

●●● PsySSA is the only representative professional body of psychology nationally. It is committed to the development of the profession, ensuring quality of service to the community, safeguarding ethical standards, building professional relationships in South Africa and abroad, collective marketing and bargaining for new work opportunities, better remuneration and conditions of service for Psychologists.

2008
issue 2

PsyTalk

PsySSA Psychological Society of South Africa

July 2008

●●● PsyTalk is a newsletter of the Psychological Society of South Africa (PsySSA). Opinions expressed herein are not necessarily those of PsySSA. Inclusion of any material (whether editorial or advertisement) does not imply PsySSA endorsement.

●●● All communication (whether telephonic, electronic, in writing or otherwise) should be addressed to the PsySSA office and NOT to Executive members' (who are honorary officers) homes or places of work.

●●● CONTACT US:

PsySSA HEAD OFFICE:
Killarney Mall, Office No. 110, First Floor,
Killarney Office Towers, 60 Riveria Road,
Killarney, 2193

POSTAL ADDRESS:
PO Box 989, Houghton, 2041

Tel: 011 486 3322
Fax: 011 486 3266/77
E-mail: psyssa@psyssa.com
Web: www.psyssa.com

Can PSYCHOLOGY help *grow* a new future?

by Francois Strydom & Melody Mentz



...They carry within them the seeds of bitter knowledge that, left unchallenged, can easily germinate into the most vile and vicious racial attacks on and outside the university campus...

Jonathan Jansen, 2008



In his article entitled: Bitter knowledge¹, Jonathan Jansen explores the dynamics that contribute to acts of racism. Drawing on the work of Eva Hoffman, he attributes such behaviour to the inter-generational transmission of spoken and unspoken knowledge from parents who were there, to the children who were not. It is precisely this type of bitter knowledge that can lead to events such as the now notorious Reitz-video depicting racism on the University of the Free State campus. This article provides some empirical insights into the extent of this bitter knowledge among first year students.

In an attempt to describe, understand and monitor the impact of a residence integration policy on first year students, institutional research was planned in 2007 and implemented at the University of the Free State in all residences at the start of the 2008 academic year. The aim of the study was to assess students' attitudes towards other groups upon arrival at University and to monitor changes in attitudes over time during the first year of policy implementation.

A total of 800 students from all racial groups (56% of the first year residence population) participated in the research on the impact of residence integration on student attitudes. Students completed the Social Dominance Orientation Scale² and a version of Bogardus' classic Social Distance Scale³ (Bogardus, 1933).

The findings from the study must be interpreted bearing two important factors in mind. First, that the vast majority of students (80%) who participated had attended racially integrated schools, and second that the research was conducted prior to the Reitz video surfacing and thus any attitudes or opinions of an extreme nature could in no way have been influenced by this highly controversial event. The results highlight just how bitter

the knowledge of some of our school leaving learners can be:

- 93% of the students who disagreed with residence integration were white⁴.
- No significant correlation was found between attending an integrated high school and agreement with residence integration.

Tolerance of inequality
The Social Dominance Orientation scale measures individual differences in the extent to which respondents are willing to tolerate inequality among social groups.

- Whites were rated by themselves and the other groups as being the highest status group.
- White students are significantly more likely to prefer domination of a group over another.
- White English speaking students had significantly lower social dominance orientation scores than White Afrikaans speaking students.
- White males have significantly higher social dominance orientation scores than White females.

Willingness to develop closeness with other groups

The Social Distance scale revealed that both 'Coloured' and Black African students had a higher willingness to develop closeness with other groups, but White students clearly indicated their unwillingness to develop such

continues on page 3

www.psyssa.com

one



EXECUTIVE

President Prof Basil Pillay
 President Elect Prof Norman Duncan
 Past President Dr Saths Cooper
 Treasurer Dr Ann Watts
 Additional Members Dr Louise Olivier
 Prof Kopano Ratele
 Ms Shahnaaz Suffla
 Mr Emmanuel Tlou

DIVISIONS

Clinical Mr Elias Makwe
 Clinical Hypnosis Dr Ian Opperman
 Counselling Prof Lionel Nicholas
 Educational Mr William Nel
 Industrial & Organisational TBA
 Health & Sports Psychology Prof Ashraf Kagee
 Psychometrics Prof Cheryl Foxcroft
 Research Dr Kate Cockcroft
 Forensic/Neuropsychology Dr Louise Olivier
 Student TBA

STANDING COMMITTEES

Ethics Mr Umesh Bawa
 Equity & Redress Prof Norman Duncan
 ITC Prof Cheryl Foxcroft
 IUPsyS Dr Saths Cooper
 SAJP Prof Kobus Maree
 PsyTalk Dr Brett Bowman
 SAQA Ms Leonie Vorster
 Tariffs & Private Practice Issues Dr Ian Opperman
 Public Service Issues Dr Lorinda Bergh

PsyTalk Advertising Rates

	PsySSA Members		Non-Members	
	Individuals	Groups	Individuals	Groups
¼ column	R270	N/A	R540	N/A
½ column	R330	N/A	R880	N/A
¼ page	R720	R950	R1470	R1890
½ page	R1 160	R1 580	R2 350	R3 150
Full Page	R1 980	R2 600	R3 850	R5 200
Classified	R90 + R15 pw> (service only for PsySSA Members)			

Loose inserts: R4680 minimum
 ALL RATES EXCLUDE VAT

Editorial Deadlines

Issue 2 - 04/07/08
 Issue 3 - 20/10/08

Individual rates apply to those products/services/sales offered directly and solely by the individual, otherwise group rates apply. Surcharges apply to special instructions, placement positions and foreign advertisements. Makeup is for the account of the advertiser. Payment must accompany any request to advertise in PsyTalk. PsySSA reserves the right to accept/reject/amend any request for advertising in its Newsletter, and not correspondence will be entered into. Content responsibility vests with the advertiser and PsySSA. All advertising must be paid in advance.

