



'THE GOINGS ON' - NOV 2021

The year is drawing to a close and we wish to let you know what has been achieved under the umbrella confederation of the SAPC in 2021.

EXCO AND THINK TANK

We are pleased to inform you that after 2 years, the pared down structure for the SAPC holds well and is manageable, even enjoyable, for those who step up to work in SAPC.

Vanessa Gaydon and Siobhan Carter-Brown will be stepping down from Exco as of the 2021 AGM and handing over to Brett Pepper (Chair), Laura Bester (Treasurer) and Juliette Grant (Secretary), spotlighted as you read on.

Siobhan and Vanessa feel it has been a privilege to work inside the SAPC for the past 3 years. Things were uncertain when they stepped into the role but the community has been supportive and we are all proud of the achievements to date. The SAPC can at times feel hard to hold, with the various voices and differing needs of the member groups. But, that said, there is richness in this variety and we can have greater reach in matters that concern us all when we band together. Vanessa and Siobhan will continue to support the incoming Exco and will remain inside of the Think Tank Body for 2022.

Palesa Tshilo is our part-time administrator who holds the fort with bookkeeping, e-mail correspondence and Workplace notifications. We extend our gratitude to her for her willingness to learn and her dedication to the work over the past year.

Thanks to Brett Pepper, Bruce Laing, Carin-Lee Masters, Laura Bester, Jonathan Percalle, Juliette Grant, Mireille Landman, Pieter du Toit Smit, Sable Leicher, Siobhan Carter-Brown, Teboho Monyamane, Vanessa Gaydon and Vossie Goosen for their holding of the SAPC this year.

TREASURY

We are pleased to report that we have covered our costs for the year with the reduced group fee structure. We still have a healthy balance in our bank account.

Fees will remain the same next year. Groups pay in accordance with the band they fall into related to group numbers. (R300 for every 5 members or part thereof). Please see this as a group fee not an individual membership fee.

BRETT PEPPER - INCOMING CHAIR



Brett is a clinical psychologist working in private practice in Bryanston, Johannesburg. He works with adults and adolescents. He also co-facilitates self-development backpacking safari's in the Greater Kruger National Park from a short-term psychodynamic group approach. He is an analytic candidate with SAPA and member of SAPI.

Brett is excited to take on the role of chair for the year of 2022, and is hoping to bring some passion and a fresh perspective to the SAPC alongside his fellow Exco members. His belief in the value of psychoanalytic ways of working, thinking, and being is the bedrock of his sincere wish that practitioners who share this approach should be supported in finding a space in society more broadly.

FANON IN CONVERSATION SERIES WITH THE SAPC TRANSFORMATION TEAM

The SAPC Transformation Team in conjunction with The Minazana Group has been running a series of 6 conversations alongside a median group in the later part of this year. The conversations with Lerato Seohatse and various guest speakers have brought Fanon's theory to life in a personal and enriching manner. The median groups have been the start of a space to dialogue.

Traditionally when the SAPC gathers we are white, female dominated spaces. This series sought to decenter whiteness in a way that enables us to reach each other as professionals grappling with identities inside and outside of what is ascribed to us. It was a tall order to set and an aspiration we still need to achieve, but a start was made and we commit to it being a journey that has to continue.

This transformation team meets regularly and has developed a cohesive safe space to grapple with the legacy of apartheid. The SAPC leadership upholds this task team as vital to our future, relevance and well being in our community. The team would love greater participation and welcome anyone wishing to join them to contact the team lead, Safiya Bobat safiyabobat@me.com

NHI PRESENTATION – JUNE 2021

On 1 June we were provided the opportunity to present to parliament on the proposed NHI bill. The SAPC has submitted a number of responses to the NHI bill over the years with the last being submitted in Nov 2019 by Karen Gubb which then afforded us this presentation.

Our stance has been that we support the development of Universal Health Care. We recognized that the NHI has many hurdles to navigate with regard to funding and effective roll-out but we stated that our expertise is in mental health and that was our focus. We made a strong motivation for those creating the NHI policy to centre mental health in the foundation of health care. We also advocated that they draw on experience of work already in the community and used Ububele's videos on the 'Baby Mat Project' and the 'Parent Home Visits' to illustrate our point. Our advocacy was really to foreground the necessity for mental health inside the policy and we did point out that the bill as it stands is not incorporating mental health. These are difficult arenas to engage in. We are not politicians and we are undecided as a team as to the value of our intervention. It is a difficult arena to penetrate but we believe it is essential to engage and remain present as the debate and strategy unfolds.

There was a short time frame to generate this presentation. On Friday (28 May) we picked up the email for a time slot on the following Tuesday and we needed to submit the presentation on Monday for review. This is where the wealth of the SAPC comes into its own. Siobhan messaged the Chairs and the Exco/Think Tank team. Those that were available stepped up and we reached out to members we thought could carry the baton across the finish line for us. In the background, the team went through the Nov 2019 presentation and pulled the important facts. We strategized as to the stance we wished to convey and then Coralie Trotter and Zamo Mbele agreed to present together on our behalf.

