

# CURRICULUM VITAE

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## ***EDUCATION, CAREER AND PROFESSIONAL STATUS***

I was born in Newbury, Berkshire, England on 13th October 1943. I married in 1967, and have three children born in 1972 (twins) and 1976. I was divorced in 1989 and remarried in 2000. I am a British Citizen and also a naturalised South African citizen. I attended Carn Brae Preparatory School, Bromley, Kent, UK, from where I won a scholarship to St. John's School, Leatherhead, UK. I started there in 1956. In 1959, I passed 'O' Levels in Latin, Greek, French, History, Maths, Additional Maths, English. In 1961, I passed 'A' levels: Latin (distinction), Greek, Ancient History. I won a Scholarship to Brasenose College, Oxford which I entered in 1962. In 1964 I completed Honour Moderations in Greek & Latin Literature and, in 1966, obtained a BA(Hons) in Psychology and Philosophy. From September 1966 to August 1967 I was a Secondary School Teacher for Kent County Council. From September 1967 to May 1970 I worked as a Secondary School Teacher for the Government of Zambia, at Chalimbana, near Lusaka.

I moved to Grahamstown, South Africa and in 1971 enrolled for a Master's degree in the Department of Psychology, Rhodes University. In 1971, I was a Graduate Assistant, in 1972, a Lecturer(Temporary). In 1973 I completed my Master's in Psychology with a thesis entitled: 'An investigation of the determinants of the spatial characteristics of figure placements'. In 1975, I was appointed Lecturer and in 1978 completed my Ph.D. in Psychology with a thesis entitled, 'A cross-cultural study of interpersonal distance and orientation schemata'. From January to December, I was an intern Clinical Psychologist at St. Francis Hospital, Haywards Heath, in a program run by the University of Surrey, UK. In 1981 I became Senior Lecturer. From July 1984 to June 1985 I was a post-doctoral fellow at the Centre for Cognitive Therapy in the Department of Psychiatry of the University of Pennsylvania, USA. In 1985 I was made a full professor at Rhodes and was Head of Department from 1986-1993. Since 2010 I have been Professor on a part time contract. I have had a small private practice as a clinical psychologist since 1980 and currently have a larger private practice and provide training and supervision in schema therapy, in which I have certification as a therapist and trainer with the International Society of Schema Therapy.

### **Professional accreditations**

**Professional Board for Psychology of Health Professions Council of South Africa** (Formerly The South African Medical and Dental Council: 1978: Registered in the category 'Research Psychologist'; 1979: Registered in the category 'Clinical Psychologist'.

**British Psychological Society:** Associate Fellow. Chartered Clinical Psychologist (Statement of equivalence in Clinical Psychology issued December 20,1999).

**Academy of Cognitive Therapy (USA):** Diplomate and Founding Fellow (since 1999).

**International Society for Schema Therapy:** Certified as a schema therapist and trainer (since 2009) and as a therapist and trainer in Schema Therapy for Couples (2016). Currently serving a second two year term as President of the ISST for two years (September 2018-September 2020).

## ***UNIVERSITY ADMINISTRATIVE AND TEACHING EXPERIENCE***

**Administration** I was heavily involved in administrative aspects of the Psychology Department at Rhodes throughout my career until my retirement at the end of 2009. This included replanning and reorganising of the first year course, which I co-ordinated from 1973 to 1982 and in computerisation of administration. In 1983 I headed a committee which investigated the second and third year practical programs. For some years, I was responsible for the overall format of the Honours course, and, in 1987, I redesigned and co-ordinated the Honours practical program. I was Head of Department from January 1986 to December 1993 and Director of Clinical Psychology Training in 2004-2005. I served on several university committees including: Faculty of Humanities (formerly Arts) 1976-2009. Higher Degrees Committee: 1986-

1993; Academic Skills Advisory Committee: 1986-1992; Ethical Standards Committee: 1987-1990; Board for the Institute of Social and Economic Research: 1987-1991; Library Committee: 1986, 1991, 1992, 1999, 2002-3; Plagiarism committee: 2004-2009.

**Undergraduate and Honours teaching** I gave undergraduate lecture courses in a wide variety of areas: sensory processes, psychobiology, perception, memory, thinking, creativity, cognition, decision theory, approaches to personality, environmental psychology, cognitive and behavioural approaches to personal change, transpersonal psychology and parapsychology. I implemented practicals on statistics and experimental design, behavioural correlates of personality, experimental social psychology, attention and perception, interpersonal skills and assertiveness analysis and training, meditation as an attention skill, and co-counselling (which is a structured self-awareness and personal growth program). At Honours level, I gave seminar courses on cross-cultural psychology, intelligence, memory, humanistic psychology, transpersonal psychology. I co-ordinated the course on research methodology and taught the section on case study research method. In addition I have taught and co-ordinated the course on the preparation of research proposals. I designed and implemented practical courses on computer programming, experimental design, the use of computer software packages (SPSS and BMDP), case study research, psychotherapy, co-counselling (an intensive structured self-awareness and personal growth program).

**Masters teaching Clinical/counselling Psychology:** From 1980-2009, I taught a basic course in cognitive-behaviour therapy and provided weekly group supervision of students' cognitive therapy cases as well as some individual supervision. I also taught group therapy from 1997-2002. **Research Psychology:** I planned and developed this Master's program in 1987 and ran it until 1990. It includes a year of coursework and a year's internship. I offered lectures and seminars on psychometric research methodology and weekly seminars on community psychology. In the practical program I offered a course on item analysis and validation of personality and attitude scales, and on case study research methodology. I offered supervision in the internship program. **Transpersonal Psychology/Counselling Psychology:** I introduced this Master's program in 1996. It ran successfully but was dropped due to lack of teaching resources for an additional coursework Master's degree. I taught a basic course in counselling skills, one on shamanism and its relationship to western psychology and psychotherapy, and supervised counselling and psychotherapy practical experience.

**Leadership in the teaching of research** I provided direction in the teaching of research method and the processes involved in guiding the preparation and review of research proposals in three ways.

- From 1997 to 2000, for the Honours course, I co-ordinated the teaching of research methodology and the process of writing research proposals.
- In 1999 I received the Vice-Chancellor's Distinguished Teaching Award, in recognition of the breadth and comprehensiveness of my teaching portfolio and the quality of my teaching at all levels from Undergraduate to Postgraduate seminars and clinical and research supervision.
- From 2000-2008 I was Chair of the Department's Research Projects Review Committee providing firm leadership with respect to standards for research proposals, means of reaching appropriate consensus among committee members of different ideological persuasions, and, constructive communication of the committee's findings to students.
- The booklet I wrote in 1997 entitled *Guidelines for writing a research proposal* was used by all students writing proposals from Honours level upwards, and provides a basis for common criteria in the evaluation of proposals by staff. I wrote a revised and extended second edition in 2004.

**External Examiner** Each year between 1985 and 1996 I was external examiner for end of year exams at

various universities. This included undergraduate and Honours level exams at University of Cape Town, Durban and Pietermaritzburg campuses of the University of Natal, University of the Witwatersrand and University of Transkei. I was also external examiner for Master's in Clinical Psychology courses at University of Durban Westville, University of Cape Town, University of Port Elizabeth, University of Natal, Pietermaritzburg and University of Stellenbosch. I have been external examiner for 23 Master's and Doctoral theses (See Appendix B).