ENQUIRIES: PsySSA
 Tel: 011 486 3322

Fax: 011 486 3266/77

Email: psytalk@psyssa.com

BRANCHES

Free State
 KwaZulu/Natal
 Limpopo
 Western Cape

Dr Pieter du Plessis
 Ms Thirusha Naidu
 Mr Vincent Cloete
 Ms Shahnaaz Suffla

AFFILIATES

- Society for Student Counselling in Southern Africa
- South African Clinical Neuropsychology Association
- The Milton H Erickson Institute of South Africa
- The South African Wilderness Therapy Institute (A division of the National Peace Accord Trust)
- UNISA Centre for Applied Psychology

PRESIDENT'S CORNER

With a few weeks to go to our next congress, the PsySSA office is 'a buzz', adding the final touches to our annual event. This year our 14th South African Psychology Congress taking place from the 26 - 29 August 2008, at Emperors Palace, Johannesburg was designed around the suggestions



and feedback you provided at our last conference. In response to the unbelievable xenophobic attacks that we witnessed recently and that sent shockwaves across the world, we invited Mr Jody Kollapen (Chair Human Rights Commission) to give the opening address. He together with a distinguished panel will participate in a Round Table Discussion, titled 'Is Xenophobia a Phobia? A Psychosocial Perspective'. Two eminent keynote speakers will address the plenary. The first, Dr Derek Hook of the London School of Economics will deliver an address titled **Retrieving Biko: What is a critical psychology of Whiteness?** He will be followed by Prof Peter Saville; from Saville Consulting whose paper is titled **Does your test work? The co-validation against job performance of ten of the most popular personality questionnaires – Implications for psychology.**

Participants at our previous conference requested that more 'practical sessions', neuropsychology and forensic psychology topics be included in the programme. We have taken these requests to heart as reflected in the pre-congress workshops as well as the congress programme. In addition to the usual scientific paper presentations, we've added neuropsychology and organisational psychology tracks; practitioner updates, a symposium on psychological assessment, a symposium on ethics and a Roundtable on Scope of practice. Moreover, this year a number of prizes for a range of contributions are on offer. This year's congress certainly has something for everyone.

We look forward to seeing you at the Congress!

PRESIDENT Prof Basil Pillay

GLOBAL KUDOS

FOR THE PHELOPEPA HEALTH CARE TRAIN



The award was received on behalf of the Phelopepa Health Care train team by Mr. Vuyo Kahla, Group Executive, Office of the Group Chief Executive, Transnet Limited and Dr. Lynette Coetzee, Senior Portfolio Manager, Health, Transnet Limited at a high profile awards ceremony held in New York on the 23rd June 2008.

The Phelopepa Health Care Train was awarded the 2008 United Nations Public Service Award in the category of improving the delivery of services.

The United Nations Public Service Awards Programme is the most prestigious international recognition of excellence in public service. It acknowledges and rewards the creative achievements and contributions of public service institutions to development in countries around the world. Through an annual competition, the UN Public Service Awards

Programme promotes the role, professionalism and visibility of public service. The Awards aim to:

- Discover innovations in governance;
- Reward excellence in the public sector;
- Motivate public servants to further promote innovation;
- Enhance professionalism in the public service;
- Raise the image of public service;
- Enhance trust in government; and
- Collect and disseminate successful practices for possible replication.

14TH ANNUAL SOUTH AFRICAN PSYCHOLOGY CONGRESS RESPECTING DIVERSITY

26th – 29th August 2007 Emperors Palace, Gauteng



As a nation, we hoped that widespread, collective prejudice and discrimination could only ever be a defining feature of the nightmarish days of our Apartheid past. However, nationwide events over the first half of 2008 have served as stark reminders that our constitution-based egalitarian ideals and democratic principles mean very little to many within our borders. From rapidly circulated images of blatant racism in the education sector to rampant xenophobia across our urban landscapes, respect for diversity appears little more than a South African pipedream. As one of the country's leading mental health resources, South African psychology has been largely silent and barely visible in lending its voice, analyses and practices to pleas for a sustained intervention. In response to

our leading article's call for a sharing of our psychological theories, tools and practices towards the provision of a South African reality in which diversity is not only tolerated but respected, PsySSA has themed, its 14 Annual Congress, Respecting Diversity. The Congress will take place from the 26th – 29th August 2008 at Emperors Palace Gauteng.

The national gathering will feature keynote addresses, roundtable discussions and oral and poster presentations that will highlight and debate the future obligations of South African psychology to the development of a country that respects the diversity for which it has so strongly fought. We look forward to a stimulating conference devoted to a crucial topic.

