



BIOLOGICAL PSYCHIATRY CONGRESS CALL FOR ABSTRACTS

BIOLOGICAL PSYCHIATRY CONGRESS



BIOLOGICAL PSYCHIATRY IN A POST-COVID WORLD

CENTURY CITY CONFERENCE CENTRE
Cape Town, Western Cape

Congress Secretariat: Landoor Event Management
Tel: 021 204 7951 | Cell: +27 82 455 7853 | E-mail: sonja@landoor.co.za
Facebook.com/BioPsychSA | Twitter: @BioPsychSA

SAVE THE DATE 15 - 18 SEPTEMBER 2022
www.biopsychsa.co.za

The Scientific committee invites the submission of abstracts to be considered for Oral or Poster presentation

- The deadline for the submission of abstracts is 30 June 2022
- Registrars and postgraduate students are specifically invited to present.
- All abstracts must be submitted online via the website
- E-mailed or faxed abstracts will not be accepted
- All appropriate abstracts will be reviewed by the Scientific Committee. All abstracts received will be acknowledged, and authors will be sent acceptance or rejection letters by 30 July 2022
- Please note that the presenter of the accepted abstract must register and all costs, including registration fees, are for the author's own expense

INSTRUCTIONS TO AUTHORS:

1. Each abstract must clearly state the following:

- Abstract title (the title of the abstract must not exceed 20 words)
- Name of contributing author(s). The name of the presenting author must appear first in the list of authors.
- Affiliation of all author(s).
- Contact details of the first author (telephone numbers, e-mail address etc)

2. Abstracts must be typed in English, single line spacing.

3 The body of the text must not exceed 350 words (this excludes the information listed in point 1)

4. Please adhere to the following format:

- Introduction: should be brief and informative and state the aim of the study
- Methods: include a description of subjects and research methodology
- Results: outline the findings of the study supported by statistics as appropriate. Do not use figures, graphs or tables in the abstract. The data provided must be sufficient to permit peer review of the abstract
- Conclusion: provide summary and relevance of the main findings

ALL ACCEPTED ABSTRACTS WILL BE PUBLISHED WITHOUT FURTHER EDITING. ABSTRACTS THAT DO NOT ADHERE TO THE SPECIFIC FORMAT WILL NOT BE PUBLISHED.

To submit an abstract, follow this link:

<https://medmail.med-bay.com/servlet/link/89469/1168451/99613495/6059990>



SOUTH AFRICAN SOCIETY OF PSYCHIATRISTS

EARLY CAREER PSYCHIATRISTS

SASOP EARLY CAREER PSYCHIATRISTS' INAUGURAL SYMPOSIUM: TAKING CARE OF OURSELVES SO THAT WE MAY TAKE CARE OF OTHERS

Date: 4 June 2022

Time: 09:00 – 12:00

Venue: Online Zoom meeting

Each participant will receive a free gift after the event!

Registration Fee:

Free for paid-up SASOP members,
R300 for non-SASOP members

Registration Link:

<https://us06web.zoom.us/join/zoom/register/tZAqceGtrz0rGN3q8jIEkI5PUw4dM6epVrB7>

Meeting ID: 847 6851 6129

Security Passcode: 507290

NOTE:

Attendance can only be confirmed for non members once Proof of Payment has been received.

Send to: events@healthman.co.za

Banking Details:

