

SOUTH AFRICAN ASSOCIATION OF DRAMA THERAPY
DRAMA FOR LIFE, UNIVERSITY OF THE WITWATERSRAND
DIVISION OF OCCUPATIONAL THERAPY, UNIVERSITY OF CAPE TOWN
SOUTH AFRICAN NETWORK OF ARTS THERAPIES ORGANISATIONS

presents

HEALING AND SOCIAL TRANSFORMATION IN MENTAL HEALTHCARE IN SOUTH AFRICA:

CONVERSING, CONNECTING AND COLLABORATING ACROSS ARTS
THERAPY, OCCUPATIONAL THERAPY, AND ALLIED PSYCHOTHERAPIES

DATES 14-15 JULY 2014

VENUE DIVISION OF OCCUPATIONAL THERAPY,
UNIVERSITY OF CAPE TOWN

REGISTRATION WWW.DRAMAFORLIFE.CO.ZA

The state of South Africa's mental health is in severe crisis, with a high prevalence of mental illness and psychosocial trauma. While some progress has been made in the provision and de-institutionalisation of mental healthcare and transforming healthcare professions, the social, economic and political factors influencing mental health and healthcare needs urgent attention to promote the psychosocial well being of the populations.

Mental illness remains under-detected, stigmatized and marginalized across the majority of South Africa's urban and rural communities. The psychosocial ill-being and mental distress associated with the quadruple burden of disease (HIV/Aids, TB, violence and maternal and child mortality) are seldom acknowledged. While perpetuated social inequality has ensured that access to quality healthcare (although that is questionable in itself) is the territory of a small, privileged percentage of South Africans, mental health approaches that can address the serious psycho-social trauma experienced by large groups is also needed. There is an urgent need to identify and acknowledge individual, group-centred and community-based mental health approaches that can address personal and social transformation within a human rights and social justice context. Innovative community-based interventions are hampered by a lack of institutional support and massive decreases in funding opportunities.

Conceptual understandings of mental health remain all too often the domain of Western-based knowledge systems with mental health categorised in ways that separate psychological, cultural, spiritual and medical knowledge systems. New ways of understanding and engaging with people are called for. It is essential that rich oral histories, linguistic and cultural diversity and identity fragmentation in the face of violence that is motivated by economic deprivation and discrimination based on race, gender, ability and, or sexual orientation is acknowledged. This cutting edge conference seeks to bring together for the first time in South Africa Arts Therapists, Occupational Therapists, and Allied Psychotherapists to explore the symbolic and relational power of the arts for social transformation and healing in mental healthcare.

YOU ARE INVITED TO SUBMIT A 200 WORD ABSTRACT FOR AN ORAL PRESENTATION OR A WORKSHOP.

THE CONFERENCE WISHES TO ADDRESS, ALTHOUGH NOT EXCLUSIVELY, THE FOLLOWING CRITICAL QUESTIONS:

- ↗ Can the arts play a significant role in personal, social and political transformation in mental healthcare in South Africa? (and if so, why)
- ↗ What is the Arts Therapies relationship with Occupational Therapy and other Allied Psychotherapies? How can these relationships be transformed to enhance mental healthcare in South Africa?
- ↗ What role does Occupational Therapy have to play in social transformation and healing?
- ↗ What role can the arts play in bringing together Arts Therapists, Occupational Therapists and Allied Psychotherapists for the purposes of promoting mental health and social well-being in South Africa?
- ↗ How can the Arts Therapies, Occupational Therapy and Allied Psychotherapies help de-stigmatise mental health, and create access to mental healthcare for all South African?
- ↗ What shifts in training are indicated for Arts Therapists, Occupational Therapists and Allied Psychotherapists in South Africa, and why?
- ↗ Why is supervision and self-care critical for healthcare professionals using the arts?
- ↗ What and how do Arts Therapies, Occupational Therapy and Allied Psychotherapies contribute as activists for social cohesion and well-being?
- ↗ What theory and/or empirical evidence exists or is necessary to validate arts based practice?

Please fill in the form and submit via email to
Marlize Swanepoel (marlize@wezside.co.za) by
30th of May 2014