A draft programme is available at www.psyssa.com.

The programme is subject to change without prior notification.

continued from page 1

Can Psychology help grow a new future?

relationships on various levels and in various contexts. For example:

- Almost a third of the white students would mind if they had to have a Black African as a co-worker, compared to the 10% of Black students who would mind working with whites;
- Almost a third of white students would not want a Black African student as a friend, compared to the 12% of blacks who would not be willing to be friends with a white student;
- Three-quarters of white students would not be willing to date a Black African student, compared to 20% of Black students who would be unwilling to date a white student;
- Approximately 42% of white students would not want to share a residence on campus with Black African students whilst more than three-quarters of white students do not want to share a room with a Black African student. This is in strong contrast to the mere 9% of black students who do not want to share a residence with white students and less than 20% who would prefer not to share a room with a white student.

While, the discipline of psychology

provides the analytic "tools" to lay bare the extent of the bitter knowledge, it has been relatively absent in the aftermath of its various manifestations in South African society. This is all the more vexing as the discipline provides many theoretical understanding and models of intervention that could help to address the problem. The question then is: Shouldn't South African psychology and psychologists take the lead in finding ways to help "grow" a new future that will not bear the fruits of the past?

Francois Strydom is the Director: Student Development and Success and Melody Mentz is a Researcher at Student Development and



Success at the University of the Free State. This article forms part of paper presented at the Wits Colloquium on Anti-racist strategies in the SA higher education sector held on 20 June 2008.

ANNUAL GENERAL MEETING OF PsySSA

Notice is hereby given that the 14th Annual General Meeting of the Psychological Society of South Africa will be held at **Emperors Palace, Johannesburg, at 09h00 27 August 2008**, for the following business:

1. To receive and consider the annual report, including financial statements, of the Society for the year end 31 December 2007;
2. Election of Office Bearers;
3. Transacting any other business as may be transacted at an Annual General Meeting.

PROF BASIL PILLAY
PRESIDENT

JOHANNESBURG
2 JULY

REFERENCES

1. University World News - Bitter knowledge. Retrieved July 1, 2008, from <http://www.universityworldnews.com/article.php?story=20080320161054152>.
2. Sidanius, J., Pratto, F., Stallworth, L. M., & Malle, B. F. (1994). Social Dominance Orientation: A personality variable predicting social and political attitudes. *Journal of Personality and Social Psychology*, 67(741-763).
3. Bogardus, E. S. (1933). A social distance scale. *Sociology and Social Research*, 17(265-271).
4. This article uses the terms such as 'Black', 'African', 'Coloured', and 'White'. We recognise that these are social constructions that serve particular political purposes. The use of these terms does not imply any acceptance of the racist assumptions on which these labels are based. Instead, the terms are used to reflect the differential manner in which apartheid impacted (and still does) on the lives of South Africans.

DIVISION for RESEARCH and METHODOLOGY (DRM)

The latest developments from the DRM are as follows:

- A blog has been set up on the PsySSA website (you will find it under the DRM), where research innovations can be shared and requests for research advice/assistance can also be posted.

- A DRM promotional slide show has been circulated to academic institutions and research entities.

- Last year, a Code of Ethics for researchers was developed by the DRM as part of its objective to improve the professional practice and research capacity and competence of Research Psychologists. This year, the DRM will be presenting a symposium entitled 'Ethics in Research: A Practical Guide to Principle Application', at the annual Congress in August. While widely recognised as an integral part of the research process, applying

ethical principles to practical research projects often involves careful consideration and an in-depth knowledge of ethical principles. This interactive workshop will focus on both the theory underpinning ethics in research, as well as discussion of how to practically apply this theory to actual research projects. The theoretical discussion will incorporate the presentation of principles such as: informed consent, deception, motivational manipulation, debriefing and referral; while the practical application segment will include exploration and discussion of actual research case studies.

- Make sure that your research is ethically sound by staying up-to-date with international guidelines at <http://www.apa.org/science/research.html> as well as national guidelines at <http://www.hpcs.co.za/hpcs/default.aspx>. It is also helpful to have an ethics checklist to guide

your proposal/study. For an example, consult <http://www.canterbury.ac.uk/research/governance/checklist.asp>

- At the Congress, the DRM will also be presenting a mini-symposium entitled 'Teaching undergraduate psychology: perspectives on participation and performance'. Some of the presentations include: Participation in psychology classes: the relative role of personal, demographic and teaching-related lecturer characteristics; Improving Participation: Teaching by Quadrants; Beyond Participation: An Examination of Student Factors Affecting Performance on an Undergraduate Research Module and Antecedents of Participation: Attendance and Performance.

Kate Cockcroft
Chairperson

kate.cockcroft@wits.ac.za

DIVISION OF

SOUTH AFRICAN SOCIETY OF CLINICAL HYPNOSIS (SASCH)

Hypnotherapy is an amazingly powerful methodology to use in one's practice, and I urge all psychologists to educate themselves in the different schools of hypnosis. SASCH presents courses and workshops in Ericksonian hypnotherapy (named after Milton Erickson, based on language models and metaphor), Medical hypno-analysis (deep regression to the origin of the problem and healing it at that level), Integrative Hypnosis (Transpersonal psychology, bringing Divine Intelligence into our work) and Ego State Therapy (working with the different parts or ego states in one person). Hypnotherapists have amazing results and most psychologists that I am in contact with have very lucrative private practices using hypnosis as a key treatment modality.

