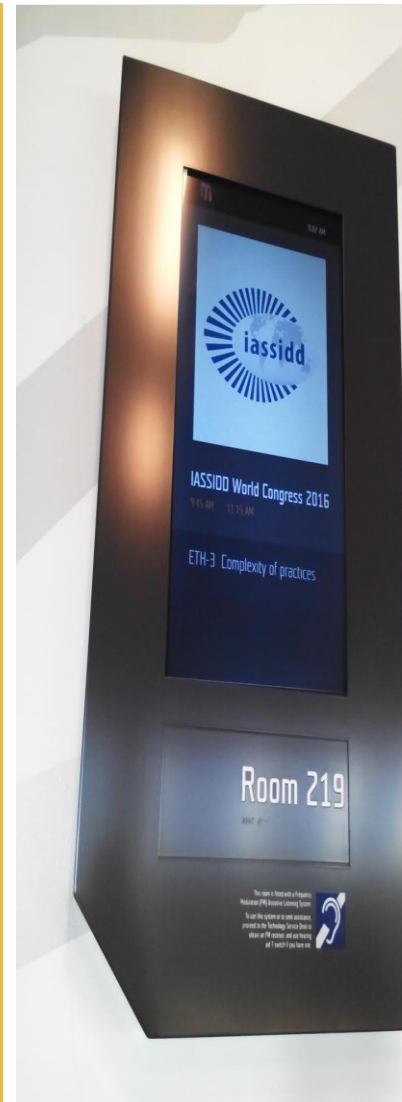


# UCT Department of Psychiatry and Mental Health Newsletter

Issue 4 December 2016



# A NOTE FROM THE HOD

2016 has been an interesting year in a number of respects. Globally it has perhaps been a year of nationalism and populism. Pundits were surprised by the results of Brexit and of the USA presidential election, and a swing in parts of Europe to the political right. Locally, nationalism and populism have much earlier roots than 2016. Some would argue that key variants of such views erupted during the UCT student protests of the past year, although such parallels are doubtless simplistic.

Indeed, as mental health professionals we must recognize our limitations when wading into such waters. Based on their demographics (educated/urban) we may expect that British and US clinicians were against Brexit and anti-Trump. But mental health clinicians vary widely in their political views, encompassing Fanon as well as the German psychiatrists who helped kill their patients in the 1930s (amongst the first deaths of the 3rd Reich).

Although our expertise lies in narrow clinical matters, perhaps mental health clinicians can contribute to understanding and addressing broader psychopolitical dynamics. This year, our course conveners walked a tight balance, between the right to protest, and the right to learn. We continue to strive to make services, teaching and research more relevant to our context and more inclusive of all; while our science aspires to address universal psychobiological mechanisms.

Thus, in 2016, as a department we attempted to take a line that was inclusive of the perspectives and experiences of different students, but that also emphasized the real interests of patients in having well trained clinicians. Within the department we focused on improving mentorship and transparency. Thank you to everyone for driving forwards our clinical/social responsivity, teaching, and research missions, and importantly



the integration of these different components of our work.

A particular thank you to our department's Exco, to our Provincial managers, and to our UCT Deanery, for all of their support in 2016. Wishing everyone a restful festive season, and a great 2017!

Warm regards,  
Dan Stein

## COMMENTS

Thanks to department colleagues and others for submitting contributions to the newsletter. If you have any comments or suggestions for future newsletter issues or would like to volunteer to be part of the newsletter team please make contact with the editor.

## CONTACT DETAILS

### UCT Department of Psychiatry and Mental Health

Tel 021 404 2174

Fax 021 448 8158

Department of Psychiatry and Mental Health

J-Block,

Groote Schuur Hospital

Observatory

Cape Town, 7700

Website: [UCT Department of Psychiatry](#)

### EDITOR:

Toni Abrahams

[toni.abrahams@uct.ac.za](mailto:toni.abrahams@uct.ac.za)

### DESIGN:

Gareth Campbell

[Spot44@gmail.com](mailto:Spot44@gmail.com)

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## ADDICTION PSYCHIATRY

## CONGRATULATIONS

Bronwyn Myers has been promoted to Honorary Professor. Bronwyn has made a huge contribution to our Department as a co-Head of Addictions Psychiatry (helping to initiate the PGDip in Addictions Psychiatry, and supervising a number of postgraduate students), as well as to addictions psychiatry more generally, both nationally and internationally via her scholarship in this area. ■

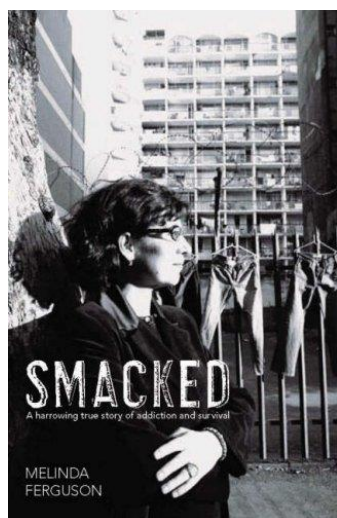
## DIVISION UPDATE

By Henk Temmingh

The year of 2016 saw a variety of activities for the addiction division. Leadership of the division was handed over by Dr Don Wilson who retired in 2015 to the new co-heads, Prof. Bronwyn Myers and Dr Henk Temmingh.