## **RESEARCH**

The range and history of my research can be seen from the list of my research grants, theses supervised, conference presentations and publications.

### **Research grants**

Human Sciences Research Council:

- 1972, for Master's research on the determinants of the spatial characteristics of figure placements.
- 1976, for PhD research on 'A cross-cultural study of interpersonal schemata'.
- 1983, for an investigation into intergroup relations: 'Black identity in Grahamstown and Ciskei'.
- 1989-1993, for the development of Case study research method for application in South Africa. This has led to an ongoing focus that has given rise to a series of published methodological articles and book chapters as well as to a series of systematic case studies of psychotherapy including several carried by students under my supervision. I am currently one of the editors of a book on systematic cases studies of cases from clinical trials.

National Research Foundation:

- 2005-2009 'The development of contextually appropriate evidence-based practice for the treatment of post-traumatic stress disorder and other sequelae of severely traumatic events.' To initiate this, I edited a special issue of the *Journal of Psychology in Africa* in 2005 on post-traumatic stress disorder and its treatment in the South African context which included several papers authored or co-authored by me. Subsequently with a series of students, 19 case studies of treatment of PTSD in South Africa have been written in Master's or PhD theses. Some of these have been published or served as the basis for other publications.
- 2010-2019: I received incentive funding as a C-rated scientist.

I also received research grants from Rhodes University in 1981 and 1982, and continuously from 1993 to 2018 towards a series of projects, reflected in my list of publications.

### **Journal Editorial Board Memberships and Referee Invitations**

- I am on the editorial board of *The Journal of Psychology in Africa*: publishes psychological research on the life of people in Africa, especially Africa South of the Sahara, and of dispersed African populations such as Afro-Americans and Afro-Caribbeans.
- I am on the editorial board of *Pragmatic Case Studies in Psychotherapy*: An online journal founded in 2005 and based at Rutgers University in New Jersey, U. S. A. It aims to provide an archival database of rigorously written case studies in psychotherapy based on the kinds of research models which I have been using and writing about for several years.
- During the course of my career I have acted as referee for 69 journal articles from a range of journals. For a full list see Appendix B.

## Theses supervised

Starting in 1981, I have supervised 7 full Master's theses, 5 Master's theses that were part of a Research Coursework degree, 27 Master's theses that were part of a Master's degree in Clinical or Counselling Psychology, and 6 PhD theses. For a full list, see Appendix A. I am currently supervising 3 PhD theses.

## Publications

- Edwards, D. J. A. (2019: in press). Finding and reparenting the lonely child behind the Anorexic Overcontroller. In Evelyn Smith and Susan Simpson (Eds). *Schema therapy for eating disorders: Theory, practice and group treatment manual*. Abingdon, UK: Routledge.
- Edwards, D. J. A. (2019). Systematic case study research in clinical and counselling psychology. In S. Laher, A. Fynn & S. Kramer (Eds.), *Transforming research methods in the social sciences: Case studies from South Africa* (Chapter 10). Johannesburg: Witspress. Open access available at <http://oopen.org/search?identifier=1004359>
- Fishman, D. B., Messer, S. B., Edwards, D. J. A., & Dattilio, F.M. (Eds.) (2017). *Case studies within psychotherapy trials: Integrating qualitative and quantitative methods*. New York: Oxford University Press.
- Fishman, D. B. & Edwards, D. J. A. (2017). The terrain. Chapter 1 in D. B. Fishman, S. B. Messer, D. J. A. Edwards, & F. M. Dattilio. (Eds.). *Case studies within psychotherapy trials: Integrating qualitative and quantitative methods* (pp. 3-25). New York: Oxford University Press.
- Fishman, D. B., Messer, S. B., Edwards, D. J. A., & Dattilio, F. M. Themes and lessons learned. Chapter 8 in Fishman, D. B., Messer, S. B., Edwards, D. J. A., & Dattilio, F. M. (Eds.) (2017). *Case studies within psychotherapy trials: Integrating qualitative and quantitative methods* (pp. 337-361). New York: Oxford University Press.
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10.1080/20797222.2015.1049900

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## Other publications

- Edwards, D. J. A. (1995, August, 5). Working with dreams, mandala and claywork. *The inner door*.
- Edwards, D. J. A. (1994). Ambitious visions and lean resources: The challenge to university psychology education. *Comment*, 14, 41-48.
- Edwards, D. J. A. (1994, November, 14-16). Professional development and training. *Clinical Psychology Forum*.
- Edwards, D. J. A. (1993, September, 1-3) Keeping clinical psychology afloat in changing times. *Clinical Psychology Forum*.
- Edwards, D. J. A. (1993, September, 4-5) Contracts with psychotherapy clients: A professional responsibility. *Clinical Psychology Forum*.
- Edwards, D. J. A. (1993). The return of the repressed feminine. *The Phoenix: Magazine of the Albany Museum*, 6(3), 4-7.
- Edwards, D. J. A. (1991, February/March) Holotropic breathwork: A powerful experiential tool for self discovery and personal transformation. *Odyssey*, pp. 34-37.
- Edwards, D. J. A. (1991, July, 6) The ethics of touch in psychotherapy: A perspective. *Psi Monitor*.
- Edwards, D. J. A. (1991, November, 2-3) The future identity of clinical psychologists in South Africa. *Clinical Psychology Forum*.
- Edwards, D. J. A. (1972, October 13). Does smoking relieve anxiety? *Daily Dispatch*.

## Conference Presentations

- Edwards, D. J. A. (1971). An investigation of the value of the doll placement experiment as a tool for cross-cultural research in social perception. Annual Congress of the South African Psychological Association: Rhodes University, Grahamstown.
- Edwards, D. J. A. (1973). A cross-cultural study of social orientation and distance schemata by the method of doll placement. Annual Congress of the South African Psychological Association: University of Pietermaritzburg.
- Edwards, D. J. A. (1975). The use of field experiments in university teaching. Annual Congress of the South African Psychological Association: Skukuza.
- Edwards, D. J. A. (1977). Nutrition and psychological health : implications for therapy. Annual Congress of the South African Psychological Association: University of Port Elizabeth.
- Edwards, D. J. A. (1977). Relations between the generations and cultural transition : A study of interpersonal distance and orientation schemata. Annual Congress of the South African Psychological Association: University of Port Elizabeth.
- Edwards, D. J. A. (1979). Touching in psychotherapy : ethical and professional issues. Joint Psychology Congress: University of Potchefstroom.
- Edwards, D. J. A. (1979). Perception of crowding and tolerance of interpersonal proximity and separation of black and white high school children. Joint Psychology Congress: University of Potchefstroom.
- Edwards, D. J. A. (1979). An analysis of the relationship between nutrition and psychological health. Colloquium on malnutrition in Southern Africa. Institute for Behavioural Sciences, UNISA.
- Edwards, D. J. A. (1982). Perception of personality and social behaviour in different racial groups by black and white university students. National Psychology Congress, University of the Orange Free State.
- Edwards, D. J. A. (1984). Authoritarianism in South Africa: A conceptual challenge for Social Science. International conference on Authoritarianism and Dogmatism. State University of New York, Potsdam,

New York.