SASOP

Standard Bank

Acc No: 072053690

Ref: SASOP ECP / Surname

Time	Title of Talk	Speaker
09:00 - 09:10	Welcome	Dr Tejil Morar: SASOP Early Career Psychiatrists Convener & SASOP ECP Committee
09:10 - 09:25	Mindfulness Exercise	Ms Iram Osman: Clinical Psychologist
09:25 - 09:55 (20 min presentation followed by 10 min for questions)	Having Tea with Val	Dr Jade Bouwer: Consultant Psychiatrist & Louis Franklin Freed Prize winner
09:55-10:25 (20 min presentation followed by 10 min for questions)	Research for ECPs	Dr Nokukhanya Ngcobo: Atlantic Fellow for Equity in Brain Health at the Global Brain Health Institute
10:25-10:45 (15 min presentation followed by 5 min for questions)	Speaking & presenting secrets they don't teach you at medical school	Ms Ursula Botha: Founder of Confident Voices
BREAK	From Mount Sinai to Integrative Psychiatry, the Road Less Travelled	Dr Deborah James: Consultant Psychiatrist in Private Practice and Diplomat of the American Board of Psychiatry & Neurology
11:00-11:30 (20 min presentation followed by 10 min for questions)	Forgiving Us	Dr Lerato Khatle: Founder of Young MD
11:30-12:00 (20 min presentation followed by 10 min for questions)	Q & A and Closing	Dr Tejil Morar



MS NAZIA IRAM OSMAN



I am an independent, board-certified clinical psychologist registered with the Health Professions Council of South Africa (HPCSA) and a professional service provider registered with the Board of Health Care Funders (BHF).

I have extensive work experience as a previous life coach, hypnosis practitioner and within the clinical field in various hospitals within KZN namely; King DiniZulu Hospital Complex, R.K.Khan hospital, Mahatma Gandhi Memorial Hospital and Phoenix Assessment and Therapy Centre.

DR JADE BOUWER



Dr Jade Bouwer completed her MBChB cum laude from the University of Pretoria in 2012. She was awarded the prize for the best student in Internal Medicine and received academic honorary colours for her achievements. Her psychiatry rotation was her final 6th year rotation, and it was then that

she fell in love with this speciality.

She moved to Johannesburg where she did her internship at Charlotte Maxeke Johannesburg Academic Hospital, and her community service year at Discoverer's Community Health Centre in Family Medicine. After a further six months as a family medicine medical officer, she began her career in Psychiatry as a medical officer at Chris Hani Baragwanath Academic Hospital in 2016.

Dr Bouwer completed her FC Psych degree in June 2021 and attained her Master of Medicine in the field of Psychiatry through the University of the Witwatersrand. Her research report titled, "Procurement and expenditure on medicines used for mental, neurological and substance use disorders; a secondary analysis of the 2017 – 2018 Gauteng Provincial Pharmaceutical Database", was awarded the Louis Franklin Freed Prize for the overall best MMed (Psychiatry) at Wits and was published in the South African Journal of Psychiatry (Vol 27 2021). She has subsequently worked as a consultant psychiatrist at Helen Joseph Hospital in Johannesburg, overseeing the emergency department and consultation liaison services, while having a limited part-time private practice. Her specific interests include forensic psychiatry, emergency psychiatry, and maternal mental

health. She is also passionate about teaching and has been actively engaged in the registrar training program. In June, she will be relocating to Cape Town and joining the Neurodiversity Centre, with the hopes of being able to pursue a sub-specialty in Forensic Psychiatry in the future.

Dr Bouwer enjoys gardening and painting in her free time. She is a wife and a mother to a busy 18-month-old little girl. She believes that there is always an opportunity to be better and do better, and that it is a privilege for us as doctors to bear witness to our patients' greatest vulnerabilities on their journey to health.

DR NOKUKHANYA NGCOBO



Dr Nokukhanya Ngcobo is a specialist Psychiatrist and honorary lecturer from Durban, South Africa. She obtained her Bachelor of Medicine and Bachelor of Surgery (MBChB) degree from the University of KwaZulu-Natal in 2010 and then later attained her Fellowship in Psychiatry in 2019 (CMSA). She attained her master's degree (MMed-Psychiatry) from UKZN in 2020. She has published in the areas of cognitive decline and adult ADHD.