The division continues to offer the flourishing PGDip in Addictions care, convened by Graeme Hendricks and Shaheema Allie, which saw 12 students completing the programme in 2016, and a further 20 applicants for 2017. In addition, its MPhil programme in addictions mental health has 3 registered students in 2016.

This year the several members of the division were involved in the UCT Substance use Symposium held in November at the River club. This meeting was attended by around 200 participants from a variety of clinical backgrounds and saw a number of excellent presentations by members of the division including Dr Henk



Temmingh, Dr Samantha Brooks, Dr Tara Carney, Dr Lisa Dannatt, Dr Pete Milligan, Shaun Shelly, and Prof Sean Kaliski. There was also a presentation from a recovering person Melinda Ferguson speaking about her recovery journey as well as her book 'Smacked' and a presentation by author Don Pinnock on how he went about researching and writing his book 'Gang (Cape) Town'. Particular thanks to Fiona Schulte for all her working organizing, and to John Parker for chairing.

In July this year, Dr Henk Temmingh and Prof Bronwyn Myers also presented at the National Consultative Workshop on the Public Health Dimensions of Narcotic Drugs and Psychoactive Substances Problem held in Johannesburg. At this meeting Dr Temmingh presented on The National policy guidelines of co-morbidity of mental and substance use disorder, after a series of consultative workshops across South Africa in 2015.

The division also hosted a series of seminars, held on the first Friday of each month at Valkenberg Hospital from 2-3pm. There was a range of topics covered for 2016. These included but not limited to 'Addressing substance abuse in the workplace' by Dr Nadine Harker, 'Effects of Continuing Care programmes on SUD outcomes' by Dr Robert Bothwell and 'Medical management of opioid use disorders' by Dr Lize Weich and many more interesting topics.

The addiction division has a strong research contingent. The division hosted a data blitz at which Dr Samantha Brooks' PhD students presented preliminary findings on contingency management to co-principle investigator Prof. Steve Shoptow, visiting from UCLA. Dr Fleur Howells presented on EEG findings and cortical inhibition in methamphetamine psychosis and Dr Jonathan Ipser on the neurocognitive effects of alcohol and HIV. Prof Shoptow's visit also included an exciting look at novel treatments for methamphetamine addiction including contingency management and phase II trials with Ibudilast. Of note, Dr Samantha Brooks and her team are working with Prof Shoptow from UCLA on a contingency management study among



methamphetamine users in Cape Town. This study has multiple facets including clinical, neuroimaging, treatment response and qualitative components.

This year several masters and PhD students, post-docs and lecturers, among them Anne Uhlmann, Lara van Nunen, Fleur Howells, Antionette Burger, Jonathan Ipser and Samantha Brooks presented talks and posters and addiction related topics at international conferences such as the World Psychiatric Association congress, the African College of Neuropsychopharmacology and the Society for Neuroscience 46<sup>th</sup> annual meeting held in the USA. 🌱

## CHILD AND ADOLESCENT PSYCHIATRY AND MENTAL HEALTH

# MEDICAL STUDENTS DO RESEARCH IN CHILD AND ADOLESCENT PSYCHIATRY

By Eugene Davids

Eleven budding researchers, in their second-year of their medical degrees, joined the Division of Child and Adolescent Psychiatry as part of their Special Studies Module (SSM) in Semester 2 of 2016. The SSM projects gave these aspiring clinicians the opportunity to understand and engage with research in their daily environments and encounters. Projects over the month involved data collection, analyses and interpretation as well as report writing.



Left below (Left - Right): Faaiezah Ismail, Clementine Brink, Nandi Sekonya, Ghaleema Davids and Tauhira Ajam.

Our budding researchers studied several interesting topics that included understanding the role of art in the Faculty of Health Sciences, the influence of parenting styles on self-harm, condom use and health decision-making of university students, refugee mental health, and an experiential learning project about what autism looks like (where 5 students became classroom assistants in a local school for children with autism).



Above (Left - Right): Georgia Lilford, Nathina Pakade, Rubin Mahomed, Samuel Bambisa and Cathryn McDougall.

Project supervisors included Prof Petrus de Vries and Dr Eugene Davids from Psychiatry, and Dr Reno Morar and Dr Denver Hendricks from the Deanery. The programme fostered an understanding of the importance of research and how it informs clinical practice. At the end of the month-long SSMs, students presented their projects to their peers and staff within the Division.