EVENTS

An Elementary course on clinical hypnosis was presented by Mr. Kevin Fourie on 16 to 18 May and 20 to 22 June (over 2 weekends) at Weskoppies Hospital. We had lot of Intern Psychologists on the course and welcome the new members into our fold. I hope you will get as much benefit, personally and professionally, as what I had from having hypnosis in my life! Welcome!!

In the Belly of the Whale, a workshop in Creative Writing for Therapeutic benefits will be presented by Dr Dorian Haarhoff, previously employed by the University of Namibia on 9 to 10 August 2008 in Pretoria.

We have lined up dynamic presenters for our SASCH Congress on 25 and 26 August 2008. The venue will be announced shortly.

An Intermediate Ego State four day workshop will be presented by Dr Anita Fourie and myself (Dr Ian Opperman) at my practice in Kensington, Johannesburg from the 24 to 27 July 2008. Patients with Dissociative Identity Disorder (DID) or Multiple Personality Disorder (MPD) have agreed to act as live demonstrations for the course. This is an educational and exciting workshop featuring powerful content in the form of relevant and heart wrenching case studies, live and on DVD.

Dr Ian Opperman
Chairperson

The Course Programme for the remainder of the year is as follows:

DATE	DESCRIPTION	VENUE
16 - 18 May 2008	Elementary (Part-time, part 1)	Gauteng (Weskoppies Hospital)
20 - 22 June 2008	Elementary (Part-time, part 2)	Gauteng (Weskoppies Hospital)
13 - 17 June 2008	Elementary	Cape Town
24 - 27 July 2008	Intermediate Ego State	Gauteng
25 - 28 July 2008	Intermediate: Medical Hypnoanalysis	Cape Town or Port Elizabeth
1 - 4 Aug 2008	Advanced: Medical Hypnoanalysis	Gauteng
9 - 10 Aug 2008	In the Belly of the Whale workshop	Gauteng
16 August 2008	Morning workshop	Gauteng
25 - 26 Aug 2008	2nd South African Congress in Clinical Hypnosis	Gauteng
12 - 15 Sept 2008	Intermediate: Ericksonian Hypnotherapy	Gauteng
23 - 27 Oct 2008	Elementary	Gauteng
28 - 29 Nov 2008	Diplomate Examination	Gauteng

SOUTH AFRICAN CLINICAL

NEUROPSYCHOLOGICAL ASSOCIATION

SACNA is a peer-credentialed Association of psychologists that has been in existence for nearly 25 years aimed at promoting and stimulating interest in neuropsychology, and at maintaining standards in neuropsychological practice through ensuring that its membership has demonstrated knowledge and competence in the field.

The intention of the Association is further, to promote the professional development of clinical neuropsychology in South Africa through:

- Encouraging training and CPD activities
- Maintaining regular meetings at regional levels attended by psychologists from across the various categories and related professionals

- Hosting a national bi-annual conference
- Liaising and consulting with the Professional Board for Psychology, the Division of Neuropsychology, and other bodies pertinent to neuropsychology in this country.

Full members of SACNA are all psychologists who have been registered with the Health Professions Council of South Africa for a minimum of 2 years and who have demonstrated minimum levels of competence in the field of neuropsychology, via successful completion of an entrance examination and submission of several practical clinical reports for evaluation by the Credentialing Committee.

The Executive of SACNA for the period 2008/2009 is as follows:

President: Dr Menachem Mazabow
Past President: Mr Trevor Reynolds
President Elect: Mr Digby Ormond-Brown
Minutes Secretary: Mrs Barbara Donaldson

Membership Secretary/Treasurer:
Mr Digby Ormond-Brown

Additional Members: Dr Joachim Mureriwa
Mr Brian Mallinson
Dr Frances Hemp
Dr Kevin Thomas

Coopted Members: Mrs Annelies Cramer
Ms Elizabeth Wallis
Mr Douglas Mansfield
Mr Vernon Sack

NATIONAL HEALTH REFERENCE PRICE LIST (NHRPL) 2009

PsySSA employed HealthMan (www.healthman.co.za) to conduct our tariff research on our behalf as they have a proven track record in conducting similar research in the past for GPs, Audiologists, Optometrists, Psychiatrists and other groups. We thank all practitioners for their co-operation throughout the process and wish to communicate briefly the results of the research. One hundred and eleven practitioners completed the high-level Private Practice Profile questionnaire and 90 submitted their detailed expenses.

HealthMan completed its final submission for Psychologists on 19 May 2008. It is now up to Mr. Siyabonga Jikwana and his team in the Department of Health's Financial Planning and Economics division to corroborate and hopefully recommend to the Minister of Health (or at least, communicate their reasons not to validate) HealthMan and other researchers' cost findings on behalf of healthcare specialist and general practice groupings.