She has a very keen interest in research and is currently involved in numerous research projects around dementia; looking into locally appropriate person-centred care and interventions that are feasible in their resource-constrained communities; and also, first-episode psychosis projects. She is also involved in mental health and dementia advocacy and outreach and works with a community-based dementia NPOs. Dr. Nokukhanya Ngcobo is currently an Atlantic fellow for Equity in Brain Health at the Global Brain Health Institute, based at Trinity College Dublin, Ireland. The program aims to promote brain health and dementia prevention, reduce stigma, and improve the quality of life of people with dementia by cultivating global brain health leaders.

MS URSULA BOTHA



Ursula Botha teaches professionals to speak with confidence and express their authentic voices. Ursula has over 10-years of experience in the entertainment industry as an actress and voice artist. She has strong academic and teaching skills with over 5-years of experience as an



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academic lecturer and skills development coach. Ursula is the founder of Confident Voices, a skills development company that helps professionals to find their confident voices. Confident Voices specialises in offering private 1:1 coaching, small group workshops and live events.

Ursula holds a Master of Fine Arts (with distinction) in screenwriting and social theory construction, an Honours in Live Performance and a BA in drama. Her training in physical theatre and multiple acting disciplines combined with her background in storytelling and social theories makes Ursula a prolific coach to help people express complex ideas with clarity and confidence.

Ursula lives in Johannesburg, South Africa, with her two rescue dogs, Milo and Nala. Her mottos in life are: 'show up' and 'we become the stories we tell ourselves'.

DR DEBORAH JAMES



I did my psychiatry residency at Mount Sinai Hospital in New York, USA after which I worked at Mount Sinai as a Clinical instructor in Outpatient Psychiatry supervising and teaching psychiatric residents in evaluation and treatment of various psychiatric disorders.

MBChB UCT

*Diplomat of the American
Board of Psychiatry and
Neurology*

Family commitments resulted in a move back to South Africa and the start of a general adult private practice for 20 years. Within this time, I served on Advisory boards for Cipla and Servier and did a 2-year diploma course in psychodynamic psychotherapy. I spent time doing GP teaching, assisting them in psychiatric evaluation and treatment. I also did my training as an Iyengar yoga teacher after being a student of Iyengar yoga since age 16. This led me to become passionate about the neuroscience of yoga and lectured both psychiatrists and yoga teachers on this topic. Travels to an Ayurvedic and Iyengar Yoga medical centre annually for 4 years further opened my eyes to the role of yoga, nutrition and mindfulness in the healing of mental and physical illness.

At the start of 2020 I decided I wanted to experience teaching in a hospital environment again and took on the position of Associate Professor in Psychiatry Outpatient department at Mount Sinai hospital where I trained. My position was medical director of a partial hospitalisation program overseeing

intakes done by 2nd and 4th year psychiatry residents. I was also supervising 3rd year psychiatry resident caseloads, all of which I loved. Covid and family saw me returning back to South Africa in May 2021 after 14 months in the USA.

Upon my return I restarted a private practice and have continued supervising new psychiatrists starting private practice in the USA.

Currently I am enrolled in an Integrative Psychiatry Fellowship with the University of Colorado medical school and am excited about this new phase in my career where I will be exploring various new areas in psychiatry allowing for a holistic and integrative approach to evaluation and treatment.

DR LERATO KHATLE



Dr Lerato Khatle the founder of Young MD (<https://www.youngmd.co.za/>), a human resource innovations consultancy set out to disrupt the dysfunction plaguing the healthcare system and its human capital. Through this she and her team have led successful projects and programmes empowering clinicians through meaningful learning journeys, exposure and mentorship. Lerato completed her undergraduate medical degree at Stellenbosch University and holds a diploma in Child Health.

She is also an Alumni of the Harvard/MIT Healthcare innovation Bootcamp. Lerato is an emerging leader in the health innovation space, receiving recognition in clinical and non-clinical domains. In 2018, she was awarded the 'Young Professional making a meaningful contribution to the profession' award from the South African Medical Association (SAMA).

