in mood spectrum disorder, ADHD/ADD, woman's mental health – particularly those relating to reproduction, psychiatric issues in the workplace and psychiatric disability/boarding. Dr Vukovic has extensive experience in South African and International drug trials and studies.



Dr Frans August Korb received the following university qualifications: B.Sc. (Hons) (UFS), M.A. Clinical Psychology (Wits), M.B. Ch.B. (UCT), M.Med. Psychiatry (Wits). He is currently in full-time private practice as a Psychiatrist and Clinical Psychologist in Sandton and consults for SASOL. For Life Healthcare he consults at both Baneng Care Centre and Waverley Care Centre. Yearly he has been an invited lecturer at the Departments of Psychology at the University of Johannesburg and the University of Pretoria. He has been involved with the CMSA FCPsych Part 1 exams for the last 21 years. He is currently the Board Chairman of the South African Depression and Anxiety Group (SADAG). He has participated in many clinical trials for various pharmaceutical companies. He regularly attends and presents at local and international conferences, workshops, presents posters, courses and CPD Programmes. Past executive appointments include the University Science Students' Association of Southern Africa (USSASA), Associated Scientific and Technical Societies of South Africa (AS&TS), Southern African Association for the Advancement of Science (S2A3), University of the

Witwatersrand Psychiatry Registrars' Association, South African Association for Child and Adolescent Psychiatry and Allied Professions (ACAPAP), South African Society of Psychiatrists (SASOP), Southern African Society of Biological Psychiatry, the Rotary Club of Sandown, South African Sexual Health Association (SASHA), South African Medical Association (SAMA) and the South African Depression and Anxiety Group (SADAG). Currently he is editor of 'Mental Health Matters' (Journal for general practitioners on mental health) and on the Editorial Board of 'Neuron SA'. He has published in both peer-reviewed journals and in the daily press and enjoys doing regular radio and TV interviews. In 1989 and 1992 he received a Certificate of Merit from the Southern African Association for the Advancement of Science.



Dr Suntheren Pillay is a Specialist Psychiatrist in Private Practice since 2002. He works at 2 extremely busy practices at St Josephs Hospital and Akeso Umhlanga. He qualified with a MBChB in 1992. Post internship he joined the Department of Psychiatry and obtained in his FCPsych. In 2000 he trained in Cognitive Behavioural Therapy under Professor Aaron T. Beck at Beck Institute in Pennsylvania. He has extremely diverse interests and enjoys being at the cutting edge of psychiatry. His has an interest in ADHD across the lifespan, Bipolar Mood disorder and treatment resistant Anxiety and Depressive disorders Therapeutically he has had an interest in the application of Deep Transcranial Magnetic Stimulation and Ketamine treatment in psychiatry since 2013. Genomics and Pharmacogenomics has been a long term fascination and now enjoys the use of the above to assist with Diagnostics and the practice of personalised precision psychiatry



Dr Lavinia Lumu completed the fellowship in psychiatry and obtained the FCPsych (SA) qualification from the Colleges of Medicine in South Africa and a Master of Medicine in Psychiatry (Witwatersrand) in 2014. She is currently in private practice with a special interest in perinatal psychiatry and currently running a pro-bono maternal mental health clinic at the Rahima Moosa Mother and Child Hospital. An advocate for maternal mental health and supports the Grow Great - Flourish Foundation in maternal mental health training and also an executive board member of the International Marcé Society for Perinatal Mental Health.

Scientific Session 9 – Ethics (panel discussion) 18:00 – 19:00



Professor Christopher Paul Szabo is the former Professor and Academic Head of the Department of Psychiatry at the University of the Witwatersrand and Head of Clinical Department, Department of Psychiatry, Charlotte Maxeke Johannesburg Academic Hospital. He is currently an Honorary Professor in the Department and an Emeritus Professor in the Faculty of Health Sciences – where he serves as a member of the Human Research Ethics Committee. He was formerly the Editor-in-Chief of the *African Journal of Psychiatry* and is currently Editor-in-Chief of *South African Psychiatry* and an editorial board member of *Global Psychiatry*.



Dr Chris Verster is a graduate of the University of the Free State (MB ChB; M Med) and obtained the FC Psych from the Colleges of Medicine of SA. He also completed an M Phil in Applied Ethics with Stellenbosch University.

He initially worked in full-time private practice but is currently Head of Clinical Unit (Psychiatry) at Worcester Hospital. His current interests include biomedical ethics, sleep disorders in psychiatry and community mental health. He also served on various ethics committees and on the Provincial Pharmacy and Therapeutics Committee and was chairperson of the Mental Health Pharmacy and Therapeutics Committee of the Western Cape.