Above: Dyondzani Rikhotso



Above: SSM Group

“This is a great way to introduce early-phase medical students to Psychiatry and Mental Health and it might actually make them realise mental health research is more interesting and fun than they expected”, said Prof Petrus de Vries, who co-ordinates SSMs in the Department of Psychiatry and Mental Health. As one of the students said at their final presentations: “I never thought I would enjoy child & adolescent psychiatry, but I loved it!”

## CONGRATULATIONS



Eugene Davids, a post-doctoral fellow of Prof Petrus de Vries, has been elected to the South African Young Academy of

Sciences. Only 10 young scientists from across South Africa were elected to SAYAS this year, so this a remarkable achievement.

Fiona Schulte was one of 15 infant mental health experts from around the world invited to an Expert Faculty Training Meeting in New Orleans at Tulane University on the new DC:0-5 early childhood nosological system.

### INTELLECTUAL DISABILITY

## IASSIDD 15<sup>TH</sup> WORLD CONGRESS GLOBAL PARTNERSHIPS: ENHANCING RESEARCH, POLICY AND PRACTICE

By Charlotte Capri

Joining over 1 200 international delegates, Dr Charlotte Capri and Prof Colleen Adnams from the Division of Intellectual Disability (ID) Mental Health attended the 15th IASSIDD World Congress in Melbourne, Australia in August 2016. Both clinician-researchers presented South African ID work throughout the conference, and moderated sessions for colleagues in various fields the world over. Self-advocacy groups were well-represented, and accessible presentations by individuals living with intellectual impairment were cutting edge, insightful, and very humbling. Researchers and community activists who live with ID shared the main stage at plenary presentations, and, as they were being asked for comment and opinion by prolific ID researchers like Chris Oliver (UK), held their own as true ID experts. Universities in the UK and USA, for example, offer higher education programs for people living with ID, which might be a topic of investigation for an inclusive South African ID agenda.





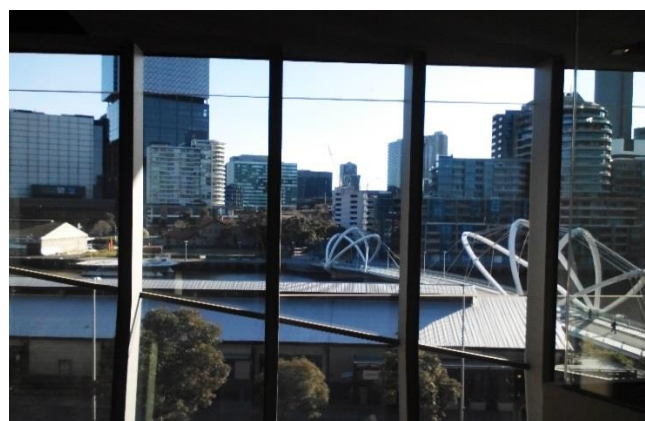
With much to choose from, it was a privilege to attend sessions by eminent researchers and renowned clinicians on contemporary inclusive research (Ann Schormans, USA); people with ID in criminal justice systems (Glynis Murphy, UK; Phillip Sabuni, ZAM); inclusive education (Judy McKenzie, RSA); influencing policy (Sally Robinson, AUS); global challenges and opportunities (Shekhar Saxena, WHO); prevention of restrictive practices (Jeffrey Chan, SING; Karen Nankervis, AUS); assessment/characteristics of offenders with ID (Peter Langdon, UK; Susan Hayes, AUS); genetic syndromes and behaviours that challenge (Chris Oliver, UK); assessment and treatment of challenging behaviour (Arturo Langa, UK; Jennifer Zarcone, USA); self-determination, rights, and inclusion (Ilan Wiesel, AUS; Christine Bigby, USA); treating the mental health of offenders with ID (Beate Eusterschulte, GER); caregiver issues (Annette van der Putten, NDL); and physical fitness of people with ID (Pauli Rintala, FIN).

Charlotte presented on Ethics of Care on adults in psychiatric ID wards, giving voice to residents themselves in a session on Complexity of Practices; and also presented work on future South African research



opportunities in an Inclusive Research space. Colleen co-participated in a roundtable discussion on alcohol-related neurodevelopment disorder, and was joined by internationally recognised George Woods (USA) and Claire Coles (USA). She also offered a Master Lecture on ID research in low- and middle-income countries. The agenda of ID research development from the Global South is an important one, since ID prevalence rates are comparatively high in lower income countries.

Moreover, the United Nations Convention on the Rights of People with Disabilities (UNCRPD), ratified by South Africa in 2007, estimates that 80% of all people with disability live in developing countries. Still, most current research on ID comes from countries where intellectually impaired individuals are not mired in poverty; and where governments make greater investments in intellectual impairment policy, practice, research, and care.



As in other policy and resource constrained countries, and keeping our commitment to the UNCRPD in mind while resisting replicating Eurocentric practice in South Africa, research conducted with the Division of Intellectual Disability is contributing to a more contextually sensitive system of thought that can offer fresh perspectives on intellectual impairment beyond South Africa, expand the knowledge base, and influence socio-political spaces.