The Tariffs Research found that 95,54% psychologists practice as sole practitioners for their own account. A further 0,89% describe their practices as "incorporated with one shareholder" while only 3,57% of psychologists practice in partnership. In addition, only 20% of respondents reported sharing overhead expenses with another practitioner while 11, 93% indicate that they employ other psychologists (on average one full-time and one part-time - weighted average = 1.6) on a fee for service basis.

The ultimate goal of the National Health Reference Price List 2009 cost-studies is the determination of a Rand Conversion Factor for Healthcare services. The new recommended Rand Conversion Factors (RCFs) for Psychologists is R11, 39 (VAT Inc), this equates to an amount of:

- R512, 50 (VAT Inc) for a 41 to 50 minute consultation (code 0204), previously R410, 60 - an increase of 24, 8%
- R626.43 (VAT Inc) for a 51 to 60 minute consultation (code 0205), previously R501, 90 - an increase of 24, 8%
- R740, 30 (VAT Inc) for a 61 to 70 minute

consultation (code 0206), previously R593, 20 - an increase of 24.79%

HealthMan has utilized a direct labour remuneration for a Psychologist at a level of R468 500 per annum cost to practice, and a 2009 CPIIX of 9.5%. This level of remuneration is believed to be fair and market-related after considering the following facts:

- Risk assumed by the proprietor in setting up a private practice.
- Minimum of 7 to 12 years academic training (7 years for accredited Masters Degree, including completion of 1 year internship, a further 3 to 5 years for a PhD).
- Equivalence to a DPSA level 12 position for department of Health. The topnotch was used.

- Discipline maturity (38% of psychologists as per the Scope of Private Practice reviews have been in private practice for more than 11 years).

Indirect labour refers to ancillary employees, which in psychology practices is generally limited to 1 administration staff member. In the overheads model, an average cost to the practice of R57 561 per annum was used which was based on the detailed financial survey results.

Standard equipment for a psychologist in private practice comprises of:

Furniture	R 62 404
Computers and software	R 21 000
Total Standard Equipment	R 83 404

OVERHEAD EXPENSES AS PER HEALTHMAN'S DETAILED REVIEW AMOUNT TO R287 166 COMPRISING:

	Annual	Per Month
Staff Salaries and related Costs	R 73 752	R 6 146.00
Equipment Costs	R 26 521	R 2 210.08
Rent and Utilities	R 65 590	R 5 465.83
Practice Management and Admin	R 80 955	R 6 746.25
Finance and insurance	R 35 595	R2 966.25
Other costs	R 4 754	R396.16
Total	R 287 166	R 23 930.50

Overhead expenses are based on the results of the surveys done and general information on specific cost items. The adjusted predetermined overhead rate for 2009 is calculated at R4.082 per minute, excluding VAT. Notice needs to be taken of the fact that the new rates have not as yet been granted but are under review. The study sample size might be found to have been insufficient and therefore

we would need to submit further findings.

We would like to ask that you continue to complete the profile questionnaire and submit your financials throughout the year so that HealthMan can maintain an updated database for further reference. Your cooperation has been invaluable and will hopefully yield a favourable outcome.

LIMPOPO BRANCH

At a PSYSSA Limpopo Branch meeting held on the 12 October 2007 the following members were elected to serve on the Committee of PsySSA Limpopo Branch for 2008:

Chairperson: Mr VP Cloete
Deputy Chairperson: Ms G Manamela
Secretary: Ms M Mokobane
Deputy Secretary: Dr DK Ramushu
Treasurer: Mr M Liebenberg
Additional Members: Dr J Heystek
Ms TT Nkanyani

On the same day the members were addressed by Dr Jopie de Beer from Jopie van Rooyen and partners. It was a very useful presentation, with members obtaining a lot of information on the various psychometric instruments available from Jopie van Rooyen and partners.



On the 14th of March 2008 we had an informative presentation by Dr ASJ de Kock (Educational Psychologist) on a Self-Image Measuring Instrument. This instrument uses modern technology like computers for assessment and MP-3 players for delivering a self-image enhancement program that the client can listen to.

The committee has been meeting monthly. Two newsletters have been issued and distributed to our colleagues in the province.

The Committee envisages the following activities for 2008, (one per quarter, dates to be confirmed):

- Presentation on ethics (date to be confirmed).
- Internal morning workshop as well as a social activity. Colleagues in our province will be invited to share their expertise with other colleagues in an informal workshop.
- Morning workshop/presentation on a relevant topic. Dr Adele Frisby Lowe a Clinical Psychologist who has written a book titled: "My journey to the light" telling her story about her own battle with depression has agreed to do a presentation to which Psychologists as well as members of the public will be invited. Planned for 01/08/08.
- Dr Jopie van Rooyen and Partners will



deliver a presentation on the use of relevant psychometric instruments as well as a social activity. The presentation is planned for 17/10/08.

- Community involvement in relevant projects (ongoing).

One of the major problems we have is the fact that our colleagues are spread over a wide area in the Limpopo Province. It is therefore logistically difficult to get members to attend activities. That is one of the reasons why we have decided to compile a newsletter and distributed it as widely as possible.

If any our colleagues read this edition of PsyTalk and do not receive our Newsletter they can forward their contact details to cloetev@wol.co.za or SMS your details to 0829253519 so that we can add you to our mailing list.