- Edwards, D. J. A. (1986). The wilderness experience and the transformation of consciousness. Wilderness Psychology conference, Umfolozi Game Reserve, Natal.
- Edwards, D. J. A. (1986). Restructuring early memories through guided imagery: A cognitive analysis. Annual Congress of the Psychological Association of South Africa, Rand Afrikaans University.
- Edwards, D. J. A. (1987). Cognitive-behavioural and existential-phenomenological approaches to therapy: Complementary or conflicting paradigms? Annual Congress of the Psychological Association of South Africa, University of Cape Town.
- Edwards, D. J. A. (1988). Treatment of multiple behavioural problems in a retarded child in a South African Township (with Geraldine Bailey). Behaviour Therapy World Congress, Edinburgh, Scotland (September).
- Edwards, D. J. A. (1988). Differences in self-control strategies in black and white South African university students: Implications for counselling and therapy. (With Susan Riordan). Behaviour Therapy World Congress, Edinburgh, Scotland (September).
- Edwards, D. J. A. (1989). Research and reality: How clinical theory and practice are actually developed - Case study method in cognitive behaviour therapy. Conference on knowledge and method, Centre for Research Methodology, Human Sciences Research Council, Pretoria (January).
- Edwards, D. J. A. (1989). Duquesne phenomenological research method as a special class of case study research method. Symposium on phenomenology and qualitative research in psychology. Montana Park, Pretoria (June).
- Edwards, D. J. A. (1989). Case study research method: The hidden cornerstone of theory and practice in cognitive therapy. World Congress of Cognitive Therapy. Oxford, England (June).
- Edwards, D. J. A. (1989). Case study research method: The hidden cornerstone of theory and practice in cognitive therapy. Annual congress of the Psychological Association of South Africa, Durban (September).
- Edwards, D. J. A. (1990, October). *Application of psychoeducational and biobehavioural approaches to hypertension in a deprived black community: A conceptual analysis and some preliminary case studies.* Annual congress of the Psychological Association of South Africa, University of Port Elizabeth.
- Edwards, D. J. A. (1991, June). *The old gods are awakening: A phenomenological case study of spiritual emergence.* The Second symposium on phenomenology and qualitative research in psychology. Rhodes University, Grahamstown.
- Edwards, D. J. A. (1991, July). *Lifestyle, stress and hypertension. Can behavioural change help? Lessons from individual case studies.* Annual Conference of the Association for Sociology in Southern Africa, University of Cape Town.
- Edwards, D. J. A. (1991, September). *Transpersonal psychology: Understanding and working with spiritual emergence.* International Forum for Religion and Culture. Pretoria: University of South Africa.
- Edwards, D. J. A., Leger, P. & Riordan, S. (1991, October). *Psychometric properties of Rosenbaum's self-control schedule and Altemeyer's Right-wing authoritarianism scale in black and white South African students: More bad news for users of instruments developed in the first world.* Annual congress of the Psychological Association of South Africa, University of Pretoria.
- Edwards, D. J. A. & Losinsky, R. (1991, October). *The cognitive-behavioural treatment of essential hypertension: A case study.* Annual congress of the Psychological Association of South Africa, University of Pretoria.
- Edwards, D. J. A. (1991, October). *The future identity of clinical psychology in South Africa.* Presentation to a panel discussion: Annual congress of the Psychological Association of South Africa, Univ. of Pretoria.
- Edwards, D. J. A. (1992, June). *Working with spiritual emergence* (Video documentary). International Transpersonal Association Conference, Prague, Czechoslovakia.
- Edwards, D. J. A. (1992, August). *The transference drama: A karmic perspective.* Association for Transpersonal Psychology Annual Conference: Monterey, California.
- Edwards, D. J. A. (1992, October). *Priorities for determining the content and quality of professional training in*

- clinical psychology*. South African Society for Clinical Psychology: Conference on Training, University of Stellenbosch.
- Edwards, D. J. A. (1993, September). *Professional training in clinical psychology*. Professional Board for Psychology Forum on The role and function of psychology in a new South Africa. Holiday Inn Garden Court Hotel, Johannesburg.
- Edwards, D. J. A. (1993, September). *Symposium on training in clinical psychology: Psychological assessment*. Convenor and chairperson. The annual congress of the Psychological Association of South Africa, Elangeni Hotel, Durban.
- Edwards, D. J. A. (1993, September). *Symposium on training in clinical psychology: Psychotherapy*. Convenor and chairperson. The annual congress of the Psychological Association of South Africa, Elangeni Hotel, Durban.
- Edwards, D. J. A. (1994, January). *Is the diagnosis and treatment of spirit possession a proper professional activity for a clinical psychologist?* Psychology and Societal Transformation Conference. University of the Western Cape.
- Edwards, D. J. A. (1994, January). *The process of developing guidelines for professional training in psychology*. Contribution to a symposium on training in psychology. Psychology and Societal Transformation Conference. University of the Western Cape.
- Edwards, D. J. A. (1994, January). *How to contribute towards the the future of clinical psychology*. State of the art lecture on clinical psychology, Psychology and Societal Transformation Conference. University of the Western Cape.
- Edwards, D. J. A. (1994, August). *Purification, empowerment and initiation in intensive altered states psychotherapy: Part 1 - Undoing the legacy of patriarchy: Purification and empowerment in the restoration of feminine power*. Video presentation and workshop presented at the Third European Transpersonal Conference, Regent's College, London.
- Edwards, D. J. A. (1994, August). *Purification, empowerment and initiation in intensive altered states psychotherapy: Part 2 - Images of empowerment and initiation*. Video presentation and workshop presented at the Third European Transpersonal Conference, Regent's College, London.
- Edwards, D. J. A. (1995, March). *Integrating inner child work into cognitive therapy for panic: A case study*. First conference of the Psychological Society of South Africa, University of Pietermaritzburg .
- Edwards, D. J. A. (1995, March). *Education and credentialling in psychology: What does the new South Africa need?* First conference of the Psychological Society of South Africa, University of Pietermaritzburg.
- Edwards, D. J. A. (1995, June). *Spiritual transformation through intensive altered states psychotherapy: Marian's story*. Video documentary presented at the Fourteenth Conference of the International Transpersonal Association, Santa Clara, California.
- Edwards, D. J. A. (1997, July). *Designing a cognitive-behavioural programme for the treatment of hypertension within the South African primary health care setting*. Paper presented at the 25th Anniversary conference of the British Association for Behavioural and Cognitive Psychotherapy. Canterbury, UK.
- Steele, G., & Edwards, D. J. A. (1997, September). *The feasibility of translating the Beck Depression Inventory and the Beck Anxiety Inventory into Xhosa*. Paper presented at the 3rd Annual conference of the Psychological Association of South Africa, Durban. (Attended and presented by Gary Steele).
- Edwards, D. J. A. (1999, August). *Validity in case study research*. Contribution to a symposium on Case Study Research Methodology. American Psychological Association National Convention, Boston MA.
- Edwards, D. J. A. (2000, June). Chairperson of a symposium entitled, *South African CBT research and practice at the millennium*. World Congress of Cognitive Therapy, International Association for Cognitive Psychotherapy, Catania, Italy. The symposium included: Edwards, D. J. A., & Wohlman, M. A., *Testing a cognitive-behavioural treatment model for chronic pain: Three case studies*.
- Edwards, D. J. A. (2001, June). *Implicational knowing and the inner child — Restructuring meaning through guided imagery in schema focussed cognitive therapy*. Paper presented at the First South African

