



AFRICAN TRADITION AND PSYCHOTHERAPY

The merging of two worlds

PRESENTED BY: NOMPUMELELO PRUDENCE KUBEKA & VELLA MASEKO



Most professionals, skilled and experienced in treating a wide range of human conditions, are faced with difficulties to fully understand and empathize with the plight of their African patients. Basic insight and knowledge of the African tradition would greatly contribute to a meaningful and productive psychotherapy session. African patients may indeed present with problems that are foreign or “strange”, certainly unknown in western psychology and unintelligible to the uninformed western mind. These problems include, for example: ancestry, prayer, callings, rituals, protection and cursing, dreams, and witchcraft.

The purpose of the lecture is to introduce the audience to important foundational concepts of African culture, such as ancestral calling and traditional healing. We would like to motivate the need for mental health professionals and other caring individuals to be equipped with a basic knowledge of the ancestral world, since it is a problem that many African people struggle with when they seek psychotherapy or guidance. Many black African patients seek help from both the psychiatric clinics/hospitals and indigenous healers, creating an opportunity for these two worlds to merge.

EVENT DETAILS:

Date: Tue 23 July 2019

Time: 7pm for 7.30pm

Venue: UCT Lung Institute,
George Str, Mowbray,
Cape Town

Cost: Members: R80
Non-members: R100

PLEASE NOTE:

Live streaming facilities via Skype are available for those not able to attend the talk in person.

Pre-booking essential.

Please see Page 2 for more details about the lecture and all relevant booking details.



SOUTHERN AFRICAN ASSOCIATION OF JUNGIAN ANALYSTS
ANALYTICAL PSYCHOLOGY LECTURE SERIES

More About the Presenters

Nompumelelo Prudence Kubeka (NPK) is a Traditional Healer and Clinical Psychologist in private practice under the name of NPK in Mondeor (Johannesburg).

She incorporates her work of being a traditional healer and a psychologist in her practice and adheres to the scope of practice. In her Ukhamba initiative that is under NPK Clinical Psychologist, she has been doing workshops and supervision that incorporates the cultural and spiritual aspects, as well as the western perspective.

She completed her magister in 2016 at University of Pretoria. After her internship at Weskoppies Psychiatric hospital, she worked at the Chris Hani Baragwanath Academic hospital as clinical psychologist. While completing her magister and internship, she was trained in traditional healing and graduated in 2016 as a traditional healer. Her thesis *The Psychological Perspective on Zulu Ancestral Calling: A Phenomenological Study* (2016, UP, Pretoria), written while she was undergoing her process, is based on her understanding of and submission to the ancestral calling.

Her work includes teaching the value of indigenous healing, African rituals and culture to professionals in universities and academic hospitals, to promote an understanding of patients especially those with ancestral calling.

Vella Maseko is a Traditional Healer and Clinical Psychologist in private practice at Vista Clinic and Meriteng Therapy Center near Pretoria. (Meriteng is a Setswana word meaning a place of reflections or shades. Traditionally, communities would gather under the shade of a tree to share stories and play.) She completed her magister in Clinical Psychology at University of Witwatersrand in 2017 and was concurrently trained in the various traditions of Ubungoma (ancestral calling) and initiated as Isangoma (traditional healer). She has been a practitioner in both fields for more the ten years.

Her work includes teaching in corporate, public and academic institutions on psychology and African spirituality. She is a partner in Bookela Botho Institute, a registered Non-Profit-Organisation under the guidance of Prof. Wally Serote, an African Philosopher, healer, poet and Nobel laureate in Johannesburg. With her partners, she is currently working on opening a center which integrates African, Western and Eastern healing modalities.

Cost

iR80 for Members
R100 for non-members.
No bookings required

For more information contact SAAJA on
(021) 689-6090 or email saaja@mweb.co.za

**LIVE-STREAMING OPTION:
BOOKING IS ESSENTIAL**



If you are not able to join the event in-person in Cape Town, you can register for our live streaming facility via Skype, and join the event virtually. Same cost as in-person attendance applies.

Please book your slot **BEFORE Friday 19 July** by sending **Proof of payment and Skype address** via email to saaja@mweb.co.za

BANKING DETAILS:
Standard Bank, SAAJA Current Account
Acc #: 072975059,
Rondebosch Branch code: 025009

**NB
CASH OR CHEQUE DEPOSITS NOT ACCEPTED.**

SAAJA Analytical Psychology Lecture Series: 2019		
Jan-22	Feb-19	Mar-12
Julian David	Sean Baumann	Rod Anderson
The Soul of the World	Madness: Songs of hope and despair	Following the crumbs of cruelty home
Apr-09	May-21	June
Jetthe Fabloola	Denise Grobbelaar	
Facing your demons:	The white lion as symbol of the Archetype of the Self:	
Jul-23	Aug-20	Sep-17
African Traditional Healers Dialogue	NO LECTURE	Dr Peter Hodson
African tradition and Psychotherapy - The merging of two worlds	IAAP CONFERENCE VIENNA	Four Seasons – Four Quartets
Oct-15	Nov-19	December
Elizabeth Martiny	Dr. Ian McCallum	
God-image of disabled women	TBA	