It was a team effort with Brett Pepper, Carin-Lee Masters, Coralie Trotter, Esther Chunga, Jonathan Percalle, Pieter du Toit Smit, Siobhan Carter-Brown, William Griffiths, Yael Kadish and Zamo Mbele rallying together to make it happen.

The presentation was streamed live https://youtu.be/6bjNx35P_sl
Our presentation starts at 2.41

WORKPLACE – The place we meet!

This is a private app that gives us a space to share and team up. All members of the SAPC are encouraged to sign up and join us there. We post any relevant correspondence and information about events in the SAPC community. To gain access please send an email to Palesa on sapccontact@gmail.com and let her know what group you belong to within the SAPC. She will send you a personalized invite to join Workplace.

PS the Workplace App functions much like Facebook but is a private platform viewable to only those who are registered. Although it can be accessed via a computer the app for smart phones is easier to navigate.

THE PSYCHOANALYTIC VOICE

Bruce Laing has kept our Facebook Page alive with a steady stream of relevant psychoanalytic material. Thanks to Bruce!

JULIETTE GRANT - SECRETARY



Juliette currently works at Sunlands Primary School and has a part time practice in Goodwood, Cape Town. She has worked previously at institutions such as Ububele, Weskoppies Psychiatric Hospital and Tafelberg Remedial School. She loves working with children and teenagers in community settings. Juliette received her Masters at the University of Witwatersrand and is currently a committee member of CTCAPG and the current secretary for EXCO SAPC.

VACCINATION DRIVE

Looking at the extremely efficient vaccination process currently in the country, it's hard to imagine the chaos from earlier this year and a relief to see how far we have come...

When it was announced that Healthcare workers would be first in line for the vaccination in February/March this year, there was relief and anxiety. The first phase of vaccines would be a trial run by Sisonke. We were all requested to register on the government database and that we would be given access to the trial. SAPC members registered and were given proof of registration but no appointments. The 1.5 million AstraZeneca vaccines which had arrived in the country and had been designated for Health Care workers were scrapped as they supposedly had low efficacy against the dominant Beta covid strain, pervasive in South Africa. It was later announced that the country would be receiving Johnson and Johnson vaccines, but in batches, and over a period of months. A few vaccination sites opened at Government hospitals in major metros and health care workers rushed to these sites, but many SAPC members were turned away as they were not employed by hospitals and were not on any official lists. Communication with Sisonke further complicated matters as we were told if we had a trial number – there would be a vaccine available. And it became more confusing as private hospital groups were opening up vaccination sites at the hospitals specifically for their employees.

In the first week, we quickly developed a small task team to investigate the issues and ascertain as to how to ensure our members would be vaccinated. Numerous attempts at communication with the Department of Health were unsuccessful. We contacted the heads of various private hospitals and medical aids, none of whom could offer us any clarity of when we would get vaccinated. To compound the confusion further, some members were arriving at hospitals and receiving the vaccination, while others were being turned away. A request was made by the hospital groups to allow for front line workers to be vaccinated first and for other health care workers to wait. We communicated this to our members, many of whom understood this need and were patient.

During this time, we tried to investigate further as to how to make sense of a process which appeared to be creating its own rules each day. We were told that various medical bodies had provided lists to the Health Department and that they were receiving appointments and getting vaccinated. There was no list for psychologists or social workers at this time so we began to develop a database so that when it was our turn, this process could be efficient. There was general confusion as neither Sisonke nor the DoH could inform us when or even if our members could get vaccinated. We found an organization called Vaccines for General Practitioners and negotiated with them to allow SAPC members to be put onto the list. We gave a small

financial contribution to assist with the technical infrastructure of adding mental health care workers and the NGO subsequently changed their name to Vaccines for Health Care Workers (V4HCW's). The SAPC was able to get all its members on the list and subsequent appointments. We also assisted members who were not able to navigate the system in getting vaccinations. In addition, the SAPC assisted other psychologists and social workers who were not members of the SAPC to be registered on the V4HCW's site.

It was at the time a massive undertaking and we are proud that we worked quickly and efficiently to assist as many of our members and fellow mental health care colleagues as possible.

Sincere thanks to Bruce Laing for driving this process.

ETHICS ADVISORY COMMITTEE

This wonderful dedicated resource is under-utilized.

Ethics requires continual consideration and it is important to take ethical matters seriously with responsible minds. The EAC meet regularly and skill themselves specifically in ethics to be able to advise our members on ethical matters. Please remember to make use of them.

The EAC are available to run ethics sessions at a group level. Ethics CPD points can be obtained for such meetings although it would be the group's responsibility to apply for the CPD points.