- Conference for Psychotherapy organized by the South African Association for Psychotherapy, at Rhodes University, Grahamstown.
- Edwards, D. J. A., Kannan, S. & Henwood, J. (2002, July). *A case-based evaluation of a group treatment for social phobia based on the model of Clark and Wells*. Paper presented at the Conference of the British Association for Behavioural and Cognitive Psychotherapy, University of Warwick, UK.
- Edwards, D. J. A. (2003, June). Second South African Conference for Psychotherapy organized by the South African Association for Psychotherapy, at Rhodes University, Grahamstown: (1) Presented paper: *Mythic and theoretic aspects of the concept of 'the unconscious' in popular and psychological discourse*. (2) Chaired symposium entitled *Trauma and posttraumatic stress: clinical dilemmas for those offering of support, management and treatment*, which included a paper entitled *Understanding the psychological effects of trauma: Implications for supportive counselling, debriefing and psychotherapy*.
- Edwards, D. J. A. (2004, August). Critical Methods 9: Trauma in context. National Conference on Victim Empowerment, International Conference Centre, Durban. Presented a paper: *A research model for developing evidence-based practice in the treatment of PTSD in South African contexts*.
- Edwards, D. J. A. (2005, June). International Congress of Cognitive Psychotherapy, Gothenborg, Sweden. Symposium presentation: *Guided imagery and the transformation of implicational meaning in psychotherapy*.
- Edwards, D. J. A. & Karpelowsky, B. J. (2005, June). International Congress of Cognitive Psychotherapy, Gothenborg, Sweden. Presented a paper: *Challenges and dilemmas for therapists working with imagery in the treatment of PTSD: A case study*.
- Edwards, D. J. A. (2006, June). Conference of the Society for Psychotherapy Research, Edinburgh, Scotland. Presented a paper entitled *The role of systematic case studies in the development of evidence-based practice* at a panel entitled, "A Marriage Made in Heaven: Systematic Case Studies and Psychotherapy Research."
- Edwards, D. J. A. (2006, November). Conference on Memory, narrative & forgiveness: Reflecting on Ten Years of South Africa's Truth and Reconciliation Commission. University of Cape Town. Presented a paper entitled *The lasting legacy of trauma: Understanding obstacles to forgiveness and to the resolution of negative post-traumatic experiences*.
- Payne, C., & Edwards, D. J. A. (2007). The 8th Annual National Conference of the South African Professional Society on the Abuse of Children, Pretoria, 15-17 May. Presented a paper entitled *Breaking the silence of child rape*.
- Edwards, D. J. A. (2007, July). World Congress of Behavioural and Cognitive Therapies, Barcelona, Spain. (1) Organized and chaired a symposium entitled "The role of case studies in the refinement of evidence-based practice in the treatment of posttraumatic stress disorder." This included an introductory paper entitled *The role of case studies in the development and refinement of evidence-based practice* and a paper by Davidow, A., & Edwards, D. J. A. entitled *Treatment of PTSD and depression in a black South African rape survivor: A case based evaluation of Ehlers and Clark's clinical model*. (2) Presented a paper entitled *Mindfulness meditation and transpersonal psychology* at a symposium entitled "Mindfulness and Meditation in various religious traditions to promote positive mental health." (3) Presented a paper entitled *Gabriel: A cognitive therapy case formulation and approach to treatment* at a symposium entitled "Therapeutic convergences and divergences of cognitive models: Implications for training."
- Edwards, D. J. A. (2008, March). Conference on "Trauma: Contemporary Psychotherapeutic Approaches: A South African Congress" at George, Western Cape. Presented a workshop entitled: *Using imagery techniques and behavioural experiments to integrate fragmented or dissociated trauma memories into autobiographical memory*.
- Edwards, D. J. A. (2008, June). Conference of the Society for Psychotherapy Research, Barcelona, Spain. Presented a paper entitled *The role of case formulation in guiding differential strategic decisions in the conduct of cognitive-behavioral treatment with PTSD clients* on a panel entitled *Finding gold in the*

- psychotherapy case study: using "pragmatic case studies" to explore the quality, process, and effectiveness of case formulation in therapy.*
- Edwards, D. J. A. (2009, July). 37<sup>th</sup> Conference of the British Association for Behavioural and Cognitive Psychotherapy, Exeter, United Kingdom. Convened a clinical symposium entitled, *Using imagery and chair dialogue to rescript early maladaptive cognitive patterns: Case studies in posttraumatic stress and schema therapy*. Presented an introduction entitled, *Introduction: Imagery and chair dialogue in psychotherapy, rationale and role*, and a case study entitled, *Fighting the Overcontroller: Working with schema modes in a young woman with an eating disorder and diabetes mellitus*.
- Edwards, D. J. A. (2009, December). "Jabulani's children." Presentation to invited workshop at the Conference on "Beyond Reconciliation: Dealing with the Aftermath of Mass Trauma and Political Violence," University of Cape Town.
- Edwards, D. J. A. (2010, February). *Guided imagery and imagery rescripting in psychotherapy: Historical overview, conceptual framework and principles of practice*. Invited Keynote Address at a conference on "The changing faces of psychotherapy" at the Protea Hotel Stellenbosch. Milton Erickson Institute of South Africa.
- Edwards, D. J. A. (2010, July). *Experiential work with imagery and dialogue methods in psychotherapy: Historical development, current practice and significance within schema therapy*. Invited Keynote Address. Conference of the International Society of Schema Therapy (ISST), Berlin, Germany.
- Edwards, D. J. A. (2011, March). *Working with hotspots, imagery rescripting and schema modes in the treatment of simple and complex PTSD*. Presentation at the Hope after trauma conference, Protea Hotel, Stellenbosch.
- Edwards, D. J. A. (2011, July). *Rescripting an adolescent rite of passage: An African experience* as part of a panel I convened entitled *Case studies in case formulation and strategic intervention in schema therapy*. Presented at the Conference of the Society for Psychotherapy Research, University of Bern, Switzerland.
- Edwards, D. J. A. (2011, October). *Responsive treatment of PTSD in South Africa: A contextual evidence-based model for case formulation and treatment planning*. Symposium presentation at the World Mental Health Congress, International Convention Centre, Cape Town.
- Edwards, D. J. A. (2011, November). *Parts of the self in schema therapy: The strategic use of schema modes in working with personality disorders*. Invited keynote address at the Teile Therapie Tagung (Parts Therapy Congress), Heidelberg, Germany.
- Edwards, D. J. A. (2012, May). *Overcoming obstacles to reparenting the inner child*. Presentation at the Conference of the International society for Schema Therapy, World Trade Centre, New York.
- Edwards, D. J. A. (2012, July). *Strategic decision making in treating posttraumatic stress disorder: Qualitative investigations of therapist responsiveness in a South African case series*. Symposium presentation at the International Congress of Psychology, International Convention Centre, Cape Town.
- Edwards, D. J. A. (2013, July). Convened panel entitled: *Modifying early schemas in schema therapy and emotion-focused therapy. Case-based investigations of change processes* and contributed paper entitled: *Building a circle of safety and healing: Imagery rescripting and the transformation process in a case of complex trauma*. Annual conference of the Society for Psychotherapy Research, Brisbane, Australia.
- Edwards, D. J. A. (2014, June). *Exploring the interface between personal healing and spiritual development: An interpretive examination of the rescripting of personal and symbolic imagery in the case of Nina*. Presentation at the Conference of the International society for Schema Therapy, Istanbul, Turkey.
- Edwards, D. J. A. (2015, November). *Creative trajectories of healing in schema therapy: The cases of Kelly and Nina*. Presentation at the Teile Therapie Tagung (Parts of the Self Therapy Congress), Heidelberg, Germany.
- Edwards, D. J. A. (2016, July). *When is a parent mode not a parent mode? When it's an overcontroller - Differentiating punitive, dismissive and demanding voices and the modes they can be located in*. Presentation at the Conference of the International society for Schema Therapy, Vienna, Austria.