We encourage fellow researchers to join the interdisciplinary endeavor! Charlotte thanks the URC and Departmental Research Committee for financial travel support to Melbourne. ■▶



# THE USE OF PSYCHOTHERAPY TO EXPLORE DISTRESSING CAREGIVING EXPERIENCES AMONG MOTHERS OF ADULTS WITH ID AND SEVERE AGGRESSION

By Ockert Coetzee



In South Africa, most adults with Intellectual Disability (ID) continue to live with their parents long after their siblings have left home. Research has also found that parents of children with ID and high behavioural support needs are more vulnerable to develop elevated levels of parental stress.

A series of six psychotherapy case studies spanned over 52 sessions of cognitive-behaviour therapy. Narratives of each session provided in-depth descriptions of psychotherapy process. By using the co-constructed space of therapy and separate interviews, parents used their agency to discuss many of their caregiving experiences. All of the participants presented with high levels of parental stress; and most of them experienced prominent depressive symptoms that they mostly attributed to persistent caregiving demands. A battery of psychometric tests were conducted before, during and after intervention. The sessions and interviews were transcribed and thematic analysis was used to analyse the data.

Psychotherapy produced only modest improvement in measurements of parental stress among some of the participants. Conversely, therapeutic input appeared to

be more effective in reducing depressive symptoms. Some of the themes that emerged from thematic analysis were replicated across different cases: First, most of the mothers described inadequate family support. Interestingly, their parental stress was often related to parenting events involving their other children (those who did not have disability). Second, besides depressive symptoms, the participating mothers presented with other psychological problems that differed on an individual level, e.g., Generalised Anxiety Disorder, Intimate Partner Violence, trauma, Borderline Personality traits and mild features of Autism. Third, parental stress was not only caused by the child's aggression, but juxtaposed against other behavioural difficulties that included demanding behaviour, overactivity, wandering behaviour, and Autism-related problems behaviours such as repetitive speech and obsessional behaviours. Fourth, the maintaining conditions of depressive symptoms were often embedded in personal events and social factors that went beyond the admittedly fluid parameters of parenting. Last, early parental experiences tended to mould core beliefs about parenting. Contemporary caregiving events frequently activated underlying depressogenic schemata. Most of the earlier parental experiences were linked with disability-related events that took place before the child developed behavioural difficulties.

A small study of this nature has numerous methodological limitations and my role as clinician-researcher had distinct advantages and considerable disadvantages. As opposed to achieving replicable findings with a high degree of generalizability, the idea was to provide in-depth descriptions of each case. Methodological rigour was increased by using reflexivity and peer supervision. Extensive narrative descriptions of sessions, the availability of a random selection of transcripts and the use of more than 120 quotations also allowed the reader to assess emerging themes against his or her own experiences and knowledge base.



I am immensely thankful for all the support and encouragement that I received from Alexandra and within the Department of Psychiatry and Mental Health! ■

LIAISON PSYCHIATRY

CONGRATULATIONS

Caroline Kuo, Honorary Lecturer in the division, won a poster award on her local research at the American Public Health Association annual meeting. This points to the high quality of the work that she and Prof Jackie Hoare are doing locally in the adolescent HIV space. ■

NEUROPSYCHIATRY

ABCT CONFERENCE

By Lena Anderson

Evidence-based practice has the potential to play a defining role in the provision of mental health care in our resource-constrained public health care system. It was therefore a great honor and with great joy that Dr. Lena Andersen, a member of the HIV Mental Health Research Unit in our Department, participated in an important panel discussion at the 50<sup>th</sup> Association of Behavioral and Cognitive Therapies (ABCT) conference in NYC last month. The panel, moderated by Dr. Jessica Magidson and comprised of Drs. Conall O’Cleirigh, Steven Safren, Lauren Ng, Milton Wainberg, and Dr. Lena Andersen, discussed their experiences with the dissemination and implementation of cognitive-behavioral therapy (CBT) in resource-limited international settings.



CBT interventions are usually short-term and manualized and tend to have strong empirical support in high-income countries. Topics covered during the panel discussion included the vital need for this



Above: Dr Jessica Magidson

research in low- and middle-income countries (LMICs), the role of governments in sustainability, task-shifting therapy administration, and challenges with implementation. The panel was well-attended with a number of spectators sharing their attempts at establishing similar research and clinical interventions in other LMICs, including in South America and the Middle East. Dr. Andersen hopes that ABCT, which is the mecca for cognitive-behavioral therapy clinicians and researchers, will expand their focus on diversity and champion the need for the dissemination of evidence-based practice in resource-constrained international settings. ■

PSYCHOPHARMACOLOGY AND BIOLOGICAL PSYCHIATRY

NASTASSJA KOEN AWARDED YOUNG LEADER AWARD

By Nastassja Koen

Nastassja Koen (MBChB, PhD), a post-doctoral fellow in the Department of Psychiatry, part-time lecturer in Neurogenetics, and co-head of the Psychiatric Neurogenetics Group, was awarded SAMA’s “Young

Leader Award: Research” for 2016. This is a highly prestigious award, made to a young doctor who is making a difference to his or her community or healthcare environment. It recognises Nastassja’s tremendous research contributions, as well as her work in the NGO world.



