

# TRAUMA-INFORMED RESEARCH METHODOLOGIES

FIVE DAY UCT SHORT COURSE  
20-24 July 2026

This short course is an interactive workshop for anyone involved in research, evaluation or community-focused work who wants to integrate trauma-informed and decolonial principles into their work. Whether you're exploring the effects of trauma, working in diverse cultural or social settings, or assessing programmes shaped by historical and structural inequalities, this course provides critical perspectives and methodology - deepened by insights from a range of guest speakers - to support more respectful, responsive and context-aware approaches.

## Course Details:

### Course fees

R5,500 per person

HPCSA CPD: Being applied for  
20 points (Clinical)  
10 points (Ethics)

### Date:

20-24 July 2026  
09:00-16:00

### Location:

Dumo Baqwa Hall, Barnard Fuller Building, Faculty of Health Sciences, UCT, Anzio Road, Observatory

### Contact:

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## Course presenters:



**DR LANE BENJAMIN**

Course Convenor  
Clinical Psychologist  
Lecturer  
Groote Schuur Staff Psychologist  
Dept of Psychiatry and Mental Health



**MS ERESHIA BENJAMIN**

Clinical Psychologist  
Senior Lecturer  
Groote Schuur Principal Psychologist  
Dept of Psychiatry and Mental Health



**PROF SHARON KLEINTJES**

Clinical Psychologist  
Chair and Prof of Intellectual Disability  
Dept of Psychiatry and Mental Health



**MR GRANT STEWART**

Trauma-informed practitioner  
Director of R-Cubed

## Programme Outline:

- Module 1: Introduction to the Concepts of Trauma
- Module 2: Trauma-Informed Research Principles
- Module 3: Understanding Decoloniality in Research
- Module 4: Trauma-Informed & Decolonial Methodologies
- Module 5: Intersectionality & Research Justice
- Module 6: Community Engagement & Collaboration
- Module 7: Trauma-Informed Data Collection Methods
- Module 8: Trauma-Informed Data Analysis
- Module 9: Ethical Considerations in Decolonial- and Trauma-Informed Research
- Module 10: Reflection & Future Directions.

The programme includes dedicated reflective & writing spaces for participants to apply the course content to their existing research, or to develop their research ideas.

Follow link to Register online and for further information:

<https://health.uct.ac.za/continuing-education-unit/trauma-informed-research-methodologies>

## ENQUIRIES



[ce.administration@uct.ac.za](mailto:ce.administration@uct.ac.za)

**LIMITED SPACES AVAILABLE!**