In the information and Technology industry (ITC), her company Young MD was the only SMME selected to pitch its IT innovation to the President of the republic, Mr Cyril Ramaphosa at the Telecom ITU world conference in 2018. She is currently the Strategic Stakeholder Senior Specialist at Discovery Health and hopes to continue to make disruptive changes within the healthcare industry as her journey unfolds.

Registration Link:

<https://us06web.zoom.us/join/91167388569>

Registration Closes: Friday, 20 May 2022 ■



POSITION

SR CHILD PSYCHIATRY POST TYGERBERG HOSPITAL

PSYCHIATRY

Lentegeur Hospital, Stikland Hospital (includes Karl Bremer Hospital and the Metro), Valkenberg Hospital (includes Alexandra, Grootte Schuur, Red Cross Hospitals), Tygerberg Hospital

Participate in clinical governance of a growing integrated district mental health service.

Teaching and clinical supervision of junior and allied mental health practitioners, generalists and medical students within a well-established Rural Training Complex.

REQUIREMENTS:

- MBCHB or equivalent.
- A South African citizen/permanent resident with a valid identity document. Valid registration with HPCSA as an independent medical practitioner.
- Appropriate clinical experience in psychiatry after registration as a medical practitioner.
- A valid driver's licence with minimum code 8.
- Recommendations FC Psych (SA) Part 1, or DMH

GSH: The applicant must have passed at least one of the components of FC Psych (SA) Part 1 or DMH.

Sub-Specialisation: Neuropsychiatry
Consultation Liaison Psychiatry Grootte Schuur Hospital Child Psychiatry

FC Psych (SA) and MMed (Psych)
Registered as a Specialist with the HPCSA, on the basis of a MMed (psych) or FCPsych (SA)

Registered as a Specialist (Psychiatrist) with the HPCSA, MMed (psych) or FC Psych (SA)

Division of **Child and Adolescent Psychiatry**
RCWMCH/ UCT; TBH/Stellenbosch

PSYCHIATRIC HOSPITALS:

The Chief Director:
Metro Health Services Bellville Health Park, Private Bag X15, Parow 7500
For attention: Ms B Beukes

TELEPHONE ENQUIRIES:

University of Stellenbosch (US):
Prof L Koen 021 940 8718;
University of Cape Town (UCT):
Dr N Dyalakashe: 021 826 5863 ■

TRAINING OPPORTUNITY

CERTIFICATE IN ADDICTION PSYCHIATRY:

The Department of Psychiatry, Stellenbosch University, would like to invite psychiatrists interested in subspecialist training in Addiction Psychiatry (i.e., completing the Certificate in Addiction Psychiatry), to contact us.

Candidates will either need self-fund or else

to apply for external funding (e.g., Discovery Foundation subspecialist funding).

This training can be done full-time or part-time.

Interested candidates can contact Lize Weich to discuss options. (lizew@sun.ac.za) ■



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23RD WORLD CONGRESS OF PSYCHOTHERAPY CALL FOR PROPOSALS

“PSYCHOTHERAPY AND WORLD MENTAL HEALTH 2023”

9-11 FEBRUARY 2023, FACULTY OF MEDICINE
UNIVERSITY HASSAN II CASABLANCA, MOROCCO

IFPWCP2023.COM



PRESENTATION FORMATS:

Symposia: 90 minutes duration, with 2 co-chairs, 4 presenters, 15 minutes per presenter, and 30 minutes of Q&A.

Interactive Workshops: 1-hour total duration. There will be 2 Workshop Facilitators who will dedicate the entire time to interact with the audience.

Panel Discussions: 1-hour total duration. Panels will have one Moderator and up to 3 additional panelists. Panelists will interact prompted by the moderator and some time at the end of interaction with audience via the moderator.

Case Conferences: 1-hour total duration. Case conferences will have one moderator, one case presenter (5-15 minutes case illustration), and 2-3 discussants (10 minutes each).

Paper Sessions: 15 minutes presentation of research findings or a clinical topic. Your paper will be placed with others thematically or by topic.

Oral Communications: 10 minutes presentation of relevant research findings or of a description of an innovative program.