The SAMA Doctors’ Awards ceremony is one of the most esteemed annual events on the South African medical professional’s calendar. It is a unique opportunity for medical professionals to reflect on, and recognise, the efforts and achievements of this country’s finest doctors. These awards acknowledge those who have significantly contributed to the field of medicine and the healthcare sector over the course of the year. ■



Above: Dr Koen receiving her reward from Dr Aaron Motsoaledi

## CONGRATULATIONS

Bulumko Lusu and Goodman Sibeko, both Clinical Research Fellows in the division, have been selected as

WHO Global Mental Health Scholars. They will interact with other Fellows from around the globe, and work on ICD-11 field trials.

Antoinette Burger, a doctoral student of Fleur Howells, co-head of the Psychiatric Neuroscience Group has been awarded a NRF Innovation Doctoral award, in addition to her Potter Fellowship. This will allow her to devote herself full-time to brain imaging research in the area of addictions.

Monray Williams, a doctoral student of Pieter Naude, who co-heads the Psychiatric Neuroscience Group, has won a grant from the Poliomyelitis Research Foundation, to support his ongoing work. This speaks to the quality of the work being done in the Group, on neuroinflammation.

Dr Fleur Howells successfully co-organized the IBRO imaging workshop; organized the South African Neuroscience (SANS) Symposium, was re-election as President of SANS, and obtained her MBA. ■

### PSYCHOTHERAPY

## CONGRATULATIONS

Prof Sharon Kleintjes has been awarded a C rating from the National Research Foundation. This brings the total number of NRF-rated investigators in our Department to 7, which is outstanding. Sharon is the second clinician on DoH conditions of service (in addition to Prof Astrid Berg), to be given a rating.

### PUBLIC AND COMMUNITY MENTAL HEALTH -

## FIRST AFRICAN BOARD MEMBER OF THE INTERNATIONAL MARCÉ

## SOCIETY FOR PERINATAL MENTAL HEALTH

By Simone Honekom

Dr. Simone Honikman, director of the Perinatal Mental Health Project (PMHP), in the Alan J Flisher Centre for Public Mental Health, has recently been elected to the Marcé Society board – the first board member from Africa in the 36-year history of this international society.



Marcé (<https://marcesociety.com/>) is dedicated to supporting research and services surrounding prenatal and postpartum mental health for mothers, fathers and their babies. The research platform is broad and includes basic sciences through to health services research. Members include the full range of care provider disciplines and researchers. The official journal of Marcé, as well as for the North American Society for Psychosocial Obstetrics and Gynecology (NASPOG), is the highly-considered, interdisciplinary *Archives of Women's Mental Health* <http://link.springer.com/journal/737>.

Marcé's very active listserve is utilised for sharing clinical cases, referral options, service development queries as well as discussions pertaining to research.

Increasingly, Marcé has taken on an advocacy role on a global scale, and at the recent biennial scientific conference in September in Australia, launched the Global Alliance Maternal Mental Health.

Also at the conference, Simone delivered a morning workshop on the PMHP's 'Secret History' training method for empathic care and delivered an oral presentation; 'Antenatal common mental disorders,

suicidality and associated risk factors: a cross-sectional survey from a socially adverse setting, Cape Town'

Since joining the society in 2009, Simone has found the culture of Marcé to be extraordinarily warm and collegial. The tone of the listserve discussions and the meetings are informal and collaborative.

However, there is a striking underrepresentation of clinicians, advocacy groups and researchers from low and middle income countries, and from Africa, in particular. Simone hopes to leverage her position on the board to reduce membership fees substantially for members from LMIC settings (about to be ratified) and to set up a bursary system to enable more contributors from LMICs to attend regional and international meetings of the society. The new president of the society, Prof Jane Fisher, has based a large proportion of her research in South-East Asia, is an expert technical advisor to international agencies including the World Health Organization, UNICEF and the United Nations Population Fund. She is greatly supportive of the agenda to include more members from the Global South.



Departmental members who wish to know more about Marcé may contact Simone at [simone.honikman@uct.ac.za](mailto:simone.honikman@uct.ac.za) ■

## CONGRATULATIONS

Katherine Sorsdahl, lecturer in the Division, on her ad hominem promotion to Associate Professor. ■



## DR SEAN BAUMANN'S CANTATA *MADNESS: SONGS OF HOPE AND DESPAIR*

By Andiswa McKeown

Dr Sean Baumann's highly anticipated cantata *Madness: Songs of Hope and Despair*, brought mental illness and psychotic experiences into the spotlight, at the Baxter Theatre on the 4th December.