MONDAY 14 JULY

TIME	FRANCES AMES	MAC	SEMINAR ROOM 2
08:00 – 8:30	Registration		
8:30 – 8:45	WELCOME SONGS: Performance by Solms Delta Choir		
9:00 – 10:00	OPENING WORKSHOP: Netting and Connecting <i>Marlize Swanepoel and Paula Kingwill</i>		
10:00 – 10:30	Tea/Coffèe		
10:30 – 11:30	Key Note: A Conversation <i>Warren Nebe and Elelwani Ramugondo</i>		
11:30 – 13:15	<p>PANEL DISCUSSION 1: CONSIDERING YOUNG PEOPLE</p> <p>Chair: tbc</p> <ol style="list-style-type: none"> 1. "What shall we make" - using film for the final product with grade 7 learners. <i>Paula Kingwill</i> 2. Art Therapy with Orphaned and Vulnerable Children <i>Tessa Wyatt</i> 3. HIP HOP Identities <i>Limpo Kou</i> 	<p>PANEL DISCUSSION 2: REMEMBERING ME</p> <p>Chair: Malika Ndlovu</p> <ol style="list-style-type: none"> 1. Tending the fire: The Firemaker project, an arts based psychosocial support skills based initiative. <i>Sian Palmer & Lesley Palmer</i> 2. Rediscover the Therapeutic Self <i>Marlene van den Berg & K du Preez</i> 3. The strings in-between. Countertransference: an intangible phenomena <i>Rafaëla Dennill</i> 	<p>WORKSHOP</p> <p>Chair Rozanne Myburgh</p> <p>The Road of Self Discovery through Transpersonal Art Therapy using Symbolism as the Language of the Unconscious <i>Naomi Schreuder</i></p>
13:15 – 14:00	Lunch		
14:00 – 15:30	<p>PANEL DISCUSSION 3: REFLECTING ON SCHOOLS</p> <p>Chair: Zerina Hajwani</p> <ol style="list-style-type: none"> 1. Finding resonance: context and creativity in practice <i>Roshan Galvaan</i> 2. Dramatherapy and drama-process work in schools: What is as play when we are playing? <i>Amelda Brand</i> 3. Positive psychology and creative capabilities: projects in a Delft school community <i>Izanette van Schalkwyk</i> 	<p>WORKSHOP</p> <p>Chair: Pearl Qhobela</p> <p>Sensory-shaped Transformative Theatre <i>Deidre Matthee & Radu Ionescu</i></p>	<p>WORKSHOP</p> <p>Chair: Linda Mdina</p> <p>[dis]illusion: an expressive performance as a healing constellation process <i>Janine Lewis</i></p>
15:30 – 15:45	Tea/Coffee		
	<p>Chair and post-performance facilitator: Mmabatho Mokoti</p> <p>Why be a helper? Why be silent? Exploring A Story based Approach in Drama Therapy to address community violence: A Performance as Research Project <i>Faith Busika</i></p>	<p>PANEL DISCUSSION 5: MORE ABOUT ART</p> <p>Chair: Roshan Galvaan</p> <ol style="list-style-type: none"> 1. Valkenberg Presentation <i>Adieba Gamiet</i> 2. the COMMUNITY ARTS THERAPY programme; a small drop in the ocean <i>Angela Rackshaw</i> 	<p>MEDITATION HOUR</p> <p>Chuang Tzu said, "Where can I find the man who has no words? I would like to have a word with him." How do we know the depth of silence in another human being? How do we balance surrender and discipline? The answers may come in music, in image, in dream, in the events of life as they occur, and in the spaces in between breath. <i>Naomi Schreuder</i></p>
16:45 – 17:00	CLOSING REFLECTIONS: Netting		

TUESDAY 15 JULY

TIME	FRANCES AMES	MAC	SEMINAR ROOM 2
08:00 – 9:00	Play		
9.00 – 10.30	<p>PANEL DISCUSSION 6: MEETING ABOUT MENTAL HEALTH.</p> <p>Chair: tbc</p> <ol style="list-style-type: none"> 1. Therapy and the aesthetics of the self <i>Michael Guilfoyle</i> 2. Antonine Artaud: a case on therapy and catharsis through practicing art <i>Hulisani Ndou</i> 3. dis]illusion: an expressive performance as a healing constellation process: the conversation <i>Janine Lewis</i> 	<p>WORKSHOP</p> <p>Beyond Words Taster [Not recommended for Arts Therapists] Zakheni <i>Sian Palmer & Heather Schiff</i></p>	<p>WORKSHOP:</p> <p>Experiential Introduction to Art Therapy <i>Julie Gurnell</i></p>
10.30 – 11.00	Tea/Coffee		
11.00 – 13.00	<p>PANEL DISCUSSION 4: THINKING ABOUT THE FUTURE</p> <p>Chair: tbc</p> <ol style="list-style-type: none"> 1. Create access to mental healthcare for all South Africans through coaching the parent to heal the family <i>Jenine Bence</i> 2. Can post-apartheid South Africa be enabled to humanize and heal itself? An Ubuntu Led Pas de Deux between Human Occupation and the Arts <i>Frank Kronenberg</i> 3. Participatory Action Research into ways in which Dance Movement Psychotherapy can promote personal and social change in a South African community experiencing water-related injustice. <i>Athina Copteros</i> 	<p>WORKSHOP</p> <p>Chair: Faith Busika</p> <p>Painting the landscape: A creative exploration of the role of the arts in collaborative approaches to mental healthcare in South Africa <i>Tamara Gordon and Sian Palmer</i></p>	<p>WORKSHOP</p> <p>Chair: Naadiya Omar</p> <p>The poetics of the absurd – an artful approach to navigating the mental health field <i>Deidre Matthee</i></p>
13:00 – 14:00	Lunch		
14.00 – 15.30	<p>PANEL DISCUSSION 7: DRAMA THERAPY, OCCUPATIONAL THERAPY AND APPLIED THEATRE: AN INTERDISCIPLINARY CONVERSATION.</p> <p>Chair: Paula Kingwill</p> <ol style="list-style-type: none"> 1. Stories of Men: A Forensic Patients, Drama Therapy and Occupational Therapy Collaborative. <i>Marlize Swanepoel</i> 2. Drama Therapy and Occupational Therapy: Happily ever after? <i>Rozanne Myburgh & Faith Busika</i> 3. The Fort England Psychiatric Hospital theatre project: a multi-disciplinary conversation <i>Alexandra Sutherland</i> 	<p>PANEL DISCUSSION 8: GIVING VOICE TO MIGRANTS AND REFUGEES</p> <p>Chair: Madeleine Duncan</p> <ol style="list-style-type: none"> 1. Art Therapy within the context of war, migration and mental illness. <i>Sylvie Phillips</i> 2. Homeostasis: Coming to terms with the Unspeakable and the Unspoken. <i>Monique Hill</i> 3. Migrant Youth Project <i>Lena Opferman</i> 	<p>WORKSHOP</p> <p>Chair: Mmabatho Mokoti</p> <p>Multiple perspectives on Healing and Social Transformation in the context of South Africa <i>Di Koch</i></p>
15:30 – 15:45	Tea/Coffee		
15.45 – 16.45	Bonfire Closing performance		
16.45 – 17.00	CLOSING REFLECTIONS: Ending		