- Edwards, D. J. A. (2018). *Schema therapy 2018 — The state of the science and the state of the art*. Keynote address at the Clinical Conference of the Australian Psychological Association, Adelaide, South Australia.
- Edwards, D. J. A. (2018). *From technique to craft in schema therapy: Integrating conceptualization and therapy skills within the unfolding process*. Workshop presented at the Clinical Conference of the Australian Psychological Association, Adelaide, South Australia.
- Stevens, B., and Edwards, D. J. A. (2018). *Schema therapy for difficult couple issues*. Workshop presented at the Clinical Conference of the Australian Psychological Association, Adelaide, South Australia.
- Edwards, D. J. A. (2018). *How schema therapists work with parts of the self to bring about corrective experiences in the deep structure of personality*. Keynote address at the Teile Therapie Tagung (Parts of the Self Therapy Congress), Heidelberg, Germany.
- Edwards, D. J. A. (2018). *Identity, memory and imagination: Guided imagery and imagery rescripting and the new science of autobiographical memory*. Workshop presented at the Teile Therapie Tagung (Parts of the Self Therapy Congress), Heidelberg, Germany.
- Edwards, D. J. A. (2019). *Working with the deep structure of schema modes*. Workshop presented at ENLIGHT 2020 meeting of the International Society of Schema Therapy, Edinburgh, Scotland.

### Other Conferences Attended

- 1988: International Transpersonal Association Congress, Santa Rosa, California (5 days: October)
- 1989: Conference on Training. Psychological Association of South Africa, Durban. Invited to chair a symposium (2 days: September).
- 1990: Conference on the future of the Psychological Association of South Africa ('The Wits Indaba'). University of the Witwatersrand, Johannesburg. (2 days: January).
- 1990: European Health Psychology Society, 4th annual conference. Oxford University (3 days, July).
- 1992: 25th International Congress of Psychology. Brussels (5 days, July)
- 1992: Annual Conference of the Psychological Association of South Africa, Stellenbosch (3 days).
- 1999: Conference of the International Neuropsychological Society, Durban (4 days, July).
- 2006: Two day conference and workshops on Imagery in Psychotherapy, British Association of Behavioural and Cognitive Psychotherapy, London.
- 2008: Two day conference and workshops on schema therapy, British Association of Behavioural and Cognitive Psychotherapy, London.
- 2013: One day workshop on "Violence and safety" with Professor Arlene Vetere, London, British Psychological Society.

## **PROFESSIONAL TRAINING, WORKSHOPS AND PUBLIC LECTURES**

### **Professional training workshops**

May 1986	1 day	'Fundamentals of Cognitive Therapy. Department of Psychology, University of Natal, Durban
May 1986	1 day	'Fundamentals of Cognitive Therapy: A workshop'. Department of Psychology, University of Natal, Pietermaritzburg.
Oct. 1987	1 day	'Fundamentals of Cognitive Therapy: A workshop'. Department of Psychology, University of Port Elizabeth
May 1988	2 days	'Fundamentals of Cognitive Therapy: A workshop'. Weekend workshop for psychologists and psychiatrists, East London
Sept. 1992	1 day	'Working with clay sculpture'. Annual Conference of the Psychological Association of S. A., University of Stellenbosch
Sept. 1993	1 day	'Case conceptualisation in cognitive therapy'. Annual Conference of the Psychological Association of S. A., Elangeni Hotel, Durban
January 1994	1 day	'Case conceptualisation in cognitive therapy'. Psychology and Societal Transformation Conference. U. of the Western Cape.
Nov. 1999	1 day	Working with clay sculpture. Presented to the South African Institute of Psychotherapy, Cape Town Branch.
October 2001	1 day	<i>Using guided imagery in schema-focussed cognitive therapy.</i> Presented to the South African Institute of Psychotherapy, Cape Town Branch.
Nov. 2003	1 day	<i>Transpersonal psychotherapy.</i> Presented to the South African Institute of Psychotherapy, Port Elizabeth Branch.
March to Oct. 2009	16 x 2 hours	<i>Schema therapy training series</i> of workshops with theory, DVD materials and case presentations. Rhodes University, Grahamstown
Mar. 2009	2 hrs	<i>Schema therapy.</i> CPDwell programme, University of Stellenbosch.
Feb 2010	3 hours	<i>Schema therapy.</i> Workshop at a conference on "The changing faces of psychotherapy. Protea Hotel Stellenbosch. Milton Erickson Institute of SA.
March 2010	2 hours	<i>Current approaches to the treatment of posttraumatic stress disorder.</i> Professional Development, Port Elizabeth.
April 2010	2x2 hrs	<i>Working with bereavement and grief.</i> Child Welfare, Grahamstown
May 2010	7 hours	<i>Schema therapy.</i> Professional Development, Port Elizabeth.
June 2010	3 days	<i>Schema Therapy.</i> Stockholm Sweden.
Sept. 2010	2 hours	<i>Current approaches to the treatment of posttraumatic stress disorder.</i> Professional Development, Port Elizabeth.