Left to right - Monwabisi Lindi, Lungile Halam, Ebenezer Mdena, pic by Andrew Brown

Baumann's libretto was brought to life through music composed by Galina Juritz with Dizu Plaatjies, conducted by Chad Hendricks and directed by Lara Foot. Fiona Moodie integrated her own artworks with that of work by patients of Valkenberg Hospital, with video design by Koeka Stander and lighting design by Patrick Curtis.

The project arose from a concern that the plight of the seriously mentally ill is either ignored or profoundly misunderstood, and that this contributes significantly to the suffering of those deemed insane. *Madness: Songs of Hope and Despair* used a combination of music (both live and recorded), song and imagery in an attempt to

portray the complexities and also the wonder of these strange and ultimately unknowable worlds.

The nine-member vocal ensemble comprised sopranos Linda Nteleza, Palesa Portia Malieloa, altos Nolubabalo Babalwa Mdayi, Fikile Mthetwa, tenors Monwabisi Lindi, Vuyisa Jack and Siphesihle Mdena and bassists Lungile Halam and Ebenezer Sawuli Madoda.

The small orchestra was made up of musicians Matthijs van Dijk and Galina Juritz (violins), Sarah Evans (viola), Luke Otto (cello), Graham H Strickland (upright bass), Gene Kierman (French horn) and Zeke Le Grange on saxophone.



Back - Left to Right- Siphesihle Mdena, Vuyisa Jack, Monwabisi Lindi, Lungile Halam, Ebezener Madoda, Front - LEFT TO RIGHT- Linda Nteleza, Palesa Malieloa, Fikile Mthetwa, Nolubabalo Mdayi, pic by Andrew Brown

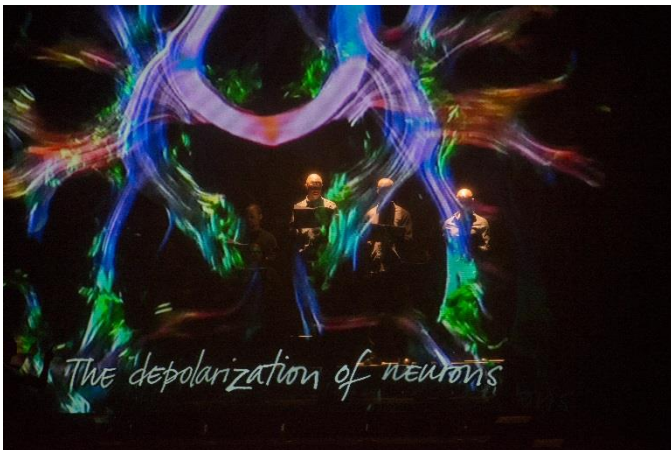
Dr Sean Baumann is a senior specialist psychiatrist in the department of psychiatry and mental health at UCT and a consultant at Valkenberg Hospital, having worked at the hospital in the domain of psychosis for over 20 years. He comments, "Scientific accounts of madness or psychotic experiences tend to be inadequate and impoverished by a limited objective perspective. Literary and other artistic portrayals of psychosis too often lack authenticity, treating madness as a metaphor for personal and social ills."

To this end, the experiences described and the first-person accounts reflected in the libretto are authentic,

derived from clinical encounters with patients and others involved in their lives.

The aim was an attempt to both enter the world of psychosis and to present the phenomena of madness in a respectful manner that seeks to be as truthful as possible given the mysteries of the mind in turmoil. The central theme was the tension, and the shifts between harmony and noise, coherence and incoherence, pattern formation and loss: the tone is intended to be vigorous and hopeful in regard to the mysterious ways of coping with extreme and altered states of mind.

The story involves a brilliant young student who moves from rural Eastern Cape to the city to study architecture. With his mother struggling to provide for him, he perseveres, falls in love and flourishes but shortly after graduating, something changes. He loses all perception and descends into a harrowing state of psychosis, tormented by voices telling him he is mad.



Left to Right - Vuyisa Jack, Monwabisi Lindi, Lungile Haram, Ebezener Madoda, pic by Andrew Brown

The subject of mental health and its place in today's society has always intrigued director Lara Foot. Earlier this year her play *The Inconvenience of Wings*, about a woman diagnosed with bipolar disorder, premiered to critical acclaim and sold out performances at the National Arts Festival and at the Baxter. For her research on the development of the play, she worked closely with Baumann to get a better understanding of the prejudices that impact the work done in the area of mental health.