Colleagues attending Dr de Kock's presentation (Photo taken by Dr Joost Heystek)

USEFUL HINTS FOR PRIVATE PRACTITIONERS

The following are useful hints for private practitioners:

- Make sure that each new client signs a contract of payment before the initial interview. The contract should state the terms of payment, client acknowledgement of an understanding of expected fees and due process should these not be received and that a fee will be charged for no-show (that the appointment has not been cancelled 24 hours before the time).
- Make provision for the client to sign a standard document after each session that states its date and duration. This data can be recorded for account purposes. It is also a very useful as evidence against client complaints including being charged for time not spent with the psychologist.
- Although as a private practitioner you may have a person doing your accounts, the psychologist is always the responsible person for all accounts leaving his or her practice.
- Be sure to give an ICD-10 code for each consultation on the account as medical schemes do need this and it is also compulsory by law.
- It is important to discuss the therapeutic plan with each client at the initial interview.
- Add a professional ambience to your practice by ensuring that there is soothing music and flowers in the waiting room that can make clients feel welcome and at ease.
- It is a good principle to provide tea/coffee to clients free of charge when the client arrives at your practice because this gives him or her opportunity to relax and feel cared for.
- If the client/patient has had a particularly emotional session in therapy, invite him or her to first take time to relax a while and have a cup of tea/coffee in your waiting room before travelling back to work/home. This ensures that your client is more focussed and not anxious or upset while driving to his or her destination.
- Remember that word or mouth is the best advertisement for your professional services and a private practitioner cannot afford a disgruntled and dissatisfied client.
- Give yourself regular mid-week or long weekend breaks to counteract burnout and to ensure that you yourself are mentally healthy.
- Consult with a colleague if you are unsure of ethical dilemmas – also consult with the legal professional appointed by your indemnity organisation – be proactive. Early consultation is better than having a complaint against you at the Health Professions Council.
- If there is a complaint lodged against you at the Health Professions Council never give your explanation on your own but take the complaint to the legal firm appointed by your indemnity organisation and get legal assistance to tender the explanation to the Professional Board of Psychology.
- Never allow yourself to be shanghaied into providing a service quickly for an attorney, principal of a school or client ignoring best practice principles. Some examples include not doing a thorough evaluation of a child before recommending change of schools, remedial therapy or therapy or doing a custody evaluation without evaluating all parties concerned.
- Never provide any information regarding a client to anybody else (even a colleague or medical practitioner) without the written consent of the client or in the case of a minor, the written consent of the guardian of the minor child.

Dr. Louise Olivier

IDEAL DIAGNOSTIC AID!

Time efficient and computerised CAMI's DQB software for ADHD assessments

The CAMI ADHD Diagnostic Questionnaires Battery (DQB) offers you:

- Extensively piloted software
- 19 Checklists - ADHD DSM IV criteria, family, medical, treatment history, oppositional behaviour, and more
- Automatic report writer - unlimited usage
- Electronic report and document storage and transferability
- Easy to download and install - no shipping costs
- Continuous technical support and upgrading
- Linking to translator program - translatable into any language

Introductory offer:
R 1 650.00

To view screens, report examples and to order, visit:
www.camiweb.com/dqb or email metrics@camiweb.com

●●● PSYCHOLOGIST WANTED

Part time psychologist (one day a week) wanted for assessment and therapy, in Sandton area.

Reply with CV ASAP to drdi@mweb.co.za

●●● COMPUTER SOFTWARE FOR PSYCHOLOGISTS

- Easy to use, all client data is in one place and accessible at the click of a button.
- Daily, weekly, monthly billing with Financial reports on a monthly / annual basis
- Ageing of accounts to 120+ days so you can run your practise efficiently and view your clients payment status
- A single screen is provided for the billing, recording of payments, printing of statements and session notes

For further information and a demonstration of the software contact Dennis Janks at Edifice Software Solutions
011-728-7998/ 083-303-6270 djanks@mweb.co.za

●●● ROOMS AVAILABLE

Rooms and facilities available for consultation purposes.

Practice situated in Randburg;

Please call
Michelle Williams
082 3377040

●●● PSYCHOMETRIST WANTED

Psychometrist available on an ad hoc basis.

Please e-mail psychometry@telkomsa.net

NARRATIVES OF RECOVERY

PRESS RELEASE - ALCOHOLICS ANONYMOUS

GIFTS OF SOBRIETY

Not least of which is the sheer and absolute joy of waking up each morning hangover-free and being able to look at myself in the mirror with a clear head, a clear conscience, free of the guilt that I may have done something horrible the day before that I can't remember.

As my length of sobriety grows, so I

grow and mature. As long as I keep doing 'the next right thing', knowing that I am a better person today, practising the 12 Steps of Alcoholics Anonymous to the best of my ability, giving of myself in the fellowship, doing service, sponsoring others, attending meetings regularly (at least three a week is good for me at the moment), then I will continue to be granted this overwhelming joy, one day at a time.

Since I got sober, one of the things we enjoy is having dinner as a family and having 'together time' instead of me banging the food down on the table and

then staggering off to bed, totally disinterested in family or food. One evening when I was about nine months sober I looked across the table at my son who was 15 at the time and remarked that I couldn't believe how he had matured in that short time. After only a few seconds my husband retorted that it wasn't he who had done any more than the normal growing but that my changed attitude and persona were what was

different.