Sept. 2010	2 hours	<i>Imagery rescripting and chair dialogue work for complex trauma: Practical applications of schema therapy.</i> Professional Development, Port Elizabeth.
March to Nov. 2010	16 x 2 hours	<i>Schema therapy training series</i> of workshops with theory, DVD materials and case presentations.
February 2011	6 hours	<i>Schema therapy for eating disorders and personality disorders.</i> Professional Development, Port Elizabeth.
March 2011	3 hours	<i>Working with hotspots, imagery rescripting and schema modes in the treatment of simple and complex PTSD.</i> Presented at a conference on "Hope after Trauma" at Protea Hotel Stellenbosch. Stefanie Badenhorst Training Unit.
Nov. 2011	3 hours	<i>Schema therapy for complex cases.</i> Presented at <i>Teile therapie tagung (Parts therapy congress)</i> , Heidelberg, Germany.
March to Oct. 2011	16 x 1½ hours	<i>Schema therapy training series</i> of workshops with theory, DVD materials and case presentations. Rhodes University, Grahamstown.
May 2012	12 hours	<i>Schema therapy: introduction and application to eating disorders and addictions.</i> Kingsbury Hospital Cape Town.
June 2012	1½ hours	<i>Overcoming obstacles to reparenting the inner child.</i> 5 <sup>th</sup> conference of the International Society of Schema Therapy, 7 World Trade Center, New York.
Feb. to June 2012	8 x 1½ hours	<i>Group schema therapy.</i> Series of workshops with DVD illustrations, Rhodes University, Grahamstown
Dec. 2012	12 hours	<i>Chairwork and imagery dialogues in schema therapy – Theory and practice.</i> Kingsbury Hospital Cape Town.
July 2013	6 hours	<i>Schema therapy, attachment theory and the use of reparenting and imagery to heal the vulnerable child.</i> Brisbane, Australia. Australian Psychological Society.
July 2013	12 hours	<i>Schema therapy, attachment theory and the use of reparenting and imagery to heal the vulnerable child.</i> Melbourne, Australia. Australian Psychological Soc.
Aug. 2013	6 hours	<i>Schema therapy - The basics.</i> Crescent Clinic Cape Town.
Aug. 2013	12 hours	<i>Schema therapy - Learning by experience.</i> Crescent Clinic Cape Town.
April 2014	3 hours	<i>When trauma-focused therapy fails - the schema therapy approach to complex trauma.</i> 2nd MEISA Trauma Congress, Protea Hotel, Stellenbosch
Nov. 2014	12 hours	<i>Schema therapy for personality disorders.</i> Southern Sun Hotel Cape Town.
March 2015	3 days	Schema therapy training course Part 1 (Days 1 – 3) – Southern Sun Hotel, Newlands, Cape Town.

Oct. 2015	1½ hours	Schema therapy: an integrative approach to personality disorders, and other complex cases. Department of Psychology, University of Stellenbosch, CPDWell programme.
March 2016	3 days	Schema therapy training course Part 2 (Days 4 – 6) – Southern Sun Hotel, Newlands, Cape Town.
March 2017	3 days	Schema therapy training course Part 1 (Days 1 – 3) – The Cellars, Hohenort, Constantia, Cape Town.
June 2017	1 day	Advanced work with schema modes: Theory and practice. International Society of Schema Therapy Summer School. Barcelona, Spain.
August 2017	1½ days	Introduction to Schema Therapy. University of Stellenbosch. Masters in Clinical Psychology.
September 2017	1 day	Using imagery to effect psychological change in clients with chronic, complex problems, with special reference to Schema Therapy. British Psychological Society. Stranmillis University College, Belfast, Northern Ireland.
September 2017	1½ days	Identity, memory and imagination: Guided imagery and imagery rescripting and the new science of autobiographical memory. Wil, Zurich, Switzerland. For Institut für Schematherapie Ostschweiz.
September	1 day	Imagination and autobiographical memory: Advanced imagery rescripting in schema therapy. Cologne, Switzerland. Institut für Schematherapie Köln.
February 2018	3 days	Schema therapy training course Part 1 (Days 2 – 6) – High Constantia Conference Centre, Constantia, Cape Town.
April 2018	2 days	Advanced Methods of Promoting Corrective Experiences in Schema Therapy. Perth, Australia.
April 2008	2 days	Advanced Methods of Promoting Corrective Experiences in Schema Therapy. Melbourne, Australia.
April 2018	1 day	Schema therapy for couples. Presented with Bruce Stevens, Australian Psychological Society Clinical Conference, Adelaide
April 2018	1 day	From technique to craft in schema therapy: Integrating conceptualization and therapy skills within the unfolding process. Australian Psychological Society Clinical Conference, Adelaide
May 2019	2 days	Experiential work with the deep structure of schema modes. Workshop for Psylife, Cluj-Napoca, Romania.

### Experiential training workshops

<b><i>Fundamentals of co-counselling: A 36 hour workshop for 8-16 people, based on University of Surrey model. Includes training in self awareness, exploration of feelings, use of role play and expressive arts.</i></b>	
1979 & 1980	Three workshops each year for Psychology 3 and Psychology Honours students.

1981/2	Two workshops each year for Psychology 3 students.	
1983	One workshop for Psychology 3 students.	
1987 -1995	One workshop each year for Psychology Honours students.	
1996	One workshop for Psychology Honours and Masters students.	
<b>Transpersonal psychology intensive:</b> Included expressive work with clay, drawing, music and movement, meditation, group process, and individual work)		
1981	4 days	For Honours students. Hogsback (Greg Lourens co-leader).
1982-1983, 1986-1989	4 days	for Honours students. Nieu Bethesda.
1990 & 1991	5 days	For Honours students. Heidehof, Natures Valley (Lisl Foss co-leader).
1991-2	12 x 3 hrs	Open workshop, Grahamstown (1991: assisted by Charlotte Jefferay).
1992 - 1994	5 days	For Honours students. Heidehof, Natures Valley(Co-leader: Dr. Pam Roux 1992 &1993; Jenny Lawrence 1994).
1995 & 1996	2 x 2 days	For Honours students. Kasoega.
1998	5 days	For Honours students. Kenton-on-Sea
1999-2001, 2003	5 days	For Honours students. 1820 Monument, Grahamstown.
<b>Holotropic breathwork</b>		
Oct. 1995	2 days	'Holotropic breathwork'. Presented in East London.
Nov. 1995	2 days	'Holotropic breathwork'. Presented in Grahamstown
<b>Workshops for organizations</b>		
Nov.1995/Ja n 1996	2 x 3 days	Human Resources Division of a bank with Bruce Copley of AHAA! Learning, in Gauteng. Included methods from co-counselling, dance therapy, breathwork, and group work.
Jan. 1996	One day	Human Resources Division of a bank with Bruce Copley of AHAA! Learning, in Gauteng. Facilitated one day of a two day personal growth workshop including dance therapy, clay sculpture and breathwork.
Apr. 1996	Four days	Human Resources Division of a bank with Bruce Copley of AHAA! Learning, in Cape Town. Co-counselling, dance therapy, group process and breathwork.