DEADLINE FOR PROPOSAL SUBMISSIONS:

Proposals are due October 1, 2022

INSTRUCTIONS TO SUBMIT YOUR PROPOSAL:

Please complete the proposal submission form as instructed in: www.ifpwcp2023.com



PRESIDENTIAL WELCOME

Professor Driss Moussaoui

President, International Federation for Psychotherapy

President, 23rd World Congress of Psychotherapy

Since its foundation in 1934, the International Federation for Psychotherapy organized 22 world congresses, mostly in Europe and Asia. The 23rd World Congress of Psychotherapy will take place in Africa for the first time, namely in Casablanca, Morocco, from 9 to 11 February 2023.

**DESPITE THE COVID-19 PANDEMIC,
WE HAVE TAKEN THE CHALLENGE TO
ORGANIZE THIS CONGRESS FACE-TO-
FACE.**

75% of the total population of Morocco has been vaccinated so far, including a third jab for millions. The Omicron wave spreads the virus more rapidly



but seems to give less severe clinical situations. The Director General of WHO announced that 2022 will represent the end of the pandemic, and many scientists around the world consider that coronavirus will become endemic with seasonal variations, and that it will become the "new normal" to live with. It is time to have our congress in person again! Moreover, the pandemic, that lasted so far more than two years, showed very clearly the necessity to address mental health difficulties and disorders, including with psychotherapeutic tools.

THE THEME OF THE WORLD CONGRESS IS "PSYCHOTHERAPY AND WORLD MENTAL HEALTH 2023". A SUPERB SCIENTIFIC PROGRAMME IS BEING CONSTRUCTED ON CURRENT CHALLENGES FOR PSYCHOTHERAPY WORLDWIDE, INCLUDING INNOVATIONS IN OUR FIELD, AND THE PATHS AHEAD OF US.

The scientific committee is led by César Alfonso, USA, Tom Craig, UK, Fiammetta Cosci, Italy and Gisele Apter, France.

Casablanca is an appealing city to visit with many beautiful spots, not to mention other Moroccan cities that are worth the visit (Marrakech, Fes, Essaouira...). The National organizing committee, led by Nadia Kadri and Hachem Tyal, along with the professional congress organizer Realize Events, are preparing a nice social and cultural programme.

I do hope that in February 2023, we will have both a world free of Covid-19 and a very successful world congress. Please disseminate the news. See you in Casablanca in 2023!



WELCOMING REMARKS

César A. Alfonso, M.D.

Council Member, International Federation for Psychotherapy
Scientific Executive Committee
Co-Chair, 23rd World Congress of Psychotherapy

The International Federation for Psychotherapy invites you to the 23rd World Congress of Psychotherapy, to be held in Casablanca, Morocco on 9-11 February 2023. This conference has as a primary objective to demonstrate the importance of evidence-based psychotherapy in everyday practice across all clinical settings throughout the world.

What are the common curative factors in

psychotherapy? Research studies validate the clinical observations that specific aspects of psychotherapy practice are curative. These include: *empathy* (with sub-components of compassion, affective sharing, synchronized mirroring, listening to expressed intense emotions while maintaining composure and serenity), *goal consensus and collaboration, establishing a therapeutic alliance* (through safety, consistency, attunement, properly anticipating and attending to emotional needs), *positive regard and affirmation, mastery, congruence/genuineness, and mentalization* (developing the capacity to understand nuances of emotions, the emotional world of the self, the emotional world of others, and how emotions drive actions and one's actions impact the emotions of others, resulting in either proximity, intimacy or alienation). These factors constitute the main transformative elements in psychotherapy.

