

## WORKSHOPS to be hosted as part of the SA ACAPAP Congress 27 July 2021

Pre-registration is essential. Congress registration fee: **R 400** | Non-Congress registration fee: **R 700**  
Workshop times indicated below | Register online at [www.saacapap.co.za](http://www.saacapap.co.za)

### Building bridges to a desired outcome for autistic learners in South African Schools: 09h00-12h00

Various issues will be discussed, with ample time for interaction and discussion, some of which including (Time will be provided for participant discussion and interaction with the speakers):

- What do we see as evidence-based practices for education in ASD in the SA context?
- What are barriers and enabling factors to achieve the desired outcome for children and families?
- How do we involve parents and communities who are diverse to support inclusion and reduce stigmatization?
- Can we teach primary school children about neurodiversity?
- What are opportunities especially in tele-teaching to reach and support isolated communities?
- How can we improve the practical training of teachers at undergraduate and in-service level?
- How do we achieve a truly individualized plan for learners linking outcomes to transition to adult life and employment?
- How do we start schools throughout South Africa?

Hosted by Ms Juliet Carter and Dr David Griessel

#### Speakers:

Juliet Carter: Director of Autism South Africa  
Danielle Douglas: Educational Psychologist and member of the Western Cape Provincial outreach team.  
Jo Goodwin: Psychologist at Vera School  
Esmari Robertson: Educator, Trainer and acting vice principal at Vera school  
Corina Botha: Occupational Therapist in the department of inclusive education, Mangaung district  
David Griessel: Developmental Paediatrician. University of the Free State

### Self-regulation: Building bridges for optimal engagement from birth to adulthood: 09h00-12h00

Self-regulation is fundamental to development, health and well-being; yet it is an ability that is reliant on, influenced by and has an effect on a multitude of other skills and abilities. This workshop will look at self-regulation across the lifespan with a focus in infants, children, and adolescents. The workshop will aim to equip attendees with both theoretical background and practical skills to build bridges for optimal engagement from birth to adulthood, through the lens of self-regulation.

#### Speakers:

Elize Janse van Rensburg: Occupational therapist (B. Occ. Ther. (UFS), M. Occ. Ther. (UFS)  
Marelé Venter: Occupational therapist (B. Occ. Ther. (UFS); PG Dip.: Play Therapy (UFS).

Elize Janse van Rensburg will address the influence of sensory processing on self-regulation, looking at how promoting sensory regulation can build bridges towards better self-regulation. Various practical models will be presented that offer hands-on strategies towards sensory regulation.  
Marelé Venter will address emotional regulation, and working from co-regulation towards self-regulation in the developmental process. Models and practical activities that help parents, children and adolescents to build bridges towards greater emotional regulation will be presented.

### Infant Mental Health in Practice: An Interdisciplinary Approach to keeping the baby in mind: 12h30 – 15h30

This workshop will introduce key concepts of Infant Mental health in the context of the nurturing care environment before leading onto a practical inter-disciplinary approach to assessing and applying these principles in everyday practice. Each presenter will draw on their clinical background and will illustrate the application of IMH in their various therapeutic settings.

#### Speakers:

Elvin Williams: Occupational therapist  
Moeznah Jacobs: Dietician and human nutritionist  
Brenda Cowley: Clinical psychologist

Mr Elvin Williams will take the participant through an observation lens and a therapeutic engagement with the mother infant dyad in the OT setting.  
Ms Moezena Jacobs explains how IMH is applied in the busy infant feeding clinic and will discuss mental health considerations when assessing the nutritional health of the baby.  
Ms Brenda Cowley focusses on Paternal Mental Health and the relational impact on IMH in the therapeutic setting.

### Championing youth resilience: Pointers for child and adolescent mental health professionals: 12h30-15h30

This workshop will introduce a multi-system understanding of the capacities that matter for child and adolescent resilience, with a focus on how mental health practitioners can apply that understanding in their clinical assessments and interventions.

#### Workshop facilitator:

Linda Theron: PhD; Educational Psychologist; Professor, Dep. of Educational Psychology, University of Pretoria.

## INVITED SPEAKERS



**DANIEL FUNG**

Dr Fung is the CEO of Singapore's Institute of Mental Health and Adjunct Associate Professor at all 3 medical schools in Singapore and President of IACAPAP, his interests are in treatment of emotional and behavioural disorders in children and he has advocated for the development of child mental health services and strategies through his research. His current interest is in developing age appropriate, culturally relevant, locally sensitive resources to improve mental health literacy and reduce stress and suicidality in youths and families.



**ROSA HOEKSTRA**

Dr Hoekstra is a lecturer at King's College London's Institute of Psychiatry, Psychology & Neuroscience. She combines her autism research with teaching in the field of Psychology at King's College London. Her research interests broadly covers: i) Furthering the understanding of the heterogeneity of autism, by developing and validating quantitative instruments to assess the variable expression of the autism phenotype and its cognitive characteristics, and exploring the genetic and environmental factors influencing autistic traits using twin and family study designs and a ii) Global perspectives on autism with a specific focus on Africa



**MARK TOMLINSON**

Professor Tomlinson is the co-Director of the Institute for Life Course Health Research in the Department of Global Health at Stellenbosch University in South Africa. He is also a Professor in Maternal and Child Health in the School of Nursing and Midwifery, Queens University, Belfast, UK. His scholarly work has involved a diverse range of topics that have in common an interest in factors that contribute to compromised maternal health, to understanding child and adolescent development in contexts of high adversity, and how to develop community based home visiting intervention programmes.



**VIKRAM PATEL**

Prof Patel is the joint leader of the Mental Health Innovation Network. He holds the position of Professor of International Mental Health and Wellcome Trust Senior Research Fellow in Clinical Science at the London School of Hygiene & Tropical Medicine (UK). He serves on a number of committees including the WHO's Expert Advisory Group for Mental Health and the Technical Steering Committee of the Department of Child & Adolescent Health, the World Economic Forum Global Agenda Council on Brain and Cognitive Sciences and the Institute Body of NIMHANS, India. He is a co-founder of Sangath, a community based NGO in India which won the MacArthur Foundation's International Prize for Creative and Effective Institutions in 2008.

Early Bird registration closes on 17 June

Draft Congress programme available on 1 June view at [www.saacapap.co.za](http://www.saacapap.co.za)

CPD points available