*Madness: Songs of Hope and Despair* was staged at the Baxter Theatre for one performance only. Proceeds from ticket sales were donated to Cape Mental Health and Friends of Valkenberg. ▶

## HOW IS OUR WEBSITE FARING?



Since January 2016 there have been 12,505 sessions with 9,772 users visiting our site. There has been a total of 31,080 page views with 2,49 pages being viewed per session with an average duration of 2.18 minutes. 78% of the site visitors have been new. Please visit our site at <http://www.psychiatry.uct.ac.za/> to obtain important information on departmental divisions, publications, lunchtime lecture schedules, etc. If you have any news, information, video or audioclips relevant to the department's work this is a great way to share it with a wider audience, please make contact with [John-Joe Dawson-Squibb](#) for more details. ▶

## STUDENT PSYCHIATRY SOCIETY

By David Backwell

The Psychiatry Society is happy to announce that, after two years of hard work, we have been officially approved by UCT. It has been a long road, which has

seen us grow to 147 members. Over the past year, we completed a diverse range of events. We co-hosted MedFest, a psychiatric short film festival which looked at trauma and conflict's effect on mental health. We screened an Animation called 'Max and Mary', followed by a discussion around Autism led by Professor Petrus de Vries. In collaboration with SHAWCO Mental Health we worked up help upskill students with practical skills for identifying and dealing with mental health issues in a CHC setting. We have been working hard on several projects that will launch early next year.

The close of this year sees the leadership of the committee being taken over by David Backwell (founder, left in photo) and Dr David Hume (right in photo) as co-chairs. They will be representing UCT at the World Psychiatry Association's (WPA) international congress, along with other society delegates. This marks a step forward in creating networks of young and established professionals and fostering a cross-pollination of ideas and interests.



As reflected in our official mission statement, the Student Psychiatry Society aims to highlight the field of psychiatry as the point where the sciences meet the humanities, and forms part of the frontier of sociology, neuroscience and biology. As such, the Society functions to act as a platform for exposure to, and education on, issues related to psychiatry. This includes the discussion of clinical cases, new and novel trends in scientific research, and noteworthy developments and occurrences in the general field. Taken together, these aims intend to stimulate an interest in mental health among the student body, to highlight the importance of holistic practice, and to contribute to our understanding of mental health in the South African context.

In 2017, we look forward to broadening our relationships with other UCT societies. We wish to thank the Student Health and Welfare Centres Organization (SHAWCO), in particular, for their continued support and collaboration.



Above: All of the students with the head of the WPA.

We furthermore express great interest in fostering joint initiatives with those involved in SHAWCO's programs and services related to mental health. , we also aim to provide a basic introduction together with broad exposure to Psychiatry and related fields for preclinical students, and to assist with the refinement of psychiatric clinical skills for those in their senior and/or clinical years of study. Similarly, the Society acts as a hub for the instigation of relationships between students and clinicians/researchers, and to provide student members with highly tailored shadowing opportunities. We therefore encourage UCT staff involved with projects, programs or activities which might benefit our members to contact our committee. Please feel free to get in touch:

[president.psychsoc@gmail.com](mailto:president.psychsoc@gmail.com) .



## VALKENBERG REVITALISATION

To mark the 126<sup>th</sup> anniversary of Valkenberg Psychiatric hospital, R146 million is being spent on refurbishing buildings. The main administration building was officially opened in the last week of November (see photo below). Refurbishment of the forensic ward is currently underway. It is hoped that the revitalised hospital will further the fight to reduce stigma related to mental illness. See a detailed article on <http://www.iol.co.za/capetimes/valkenberg-hospital-gets-a-makeover-2092850>



Above: Official opening of the Valkenberg administration building.

## PASS STAFF UPDATE

Sandra Swart is currently registered for a Bachelor of Theology in Community Leadership: Christian Ministry degree with Cornerstone Institute. She is aiming to complete the degree by 2018.

Congratulations to Kim Hendricks, personal assistant to Prof Stein, who got married on 29th September 2016.

Vuyo Mafanya joined the PASS staff on 1st September as the postgraduate administrator. The post was upgraded from Senior Secretary to Administrative Assistant.

Shahieda Amardien joined the Neuropsychiatry division and is also doing the administration for the Departmental Research Committee.

Kareema Poggenpoel, the administrative assistant in Neuropsychiatry is currently registered for a 4-year Bachelor's degree in Public Administration with co-speciality, Industrial Psychology.

## PASS STAFF TEAMBUILDING

PASS staff recently went on an exciting teambuilding adventure. They went acrobanching in Constantia Nek. Here is what some staff had to say about the day:

*"It was a fun filled day which allowed me to get to know my colleagues in a casual environment outside the office. Allowed us to engage. Lots of laughter, encouragement and supporting each other in tackling obstacles."* (Vuyo Mafanya - Administrative Assistant)

*"Thank you so much for including me. I never thought I would have a better time than last year but I did. You guys are amazing for inviting me....the experience was epic, and I loved it. I can't thank you enough".* (Zuraan Nagia - Senior Finance officer)



Standing: Graeme Hendricks, Vuyo Mafanya, Naiema Salie, Eugene Davids, Rehana Effendi, Kim Hendricks, Shaheema Allie. Sitting behind: Shahieda Amardien, Riana Oliver, Olivia Adonis. Sitting front: Zuraan Nagia, Kareema Poggenpoel, Sandra Swart

*“It was such an amazing way to build a team that is already close due to last year’s activity. There were lots of laughter, members motivating each other and just plain exciting fun.”* (Sandra Swart- Administration officer) ■

## WELCOME TO NEW STAFF

Charlotte Capri as Clinical Psychologist based at Alexandra Hospital.