Case material must always be handled confidentiality, please do not post messages containing patient material to Workplace (or any other online platform). To raise a query with the EAC, please email either Yael Kadish yaekadish@gmail.com or Sheri Hanson davimes@icon.co.za

CPD MATTERS

Some of the groups raised frustrations with getting CPD points approved for their events this year. The matter was tabled and discussed at an SAPC group level and followed up by an e-mail 'survey'. As it played out, at this stage, there is not sufficient need within the SAPC for the confederation to take it up on behalf of our member groups. It was however beneficial to hear the group's process and perspectives. We are bearing in mind that difficulties may still arise in the future where using the SAPC in some way may be necessary. Engagements such as this highlight the necessity for the SAPC. Thanks to Nicola Dugmore (SAPI) and John Grobler (SAAJA) for driving this inquiry.

**LAURA BESTER
(INCOMING TREASURER)**



Laura is a clinical psychologist working in private practice in Cape Town. She works with adolescents and adults and is a member of the CTSP and CTCAPG. Laura joined the SAPC Think Tank in 2020 and she'll also take on the role of Treasurer for 2022.

While she'd always had a strong interest in psychology, she only made the decision to pursue it as a career a bit later on life. In preparation for her move to a career in psychology, Laura had the great privilege of working as a volunteer counsellor for the the JPCCC schools project. Here she was fortunate to be supervised by Gill Berkowitz. This deeply enriching experience (alongside her sister's influence) played a significant role in developing her interest in psychoanalytic thinking.

Laura has already learned a great deal from her time on the SAPC Think Tank - a wonderful example of a space to think together - and looks forward to continuing as a member of the Think Tank and serving on the committee going forward.

RELATIONSHIP WITH DISCOVERY MENTAL HEALTH

SAPC continues to nurture and benefit from a close relationship with Discovery Mental Health.

In the crossover of people working within the SAPC we met in December last year with colleagues at Discovery to introduce them to people coming through to take up roles in the SAPC. Discovery explained the new mental health care package and we are pleased we have a relationship where we can discuss matters together.

We still have SAPC elected psychologists that sit on the Discovery panel and that is an essential conduit between the medical aid scheme and us as working professionals.

PSYCHOANALYTIC PRACTICE (Journal)

The latest edition of *Psychoanalytic Practice* has been published. The journal is currently available free of charge to SAPC members. To arrange access please email anaicker@webafrica.org.za or jenny@perkel.co.za . You will receive a return email with login details for the journal website (www.ppsajournal.co.za).

As the first edition under the journal's new name, there are some exciting papers offering extensions to theory and creative engagement with relevant issues of context.

For a venture into psychoanalytic thinking on issues of class, the edition starts with an evocative creative contribution by Donald Moss on class injury entitled 'Getting Out' that is accompanied by two thought-provoking commentaries: 'Getting out: Revisiting the hidden injuries of class' by Wahbie Long and 'Getting out, remaining stuck' by Hugo Canham. The three pieces should be read together.

The papers then move onto the topic of motherhood. Siobhan Sweeney and Lisa Saville-Young offer an excellent psychosocial analysis entitled 'The 'good' mother and the thriving, surviving baby's body', while Alexa Young and Tanya Graham explore integration of theory in their paper entitled 'Maternal failure: Exploring the theoretical intersections of containment and reflective functioning'.

Fathers then come into focus in Sarah Berman's paper entitled 'Rethinking the fatherhood trilogy: Towards a formulation of the fatherhood constellation', that discusses the psychic structures of fatherhood. Thomas Burkhalter's paper, 'Sharpening the senses: White men and otherness in the time of Corona', then offers a heady trip into the world of white masculinity through the lens of postcolonial theory.

Lastly, for those of you contemplating reading Wahbie Long's new book *Nation on the Couch: Inside South Africa's mind*, Kgamadi Kometsi contributes a thorough review of the book that gives an excellent sense of what to expect.

If you wish to contribute a paper for the next edition, please email your manuscript to katherine.bain@wits.ac.za

RELATIONSHIP WITH OTHER PROFESSIONAL BODIES

We continue to cultivate relationships with other professional bodies in the hope that when we have matters of mutual interest we can support each other. There is so much work to be done in the mental health environment we believe strongly in working together whenever we can.

THE 2022 'TO DO LIST'

The Consitution needs revision to the new pared down structure.

We will keep trying to create an avenue of effective communication with the HPCSA. There are matters such as the online portal and CPD accreditation that we tried to address on behalf of our members with the HPCSA. We believe it is an important relationship to have that can be of benefit to us both.

Alas, the Covid climate has drained energy levels and we have not gotten around to fixing the website that is down. We know the website is important for credential purposes and we will be attending to this in the new year.

The SAPC remains committed to being an umbrella body to connect when as a collective we are better served in addressing matters together. The Exco and Think Tank commit to keeping the confederation running. The membership body is needed to affect matters that arise on the ground.

Wishing everyone a healthy end to the year and looking forward to connections in 2022!

FROM ALL OF US

Chairperson: Siobhan Carter-Brown, **Treasurer:** Vanessa Gaydon, **Secretary:** Juliette Grant, **Chair Elect:** Brett Pepper

Think Tank Body; Belinda Aspoas, Laura Bester, Pieter du Toit Smit, Vossie Goosen, Mireille Landman, Sable Leicher, Jonathan Percale, Carin-Lee Masters and Teboho Monyamane with Palesa Tshitlo