He went on to say "Mark, do you remember the dragon witch that used to fly around the house on a broomstick screaming f*** you, f*** you at everyone before she went into rehab? Well, who came out of there?" to which my son replied "A mommy and a wife". At the time I was helpless with laughter at the picture but now I also see this as poignant and I treasure the memory.

Earlier this year we were fortunate to go on our annual holiday and my older married son and his wife joined us at the hotel for three days. After they had left to come home, I was once again filled with that glorious golden feeling inside and I said to my husband that I felt so blessed and grateful that they had actually wanted to spend time with us. I think he thought I was a bit mad. You see, he doesn't quite understand this gratitude thing and simply took it as normal. I'm quite sure those in recovery will understand the feeling of wonder that I have been 'forgiven' by my children for any harm I may have caused them by my drinking and neglect of them.

Another milestone in my sobriety is that at the end of January this year, a mere week after my 4th AA birthday, I was able to buy a brand new car for which I paid cash. The most treasured thing about this is that my husband said "Lovely, you deserve it!" I know that a car is a material thing but it gives me great pleasure and I am, after all, only human. Having said that, I am also grateful for the myriad small things that life is about - the beauty of nature, the innate good in people (especially in the AA fellowship), my family and friends, a warm home, a warm bed in winter.

The priceless gift of sobriety and my new life are the greatest gifts that my Higher Power could have granted me and I am grateful to Him, to Alcoholics Anonymous and the fellowship.



•• FAMILY

CONSTELLATION WORKSHOPS
(6 Clinical CPD Points)

Pretoria – Karin Huyssen (Clinical Psychologist)
012 460 2931 / karinhuyssen@intekom.co.za

Cape Town – Tanja Meyburgh (Counselling Psychologist)
021 788 6277 / tanjameyburgh@absmail.co.za

•• OFFICE TO RENT

FOR CLINICAL OR EDUCATIONAL
PSYCHOLOGIST IN A PSYCHOMETRIC
ASSESSMENT & PSYCHOLOGICAL
SERVICES CENTRE

Location: Randpark Ridge Ext 4 (Randburg)

Tel no: (011) 794 5182

Cell no: 082 448 5057

Fax no: (011) 795 3788

Contact person: Mrs Lindi Grootboom

Physical address: No 2 Koekoek street, Cnr Dale Lace & Koekoek Street

FAMILY CONSTELLATIONS TRAINING

FAMILY CONSTELLATIONS (FC) IS A UNIQUE INTERGENERATIONAL THERAPEUTIC MODALITY, BASED ON THE WORK OF BERT HELLINGER. FAMILY CONSTELLATIONS AFRICA OFFERS THE FOLLOWING TRAINING WORKSHOPS:

"The role of the FC facilitator in South Africa"

Presented by Tanja Meyburgh
(Counseling Psychologist, Cape Town)
Johannesburg: 22-24 Aug 2008
Cape Town: 29-31 Aug 2008

"The body, illness and health"

Presented by Dr Guni Leile Baxa (Austria)
Cape Town: 17-19 October 2008
Johannesburg: 7-9 November 2008

"Family Constellations individual therapy"

Presented by Dr Ursula Franke (Germany)
Cape Town: 13-15 February 2009
Johannesburg: 20-22 February 2009

10 CPD POINTS ARE AWARDED PER TRAINING COST: R3000 PER MODULE

Contact Karin Huyssen at 083 3061613 / karinhuyssen@intekom.co.za
or Leon Rautenbach at 083 2765908 / lrautenb@mweb.co.za
www.familyconstellations.co.za

YOU ARE INVITED TO ATTEND

THE SOUTH AFRICAN SOCIETY OF CLINICAL HYPNOSIS

IN THE BELLY OF THE WHALE

A WORKSHOP ON WORDS, IMAGES, STORIES
AND HEALING IN ASSOCIATION WITH DR DORIAN
HAARHOFF WRITER, MENTOR STORYTELLER



When it's over, I want to say: All my life I was married to amazement I was the bridegroom, taking the world into my arms ...

Mary Oliver



I love metaphor. It provides two loaves where there seems to be one. Sometimes it throws in a load of fish.

Bernard Malamud



This workshop—rich in story, words, images and symbols—aims to enrich the personal experience and work of any one involved in the healing professions. It considers how attention to this mythopoetic world

- moves us from stuckness
- releases energy
- connects us to an enlarging process
- activates healing
- creates a more abundant life



Dorian speaks with such synchronicity. He exudes understated power. He is steeped in story. The story walks ahead of him.

Anni Snyman, Artist



WORKSHOP DATES: 9 - 10 August 2008

CLOSING DATE FOR REGISTRATION: 30 July 2008

TRAINING TIMES:
Saturday: 9:00—17:00
(Registration 8:30—9:00 on day one).
Sunday: 9:00—14:30 A light lunch is included.

Persons with specific dietary requirements are respectfully requested to provide their own lunch.

TRAINING VENUE:
Tree Tops & Treats Guesthouse
611 Leyds Street

Muckleneuk Hill
City of Tshwane (Pretoria)
Tel: 012 343 8619
E-mail: treetops@imaginet.co.za

Please do not hesitate to contact Hennie Luies should you require accommodation at the venue.

