

SOUTH AFRICAN ASSOCIATION OF DRAMA THERAPY
DRAMA FOR LIFE, UNIVERSITY OF THE WITWATERSRAND
DIVISION OF OCCUPATIONAL THERAPY, UNIVERSITY OF CAPE TOWN
SOUTH AFRICAN NETWORK OF ARTS THERAPIES ORGANISATIONS

presents

HEALING AND SOCIAL TRANSFORMATION IN MENTAL HEALTHCARE IN SOUTH AFRICA:

CONVERSING, CONNECTING AND COLLABORATING ACROSS ARTS
THERAPY, OCCUPATIONAL THERAPY, AND ALLIED PSYCHOTHERAPIES

DATES 14-15 JULY 2014

VENUE DIVISION OF OCCUPATIONAL THERAPY,
UNIVERSITY OF CAPE TOWN

REGISTRATION WWW.DRAMAFORLIFE.CO.ZA

The state of South Africa's mental health is in severe crisis, with a high prevalence of mental illness and psychosocial trauma. While some progress has been made in the provision and de-institutionalisation of mental healthcare and transforming healthcare professions, the social, economic and political factors influencing mental health and healthcare needs urgent attention to promote the psychosocial well being of the populations.

Mental illness remains under-detected, stigmatized and marginalized across the majority of South Africa's urban and rural communities. The psychosocial ill-being and mental distress associated with the quadruple burden of disease (HIV/Aids, TB, violence and maternal and child mortality) are seldom acknowledged. While perpetuated social inequality has ensured that access to quality healthcare (although that is questionable in itself) is the territory of a small, privileged percentage of South Africans, mental health approaches that can address the serious psycho-social trauma experienced by large groups is also needed. There is an urgent need to identify and acknowledge individual, group-centred and community-based mental health approaches that can address personal and social transformation within a human rights and social justice context. Innovative community-based interventions are hampered by a lack of institutional support and massive decreases in funding opportunities.

Conceptual understandings of mental health remain all too often the domain of Western-based knowledge systems with mental health categorised in ways that separate psychological, cultural, spiritual and medical knowledge systems. New ways of understanding and engaging with people are called for. It is essential that rich oral histories, linguistic and cultural diversity and identity fragmentation in the face of violence that is motivated by economic deprivation and discrimination based on race, gender, ability and, or sexual orientation is acknowledged. This cutting edge symposium seeks to bring together for the first time in South Africa Arts Therapists, Occupational Therapists, and Allied Psychotherapists to explore the symbolic and relational power of the arts for social transformation and healing in mental healthcare.

YOU ARE INVITED TO SUBMIT A 200 WORD ABSTRACT FOR AN ORAL PRESENTATION OR A WORKSHOP. THE SYMPOSIUM WISHES TO ADDRESS, ALTHOUGH NOT EXCLUSIVELY, THE FOLLOWING CRITICAL QUESTIONS:

- ↗ Can the arts play a significant role in personal, social and political transformation in mental healthcare in South Africa? (and if so, why)
- ↗ What is the Arts Therapies relationship with Occupational Therapy and other Allied Psychotherapies? How can these relationships be transformed to enhance mental healthcare in South Africa?
- ↗ What role does Occupational Therapy have to play in social transformation and healing?
- ↗ What role can the arts play in bringing together Arts Therapists, Occupational Therapists and Allied Psychotherapists for the purposes of promoting mental health and social well-being in South Africa?
- ↗ How can the Arts Therapies, Occupational Therapy and Allied Psychotherapies help de-stigmatise mental health, and create access to mental healthcare for all South African?
- ↗ What shifts in training are indicated for Arts Therapists, Occupational Therapists and Allied Psychotherapists in South Africa, and why?
- ↗ Why is supervision and self-care critical for healthcare professionals using the arts?
- ↗ What and how do Arts Therapies, Occupational Therapy and Allied Psychotherapies contribute as activists for social cohesion and well-being?
- ↗ What theory and/or empirical evidence exists or is necessary to validate arts based practice?

Please fill in the form and submit via email to
Marlize Swanepoel (marlize@wezside.co.za) by
30th of May 2014



SANATO
South African Network of Arts Therapies Organisations

PROPOSAL FORM

Proposal Title: _____

Proposal Summary: (200 WORDS MAXIMUM)

Type: (PLEASE TICK THE RELEVANT CATEGORY)

Paper (20 minutes presentation)

Workshop (2 hour workshop)

Personal Details:

Title ____ Initials _____

First Name _____

Last Name _____

Institution _____

Contact Details:

Postal Address _____

Email _____

Fax _____

Office Phone _____

Home Phone _____

Cellular Phone _____

Presentation Requirements:

Optimal number of participants (*WORKSHOP ONLY*) _____

Equipment Required: (PLEASE TICK THE RELEVANT CATEGORY)

Overhead Projector Flipchart TV/Video

Whiteboard Data Projector Power Cords

Co-presenters:

1. Name _____

Title _____

Institution _____

2. Name _____

Title _____

Institution _____

Room Setup: (PLEASE TICK THE RELEVANT CATEGORY)

Theatre Style (*CHAIRS FACING FORWARD WITH TABLES*)

Clear Space (*CHAIRS ON PERIMETER*)

Other (*PLEASE SPECIFY*) _____

People will receive notification of acceptance

within two weeks of the closing date.

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