



**UCLA-South Africa Center for  
Chronic Mental Disorders**  
Tirisano Training Programme (TTP)  
Indaba Hotel, Johannesburg  
25<sup>th</sup> -28<sup>th</sup> June 2018

**Day 0: Sunday 24<sup>th</sup> June 2018**

**18h00**                      **Group Dinner: Faculty and Track A 2019 Scholars**

**Day 1: Monday 25<sup>th</sup> June 2018**

**08h30-09h00**              **Registration and Refreshments**

**MODULE 1:**              ***Chronic Stress and Non-Communicable Chronic Mental Disorders***  
*Module 1 provides content lectures on chronic stress and non-communicable chronic mental disorders, as well as the importance of research and its ability to inform good clinical practices for Track A and B scholars.*

**09h00-09h15**              **Welcome, Overview of Workshop Programme**

**09h15-10h45**              **Introduction to Tirisano: Conceptual Overview and Opportunities**  
Objective: The program objectives, conceptual framework, and rationale for the program will briefly be described to orient Track B participants and inform them of TTP opportunities.  
Instructors: Gail E. Wyatt, Ph.D. & Norweeta G. Milburn, Ph.D., UCLA

**10h45-11h15**              **Tea Break**

**11h15-12h45**              **Effect of Stress on Health across the Lifespan: Biological Dysregulation and Chronic Mental Disorders**  
Objective: To provide a foundation in conceptualizations of acute and chronic stress and their impact on biological dysregulation, physical and mental health.  
Content: Definitions of acute and chronic stress will be reviewed, the impact of stress on biology and physical health and the associations between stress and mental disorders will be outlined, and interventions to address these dysregulatory effects will be examined.  
Instructor: Ms. Nkem Ndefo,

**12h45-13h45**              **Lunch** ( please be seated for afternoon session start time at 1345

**13h45-15h15**              **Social and Economic Aspects of Trauma**  
Objective: To gain a clear understanding of sociopolitical trauma, including racism, sexism, heterosexism, and poverty.  
Content: The course demonstrates how any examination of trauma remains incomplete without a clear understanding of the social and economic processes in which it occurs. The presentation will extend the notion of psychological harm by going beyond the traditional idea of single trauma as a dramatic event to include the effects of sustained structural elements of the social world, such as racism, sexism, heterosexism and poverty, with special reference to the contemporary South Africa.  
Instructor: Gail E. Wyatt, Ph.D., UCLA

**15h15-16h45            Substance Use and other co-occurring Mental Disorders across the life span**

Objective: To expose students to evidence-based/informed interventions to prevent and treat co-occurring substance use and other mental disorders.

Content: Overview and discussion of interventions to prevent and treat co-occurring substance use and other mental disorders, with a particular focus on interventions that have demonstrated effectiveness in healthcare settings in the South African context.

Instructor: Bronwyn Myers, Ph.D., MRC/UCT

**16h45-17h00            Concluding Reflections on the Day**

**18h00                    Faculty dinner with Track A 2019 Scholars**

## **Day 2: Tuesday 26<sup>th</sup> June 2018**

**07h50-08h15**                    **Registration and Refreshments**

**08h15-09h45**                    **Introduction to Human Subjects Research and Ethics in the Conduct of Human Research in Community and Clinical Settings**

Objective: To provide an overview of ethical responsibilities of investigators in the conduct of Human Subjects research.

Content: The course will address the role of the investigator, focusing on the skills needed by biobehavioural, medical, social sciences and public health researchers. Attention will be placed on the ethical, legal and social implications of their research. A historical overview will be provided, discussing the Belmont Report: Ethical Principles and Guidelines for the Protection of Human Subjects of Research and its core principles.

Instructor: Mashudu Davhana-Maselesele, Ph.D.

**09h45-11h15**                    **Research Methods for Investigating PTSD, Depression and Substance Use and PTSD in Clinical and Community-Based Settings**

Objective: To increase knowledge of research strategies for conducting studies on chronic mental health conditions in communities and clinical settings

Content: An overview of research in clinical settings and communities will be provided including developing collaborations, negotiating entry, developing community advisory boards, etc. and effective methods and theories needed to understand the challenges of implementation science, will be discussed. Experiences based upon designing and implementing NIDA- and NIMH-supported research on depression and homelessness will be presented.

Instructor: Norweeta G. Milburn, Ph.D. & Alison B. Hamilton, Ph.D., M.P.H., UCLA

**11h15-11h30**                    **Tea**

**11h30-13h00**                    **Qualitative Methods Research: Data Collection, Analysis and Interpretation**

Objective: To learn the range of qualitative data collection methods and analytic techniques.

Content: The session will cover qualitative data collection methods, (e.g., focus groups, in-depth interviews, and observation; participant observation and ethnography; and archival research), working to data saturation (e.g., sampling and in-depth interviewing) and analyzing and interpreting results. Particular emphasis will be placed on qualitative research related to trauma, cross-cultural mental health, and community-based research.