WHAT DOES SASCH TRAINING COST?
SASCH and PsySSA Members R1 750
Non-Members R2 000
Students and Interns R1 500

PLEASE PASS THIS INVITATION ON TO ANYONE WHO WOULD BE INTERESTED IN ATTENDING SASCH TRAINING.



ABOUT DR DORIAN HAARHOFF

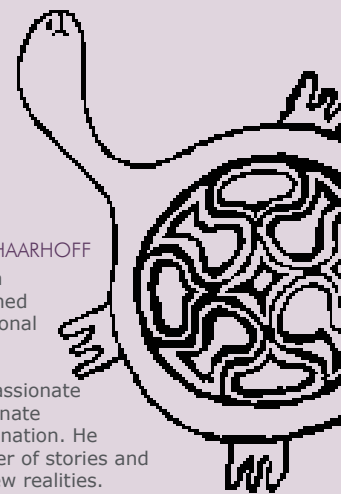
Dorian Haarhoff is a storyteller, a published poet and a motivational speaker who runs creative writing workshops. He is passionate about developing innate creativity and imagination. He believes in the power of stories and images to create new realities.

Dr Haarhoff is a former teacher trainer and Professor of English at the University of Namibia, and has also taught in a Canadian Creative Writing Faculty. He is currently external examiner on the MA program for UCT's Creative Writing Department. Since 1998 he has run his own business, Creative Workshops. Dorian Haarhoff has on several occasions been invited as poet and as a guest storyteller to Mauritius and to the Conference of World Affairs in Boulder, Colorado. He has recently participated in Poetry Africa and an International Poetry Festival in Colombia, South America. His talks/workshops are meant for individuals, organizations and corporations who wish to explore their creativity, improve their skills and understand their relationships. He uses storytelling, writing, images and symbolic work as a means of discovering hidden potential and assessing new ways of being and seeing.

He believes in the ability of people to revitalize their workplace, build their communities, participate in their healing and find their joy. His approach is based on his book, *The Writer's Voice: A Workbook for Writers in Africa* (Zebra-Struik, 1998). His work is strongly influenced by mythology, whole brain theory, Jungian and Eco-psychology, creation spirituality, the new physics and narrative therapy.

ALL TRAINING IS SUBJECT TO A MINIMUM OF TEN PARTICIPANTS PER VENUE

ALL SASCH TRAINING IS CPD/CEU ACCREDITED BY THE HPCSA.



14TH SOUTH AFRICAN PSYCHOLOGY CONGRESS

26-29 AUGUST 2008 EMPERORS PALACE, JOHANNESBURG

REGISTRATION FORM

TO BE COMPLETED BY ALL PARTICIPANTS (INCLUDING PRESENTERS, MEDIA, GUESTS AND TRADE DELEGATES)

1ST CALL FOR ABSTRACTS (20 CEU)

PSYSSA MEMBERSHIP NO		HPCSA REG NO	
TITLE		INITIALS	
NAME/S		SURNAME	
INSTITUTION			
POSTAL ADDRESS			
WORK TEL		WORK FAX	
HOME TEL		HOME FAX	
CELL NO		EMAIL	
FIELDS OF INTEREST			

Signed: _____ Date: _____

PLEASE INDICATE METHOD OF PAYMENT

DIRECT DEPOSIT:

ABSA Rosebank (Code: 630-805)

Current Account No: 40-4940-7045 (fax deposit slip)

PLEASE DEBIT MY:

Visa Card

Master Card

CREDIT CARD NUMBER: _____

EXPIRY: _____ LAST THREE DIGITS ON REVERSE OF CARD: _____

CARDHOLDER'S NAME: _____ CARDHOLDER'S SIGNATURE: _____

CONDITIONS

Bank and administration charges incurred (e.g. returned cheque, card authorization refusal) are for the participant's account. A fully completed and signed registration form guarantees registration, confirms participant's attendance and acceptance of registration conditions. Only the above-mentioned methods of payment will be accepted. Written applications for cancellation received before 1 March 2008 will be entitled to a 50% refund; thereafter no refunds shall be made. All conference venues will be on a first come first serve bases. Kindly attend alternate sessions if a venue is fully occupied.

REGISTRATION FEES		LATE/ON SITE
1.	PsySSA Member	R2200
2.	Non Member applying for Membership	R2500
3.	Non member	R4300
4.	One Day Fee	R2200
5.	Student Member	R1100
6.	Intern Member	R1350
7.	Student applying for Membership	R1350
8.	Intern applying for Membership	R2100
9.	Foreign Member (20% discount for developing country participants)	\$500
10.	Foreign Fee	\$600



PsySSA HEAD OFFICE:

Killarney Mall, Office No. 110, First Floor,
Killarney Office Towers, 60 Riveria Road,
Killarney, 2193

POSTAL ADDRESS:

PO Box 989, Houghton, 2041

Tel: 011 486 3322

Fax: 011 486 3266/77

E-mail: congress@psyssa.com

NB: Kindly note that PsySSA Membership runs from January to December. Please be advised that membership in arrears at the end of March will be liable for the re-enrolment fee. Members in arrears at the end of June will be dropped from membership.

www.psyssa.com