In addition, in all psychotherapies affective regulation (regulation of emotional reactions, decreasing amplitude and over reactivity that may interfere with successful relationships) is of essence. In *cognitive behavioural therapies* maladaptive patterns are identified and cognitive distortions corrected, such as catastrophic thinking. Traumatic memories can be remembered in disjointed ways when emotional memories surge and overwhelm the person. Narrative reconstruction has the effect of helping persons who experienced trauma effectively release negative emotions and decrease hyperarousal and avoidance. In *psychodynamic therapies* conflicts that may be outside of conscious awareness are uncovered and verbally processed. Revisiting past experiences, especially traumatic ones, helps understand how to connect past experiences with present concerns or symptoms to forge a better future. Psychotherapy is thus practiced along a past-present-future continuum.

Psychotherapy, in addition to providing symptomatic relief, promotes gains in functioning and improves quality of life. Researchers have demonstrated that psychotherapy not only decreases medical morbidity but also reduces mortality.

A psychotherapy process oscillates from dealing with the here and now, doing retrospective analyses and narrative reconstructions and prospective planning. Psychotherapy pays special attention to the developmental milestones that are relevant to each phase of life, such as trust, autonomy, initiative, industry, identity, intimacy, generativity, integrity, and balancing self-reliance with interdependence.

Neuroimaging findings corroborate that structural changes and changes in metabolic rate in the brain occur as a result of psychotherapy. With



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advances in neuroscience, we now understand that psychotherapy may be considered a biological treatment. As with medication treatments, there is a dose effect with psychotherapy and most individuals obtain greater benefit from either longer-term treatments or rigorous short-term therapies. Episodic psychotherapy could be beneficial when a commitment to long-term therapy or a standardized rigorous short-term protocol is not possible.

THIS CONFERENCE INVITES INTERNATIONAL DELEGATES FROM ALL CONTINENTS WHO ARE MEMBERS OF IFP MEMBER SOCIETIES AND CLINICIANS AND ACADEMICS FROM ALL MENTAL HEALTH DISCIPLINES. WE SEEK TO PROVIDE A FORUM FOR THE COLLEGIAL EXCHANGE OF DIVERSE IDEAS AND THEORETICAL CONSTRUCTS TO ADVANCE THE PRACTICE OF PSYCHOTHERAPY TREATMENTS.

This conference will include Plenary Sessions, Symposia, Panel Discussions, Interactive Workshops, Review Courses and Case Presentations. In addition, there will be two Poster Session tracks, clinical and research, to give opportunities to trainees, researchers, and clinicians from all over the world to present their work in a collegial setting.

IFP is inclusive and all treatment modalities will be featured, including cognitive behavioral and third wave therapies, motivational interviewing, supportive psychotherapy, psychodynamic psychotherapies, provided in individual, group, outpatient and structured settings. Conference participants will be able to compare theoretical approaches and integrate modalities to better tailor treatments. Common factors of all therapies will be discussed, and cultural adaptations will be highlighted.

Plenary speakers, symposia presenters, and workshop facilitators will cover a wide range of relevant topics. These include, among others, *evidence-based CBT and MI treatments of addiction, CBT cultural adaptations, Third-Wave psychotherapies, psychodynamics of psychopharmacology, end of life care, psychotherapy in underserved areas with high volume and low resources, integrating psychotherapy modalities, evidence-based psychotherapies for psychosis, psychotherapy in medical settings, psychotherapy education, religion and spirituality and psychotherapy, psychotherapy and culture, and contemporary psychoanalysis.*

We would like to thank the University Hassan II Casablanca, Faculty of Medicine and Pharmacy, for so graciously hosting the IFP World Congress of Psychiatry, and express gratitude to all the member organizations for their dedication and cooperation to ensure success and academic rigor.

It is with enthusiasm that we invite you to join us Casablanca for this historic conference! ■

President of the Congress:
Driss Moussaoui (Morocco)

Advisor:
Norman Sartorius (Croatia)

Scientific Executive Committee:
César Alfonso (USA)
Gisèle Apter (France)
Fiammetta Cosci (Italy)
Tom Craig (UK)

National Organizing Committee:
Nadia Kadri (Morocco)
Hachem Tyal (Morocco)
Chaimaa Aroui (Morocco)

South Africa
Gerhard Grobler

