AFRICAN TRADITION AND PSYCHOTHERAPY
The merging of two worlds
Presented by
Nompumelelo Prudence Kubeka & Vella Maseko

A WORKSHOP SATURDAY 20 July 2019 at UCT Lung Institute

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, to western psychology and the uninformed western mind. These problems include, for example: ancestry, prayer, callings, rituals, protection and cursing, dreams, and witchcraft.

The purpose of the workshop is to support professionals in mental healthcare systems to develop a better understanding of ancestral calling and traditional healing. The aim is to equip professionals with a basic knowledge of the ancestral world, the problem that many African patients present with when they come to a psychotherapy consultation. Many black African patients seek help from both the psychiatric clinics/hospitals and indigenous healers, creating an opportunity for these two worlds to merge.

VENUE: UCT Lung Institute, George St, Mowbray
DATE: 20th July 08h30 to 17h00
COST: R1600 - Includes Refreshments & Saturday Lunch
CPD: Accreditation Under Application - 6 Points

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 3 FOR BOOKING DETAILS
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 (ancesteral calling) and initiated as Isangoma (traditional healer). She has been a practitioner in both fields for more than 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.
### Programme

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<tr>
<th>Registration</th>
<th>08h30 – 09h00</th>
<th>Please have HPCSA registration available</th>
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<tbody>
<tr>
<td>Lecture 1</td>
<td>09h00 – 10h30</td>
<td>Indigenous healing: Ancestral calling and Ukuthwasa process</td>
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<td>10h30 – 11h00</td>
<td>Tea</td>
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<td>Lecture 2</td>
<td>11h00 – 12h30</td>
<td>Different types of ancestors/traditional healers</td>
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<td>12h30 – 13h30</td>
<td>Lunch</td>
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<td>Lecture 3</td>
<td>13h30 – 15h00</td>
<td>Ancestral calling and psychotherapy/Scope of practice as a psychologist and also a traditional healer</td>
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<td>15h00 – 15h30</td>
<td>Tea</td>
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<tr>
<td>Lecture 4</td>
<td>15h30 – 17h00</td>
<td>Case study of a patient seen in psychotherapy</td>
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**ADVANCED BOOKING ESSENTIAL**

**Email Bookings to:** saaja@mweb.co.za  
Subject Line: ATH Workshop

**SKYPE BOOKINGS to:** saaja@mweb.co.za  
Subject Line: ATH Workshop  
Please supply your Skype address & Proof of Payment

**BANKING DETAILS**

**STANDARD BANK**

Account name: SAAJA ATH Dialogue Project  
Account no: 270602895  
Branch code: 025-009 Rondebosch  
Beneficiary Ref: **SURNAME ATH**

**PLEASE NOTE:** Cheque or Cash deposits are not accepted.

**NB:** No refund policy if bookings cancelled within 7 days of Workshop. 10% Cancellation fee applicable if cancelled earlier. Thank you.