## Other Lectures and Talks

- 1979 (October) 'The Psychology of Meditation'. Two lectures presented on SABC 'University of the Air'.
- 1985 (October) 'Cognition in psychotherapy: Undoing the systematic denial of the obvious'. Address to the border branch of the Psychological Association of South Africa.
- 1987 (March) 'Handling crying and tantrums'. Talk to Parenting Support Group, Grahamstown.
- 1987 (October) 'The play of surface and depth in the art of psychotherapy for anxiety and depression'. Inaugural lecture, Rhodes University.
- 1987 (October) 'Understanding and overcoming anorexia nervosa and bulimia'. Public lecture sponsored by the Eating Disorders Resources Committee.
- 1988 (May) 'Understanding and overcoming anorexia nervosa and bulimia'. Symposium on mental health, Port Alfred.
- 1988 (September) 'Contemporary cognitive therapy'. Workshop presentation to Psychiatry residents, Columbia University, New York.
- 1988 (September) 'Cognitive-behavioural and existential-phenomenological approaches to therapy: Complementary or conflicting paradigms?' Lecture to postgraduates and Faculty at the Department of Psychology, Duquesne University, Pittsburgh.
- 1988 (September) 'Cognitive therapy and its relationship to personal growth'. Lecture to students in the Department of Psychology, Sonoma State University, Rohnert Park, California.
- 1989 (February) 'To discipline or not to discipline'. Talk to Parenting support Group, Grahamstown.
- 1989 (May) 'Eating disorders: What they are and how to get help'. Lecture to scholars at Kingswood College, Grahamstown.
- 1989 (August) 'Eating disorders: What they are and how to get help'. Campus lecture sponsored by the Eating Disorders Resources Committee, Rhodes University.
- 1989 (September) 'Transpersonal psychology, self-discovery and the journey into inner space'. Lunch-time lecture. Rhodes University, East London.
- 1989 (October) 'The management and treatment of anorexia nervosa and bulimia: Psychological perspectives'. Contribution to a forum organised by the local branch of the Medical Association of South Africa and the Family Practice group, Settler's Hospital, Grahamstown.
- 1990 (February) 'Techniques for reducing examination anxiety'. Contribution to a panel presentation to Academic Skills tutors, Rhodes University.
- 1990 (February) Chairperson of a debate: 'Maintaining first world standards in a third world situation'. Part of New Lecturers Orientation Course, Rhodes University.
- 1990 (March) 'Current developments regarding the future of PASA'. Presentation to the Border Branch of the Psychological Association of South Africa (With Dr. Andy Gilbert).
- 1990 (April) 'Learning to learn: Memory'. Presentation for the Rhodes Academic Skills Programme.
- 1990 (April) 'PASA - Time for change? Briefing on the deliberations of the PASA task force'. Presentation to the Eastern Cape Branch of the Psychological Association of South Africa.
- 1990 (May) 'PASA - Time for change? Briefing on the deliberations of the PASA task force'. Presentation to the Talk to members of the Psychological Association of South Africa, East London.
- 1990 (May) 'Cognitive and behavioural approaches to the treatment of anorexia nervosa and bulimia'. Open lecture at the East London campus of Rhodes University.
- 1990 (May) 'The hidden meaning of striving to be thin'. Contribution to a presentation on eating disorders for school teachers and counsellors. St. Andrews College, Grahamstown.
- 1990 (August) 'How to get your memory to work for you'. Lecture to the Ikhonco program for senior high school learners.
- 1991 (April) 'Techniques for psychospiritual discovery and their implications for our understanding of consciousness and identity'. Talk to a colloquium in the Department of Physics and Electronics,

- Rhodes University.
- 1991 (May) 'Hypertension: The challenge for South African Health Psychology'. Institute of Social and Economic Research Seminar, Rhodes University.
  - 1991 (May) 'Cognitive-behavioural treatment programs for sexual offenders'. Lecture organised by the Law Students' Council, Rhodes University.
  - 1991 (October) 'How to get your memory to work for you'. Lecture for Grahamstown Tertiary Education Bridging project.
  - 1992 (August) 'Healing mechanisms in past life therapy'. Seminar for psychiatry residents, University of Columbia, New York.
  - 1992 (October) 'Working with clay sculpture'. One day workshop presented at the Annual Conference of the Psychological Association of South Africa, University of Stellenbosch.
  - 1992 (November) 'Healing mechanisms in past life therapy'. Presentation to the Border branch of the South African Society for Clinical Psychologists, Grahamstown.
  - 1993 (April) 'Cognitive therapy for depression'. Presentation at a Psychiatric Update sponsored by Fort England Hospital and Rhodes University Psychology Department, Grahamstown.
  - 1993 (July) 'Past life therapy'. Presentation at Rhodesfest: A series of lectures sponsored by the University at the Grahamstown Festival.
  - 1993 (August) 'Diet, vegetarianism and psychological health'. Lecture to fourth year Pharmacy students.
  - 1993 (August) 'The return of the repressed feminine'. Talk at the opening of art exhibition: The search for the feminine face of God. 1820 Settlers Museum, Grahamstown.
  - 1993 (August) 'Working with spiritual emergence'. Presentation and discussion of video documentary: South African Society of Clinical Hypnosis, Pretoria.
  - 1993 (October) 'The assimilation model in psychotherapy'. Presentation to the Journal club at Fort England Hospital, Grahamstown.
  - 1994 (March) 'Ruptures in the therapeutic alliance: Four papers by Jeremy Safran'. Presentation to the Journal club at Fort England Hospital, Grahamstown.
  - 1994 (September) 'Purification empowerment and initiation in intensive altered states psychotherapy. Presentation to the PhD in Psychology program at the California Institute of Integral Studies, San Francisco, California.
  - 1995 (April) 'Spirit and psyche and the nature of psychotherapy. New perspectives on spirit possession, dissociation and the nature of the complex. Presentation to the Border branch of the South African Society for Clinical Psychologists, Grahamstown.
  - 1995 (August) 'Ecology and recycling'. Interview on a Rhodes Music Radio Talk show.
  - 1995 (November) 'The multistate paradigm and past-life therapy'. Medical Hypnoanalysis study group. Pretoria.
  - 1995 (November) 'Transpersonal psychology and mental health in South Africa'. Presentation to the Journal club at Fort England Hospital, Grahamstown.
  - 1995 (November) 'Dying as an altered state of consciousness'. Hospice Association, Grahamstown.
  - 1995 (November) 'Transpersonal psychology and mental health in South Africa'. Presentation to the Journal club at Fort England Hospital, Grahamstown.
  - 1996 (May) 'Eating disorders'. Interview on a Rhodes Music Radio Talk show.
  - 1997 (August) 'Cognitive therapy for panic, eating disorders and chronic fatigue: Report back from the BABCP conference'. Presentation to the Journal club at Fort England Hospital, Grahamstown.
  - 1997 (September) 'Alcoholism'. Contribution to 'Body Basics' on a Rhodes Music Radio Talk show.
  - 1998 (March) 'Stress' contribution to a panel presentation for the Grahamstown Mental Health Society.
  - 1999 (August) 'Working with imagery in cognitive therapy'. Seminar presented at the Beck Institute, Philadelphia.
  - 2000 (March) 'A cognitive group therapy programme for paranoid schizophrenia: Two articles by Levine

- and colleagues'. Presentation to the Journal club at Fort England Hospital, Grahamstown.
- 2000 (August) 'Appearance and reality: Reflections on the psychology of the unconscious.' Vice-Chancellor's Distinguished Teaching Award lecture.
- 2000 (November) ' "... with Etna smoking": Report back from the conference of the International Association for Cognitive Psychotherapy in Catania, Sicily'. Presentation to the Journal club at Fort England Hospital, Grahamstown.
- 2004 'Developing evidence-based practice: The role of case-based research.' Research Seminar, Department of Psychology, Rhodes University.
- 2006 (April). 'Trauma and its psychological sequelae: Implications for crisis support, counselling, and psychotherapy.' Seminar to certificate course in Forensic Psychology, Rhodes University.
- 2007 (March). 'Collaborative versus adversarial stances in scientific discourse: Implications for the role of systematic case studies in the development of evidence-based practice in psychotherapy.' Research seminar, Department of Psychology.
- 2007 (April). 'Collaborative versus adversarial stances in scientific discourse: Implications for the role of systematic case studies in the development of evidence-based practice in psychotherapy.' Seminar to the staff at the Counselling Centre, Rhodes University.
- 2007 (July) 'A methodological framework for establishing evidence-based practice in psychotherapy: Challenging ideological obstacles from the medical research paradigm.' Dean of Humanities seminar, Rhodes University.
- 2007 (July) 'Managing stress.' Presentation to a conference of Grahamstown Hospice.
- 2011 (March) 'History of experiential techniques and their integration into schema therapy.' Department of Psychology, Rhodes University.
- 2011 (July) 'Imagery interventions in schema therapy.' Presentation to Lakeside Mental Health Unit, West Middlesex Hospital, Brentford, UK.
- 2014 (April) 'Schema therapy: an efficacious integrative approach to personality disorders, eating disorders and chronic depression.' Lecture to CPD program at Valkenberg Hospital, Cape Town.
- 2016 (May) When trauma is hidden or when trauma-focused therapy fails – the schema therapy approach to complex trauma. Presentation to Traumaclinic, Kenilworth, Cape Town.