Delcia Liedeman-Prosch as Senior Clinical Psychologist at Lentegeur Hospital.

Maryam Abbas joins the Division of Forensic Psychiatry, and will also serve on the Transformation Committee; she already has a number of exciting ideas about her future clinical work, research, and social responsibility contributions.

Tessa Roos joins our Registrar Training Committee; although funded by the DoE grant, and focused mainly on postgraduate teaching, in line with the integrative vision of our Department she will also be part of the Division of Consultation-Liaison Psychiatry, and contribute to their clinical, research, and teaching work.

Uschenka Padayachey as Senior Registrar in the Division of Child and Adolescent Psychiatry. ■

## GOODBYE TO STAFF

Dr Sean Baumann is a senior specialist psychiatrist with a special interest in schizophrenia. He obtained a medical degree from the University of Cape Town and post-graduate specialist qualifications in London and South Africa. Sean is the Senior Consultant for the Male Acute Services at Valkenberg Hospital, and a Senior Lecturer in the department. Here is a snippet of what Dr Armstrong, psychiatrist in the department had to say in her farewell tribute to him. “I was asked to say a few words...in honour of Dr Baumann who will sadly be

retiring soon. I had the privilege of joining Dr Baumann’s male acute red firm when I started my registrar time in 2013. I hadn’t had as much experience in



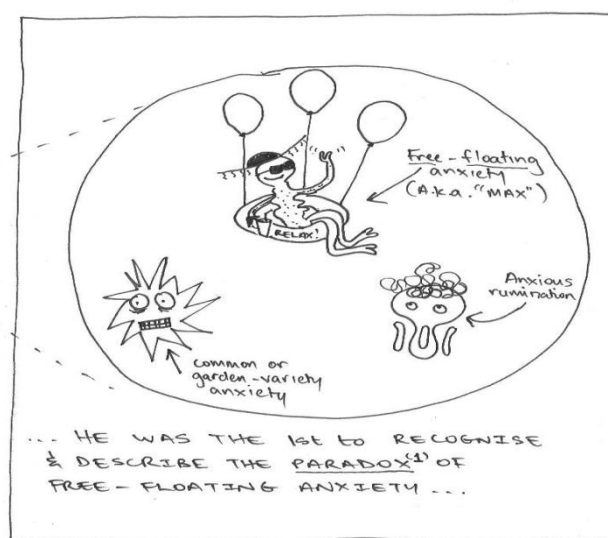
psychiatry as some of my colleges starting off had had, and was quite nervous about taking on registrar responsibilities. Hearing that I would be joining Dr Baumann’s firm made me even more anxious because I had only really heard of him as this renowned psychiatrist who had written the text book I had studied from at medical school – so he seemed like quite a towering figure. But my anxiety was quickly allayed after the first week with Dr Baumann. Dr Baumann runs the firm in such a calm and containing manner that ward rounds became an occasion that I really looked forward to. There would always be a tea break at the cafeteria between our stops at high care and the other wards where we would all chat and inevitably there would be some interesting, usually psychiatry-related discussion. This would often lead to Dr Baumann bringing us interesting articles or even books to read – I know I borrowed his copies of “Saving Normal” and “Living with Voices” during my time in his firm. I also heard about his Opera which was still a work in progress at the time...This Opera shows some of Dr Baumann’s passion for psychiatry and his endeavours to really understand the experience of people living with mental illness...Dr Baumann’s approach to psychiatry shone through in his interaction with patients. He really is a patient-centred clinician and treats all his patients with empathy, respect and kindness. His weekly multidisciplinary family meetings were always so appreciated by family member and patients alike. I think it was a privilege for all who attended these

meetings to hear Dr Baumann talk about and explain mental illness in a way that was eloquent but so understandable, leaving family members inevitably reassured and mostly hopeful I think...From a personal perspective, Dr Baumann had a great impact on me as a budding psychiatrist in the making....His passion for his work and for psychiatry really is contagious and led to be me being so excited about this career path that I had chosen. After leaving his firm, I knew that his door would still always be open for advice and whenever I saw him at Valkenberg he would seem genuinely interested in how I was doing and always offer some words of advice and encouragement. So I'd like to end this tribute by saying thank you to Dr Baumann for teaching me what it means to be a truly great psychiatrist and setting the gold standard that I will always strive to meet in my future career."

Steven Lay, Clinical Psychologist at Valkenberg Hospital will be retiring at the end of December 2016. He has been a colleague, mentor, supervisor, clinician, teacher and friend to many for 25 years. He has worked in numerous areas at the hospital including Male and Female Admissions, Forensics and OPD. He will continue to serve on the Comcare board. Thank you to Stephen for his years of contribution to the department. Your calm, open presence and years of expertise will be greatly missed. ■▶

## LIGHTMIND

### THE DISCOVERY



by JOE STARKE (December 2016)