Instructor: Sharon Kleintjes, Ph.D., UCT

**13h00-14h00**                    **Lunch** (please be seated for afternoon session start time at 14h00)

**14h00-15h30**                    **Emancipation from Mental Slavery and Colonialism: An Approach to Racial Stress Reduction**

Objective: To provide an overview of the Emotional Emancipation Circle Model of stress reduction associated with multigenerational racial stress and trauma experienced globally by people of African ancestry.

Content: Worldwide, people of African ancestry must confront an unacceptable reality encapsulated in the 600-year old narrative that Black lives are not as valuable as White lives; a narrative that often places them outside of the circle of humanity. Multigenerational racial stress and racial trauma emerge that permeates societies around the world like a mutating gene. An explanation of multigenerational racial stress and methods to emancipate oneself from its effects will be presented.

Instructor: Cheryl Grills, Ph.D., LMU

**15h30-17h00            Developing Culturally Congruent Interventions: A Panel Discussion**

Objective: To provide an overview of different approaches to developing culturally congruent mental health, substance abuse, HIV, and trauma-related interventions.

Content: Culturally competent and congruent research is characterized by the integration of culturally specific knowledge in each component of the research. Such research is critical to the improvement of health and healthcare utilization among underserved populations, including racial/ethnic minority populations that are disproportionately affected by HIV/AIDS. Several examples of culturally congruent interventions will be discussed with regard to their development, testing, and implementation.

Instructors: Gail E. Wyatt, Ph.D. & Norweeta G. Milburn, Ph.D., UCLA; Ms. Nkem Ndefo, Leickness Simbayi, Ph.D., and Bronwyn Myers, Ph.D., UC, Mashudu Maselesele, Ph.D.

**17h00            Conclusion**

**18h00            Faculty Dinner with Track A 2018 & 2019 Scholars**

### **Day 3: Wednesday 27<sup>th</sup> June 2018**

#### **MODULE 2: Track A 2019 Scholars Orientation Session**

Module 2 provides an overview of the scope of the training programme for Track A scholars.

**08h00-08h30 Registration**

**08h30-09h00 Welcome, Overview of Session Programme and Introductions**

#### **09h00-9:45 Tirisano: Conceptual Overview, Expectations, and Obligations**

The program objectives, conceptual framework, and rationale for the program will be described. Research as the foundation for evidence-based clinical practices will be discussed. An overview of research opportunities available through TTP faculty and responsibilities of Track A Scholars will be provided.

Instructor: Norweeta G. Milburn. Ph.D., UCLA

#### **9h45-10h30 What to Expect at UCLA and in Los Angeles**

Myths and realities about study and life in the U.S. will be thoroughly discussed. Resources provided by the programme will be outlined. The emotional processing of participating in a research training program, a relatively new paradigm of education, will be discussed.

Instructor: Gail E. Wyatt, Ph.D., UCLA and Amber Smith, M.A, UCLA

#### **10h30-11h00 Tirisano Scholars 2018: UCLA Experiences**

Objective: To provide information about the experience of the programme from the perspective of scholars selected for the 3-month internship at UCLA, March to June 2018.

Content: The scholars will provide an overview of their training and mentoring experience during the three months, and share their perspectives on the potential of the programme for their development as researchers/clinician-researchers.

Presenters: Mr Thabile Mangela, North West University, Ms Mmathabo Mashego, University of Venda, Siyabulela Mkabile, University of Cape Town and Deborah Isobell, University of Western Cape

**11h00-12h00 Brunch: Faculty and Track A Scholars 2018 and 2019**

### **FACULTY MEETINGS WITH TIRISANO TRACK A SCHOLARS**

#### **Track A 2018 Scholars meeting**

12h00-12h30 Deborah Isobell, University of Western Cape

12h30-13h00 Siyabulela Mkabile, University of Cape Town

13h30-14h00 Thabile Manengela, University of the North West

14h00- 14h30 Tea

14h30-15h00 Mmathabo Mashego, University of Venda

15h00- 15h30 Faculty Discussion: Follow up issues with Track A 2018 Scholars

15h30-17h00 Tirisano Track A 2018 Review Meeting to discuss manuscript

18h00 Faculty Dinner with Track A 2016, 2017 and 2019 Scholars

**Day 4: Thursday 28<sup>th</sup> June 2018**

**FACULTY MEETINGS WITH TIRISANO TRACK A SCHOLARS**

**TIRISANO TRACK A REVIEW MEETING**

08h00 Registration

**Track A 2016 Scholars Review Meeting**

08h30-09h00 Lameze Abrahams, University of Cape Town

09h00-09h30 Khethelo Xulu, University of Cape Town

9h30-10h00 Nombeleso Zulwayo, North West University

10h00-10h30 Tea

10h30-11h00 Isaac Mokgaola, North West University

11h00-11h30 Vhuhwavho Mufanadzo Nekhavhambe, University of South Africa

11h30-12h30 Brunch: Faculty and Track A scholars 2016 and 2017

**Track A 2017 Scholars Review Meeting**

12h30-13h00 Khonzanani Mbatha, University of South Africa

13h00-13h30 Miriam Moagi, University of Pretoria

13h30 14h00 Thabelo Walter Motlabeng, North West University

14h00 14h15 Deirdre Pieterse, University of Cape Town

14h15-14h30 Tea

14h30 Faculty Debriefing

18h00 Group Dinner: Faculty only