#### **Appendix A: Theses supervised to completion**

- Dec. 1980. J. R. Fieldsend: Masters thesis. The inter-relationship of physical fitness, somatotype, body cathexis and personality in white schoolboys.
- Feb 1981. A. E. Dares. Master's in Clinical Psychology. Validity study of the Rathus assertiveness schedule with South African university students.
- Jan 1982. Mark Thorpe. Master's in Clinical Psychology. Psychodiagnostics in a Xhosa Zionist church.
- Jan. 1983. G. K. Norton: Masters thesis. Behavioural methods for the control of exam anxiety.
- June 1986. P.D.R. Shaw: Masters thesis. A study of alienation and personality traits conducted among "coloured" and white males in South Africa.
- Feb. 1988. Reuven Bar-On. PhD. Development of an assessment instrument for psychological well-being.
- Jan 1989. K. T. V. Gule. Master's in Clinical Psychology. Attitudes and experiences of black students at Rhodes University.
- Feb. 1989. Brian Morrow. Master's in Clinical Psychology. Self-concept in black high-school children.
- Dec. 1989. Ernest Kaplan: Masters thesis. The empty nest stage of life: A comparative study of women and men facing transition.
- Jan. 1990 K. A. Robinson: Masters half-thesis. Gender stereotypes of English and Xhosa undergraduate students.
- Feb. 1990. J. S. Riordan: Masters half-thesis. An exploration of high self control scores among South African university students.



Jan. 1991. B. Miller: Masters thesis. Interrelationship between group commitment, religiosity, marital adjustment and attitude to divorce.

Jan. 1991. Gary Koen. Master's in Clinical Psychology. Combat-related PTSD: A soldier's story.

Jan. 1991. M. L. Crowley: Masters thesis. The meaning of stress: A qualitative approach.

Jan. 1991. Rory Losinsky. Master's half thesis. Cognitive-behavioural treatment of essential hypertension in an urban Xhosa woman - a case study.

March 1991. Paul Leger. Master's half thesis. An assessment of a new personality measure of authoritarianism in the South African context.

Nov. 1996. S. Oberholzer. PhD. A case study of transpersonal themes in psychotherapy.

Apr. 1997. Zelda Knight. A transpersonal feminist perspective on a case of regression therapy.

Apr. 1998. E. Besseling. Master's in Clinical Psychology. Stress response moderators in coping with stressors related to industrial action.

Jan. 1999. Ula Horwitz. Master's in Counselling Psychology. A school reintegration program for burned children.

Apr 1999. Belinda Diers. Master's in Counselling Psychology. Claywork within the holographic paradigm.

Jan. 2000. Michael Wohlman. Master's in Counselling Psychology. CBT treatment of chronic pain: Three case studies.

Jan. 2000. Gerard Finnemore. Master's in Clinical Psychology. Investigation of the diagnosis of brain fog syndrome.

Jan 2000. David Fair. Master's in Counselling Psychology. Cultural understanding of dementia.

Mar. 2000. Mary Rusch. Master's in Clinical Psychology. CBT treatment of chronic fatigue syndrome.

Feb. 2002. Swetha Kannan. Master's thesis. Evaluation of a group cognitive therapy programme for social phobia.

Mar. 2002. Gary Steele. Master's thesis. Development and validation of the Xhosa versions of the BDI, BAI and BHS.

Jul. 2002. Matthew Watkin. Master's in Clinical Psychology. Experience of participants in a stress-reduction programme based on mindfulness meditation.

May. 2003. Maria Nulty. Master's in Clinical Psychology. Training and needs of nurses doing HIV counselling.

May 2003. Simona Castelletto. Master's in Clinical Psychology. Experiences of children with an HIV+ mother

June 2004. Belinda Karpelowsky. Master's in Clinical Psychology. Case study of the treatment of acute stress disorder.

Jun. 2004. Beauty Boo. Master's in Clinical Psychology. Case study of the process of becoming a Xhosa healer

Jun. 2004. Eugenia Mashalaba. Master's in Clinical Psychology. Treatment of conduct disorder at Amasango school.

Mar. 2005. Carin-Lee. Masters. Master's in Clinical Psychology. Use of clay sculpture in case formulation.

Oct. 2005. Sharon Frewen. PhD in psychotherapy. Group therapy for post heart attack patients.

Mar. 2006. Amy Davidow. Master's in Clinical Psychology. Case study of treatment of PTSD in a rape survivor.

Dec. 2006. Tracy-Ann Smith. Master's in Clinical Psychology. Treating PTSD: A case study.

Dec. 2006. Charmaine Payne. Master's in Clinical Psychology. Treating PTSD: A case study.

Dec. 2007. Francois van der Linde. Master's in Clinical Psychology. Treating PTSD: A case study.

Dec. 2007. Kerry Swartz. Master's in Clinical Psychology. Problems of transportability of PTSD treatments.

Dec. 2008. Sarah Laas. Master's in Clinical Psychology. Treating PTSD: A case study.

Oct. 2009. Cath Coetzee. PhD in Psychotherapy. Evaluation of a program for raising awareness of lesbian and gay issues among clinical psychology trainees.

Dec. 2010. Neliswa Sokutu. Master's in Clinical Psychology. Treating PTSD: A case study.

Dec. 2010. Samantha Fox. Master's in Clinical Psychology. Treating PTSD: A case study

Dec. 2010. Anita Padmanabhanunni. PhD. A series of systematic case studies on the treatment of rape-related PTSD in the South African context: implications for practice and policy.

June 2014: Lucy Draper-Clarke. PhD (Wits). From student to teacher: Finding mindful ways to grow in the face of stress.

#### **Appendix B: External examiner for Masters and PhD theses**

- 1988 University of Natal, Durban, Masters in Social Science. Title: Beliefs about rape in Newlands East: An interaction of the patriarchal ideology of rape, gender and sexuality.
- 1991 University of the Western Cape, Masters in Clinical Psychology. Title: Five key features of short term psychodynamic psychotherapy: A case study.
- 1992 University of the Witwatersrand, Masters in Clinical Psychology. Title: Political violence of the unenfranchised: For societal or personal liberation. Resubmitted in 1995.
- 1996 University of Stellenbosch, Masters in Clinical Psychology. The assessment of interpersonal schemas: An evaluation of the interpersonal schema questionnaire.
- 1998 Rand Afrikaans University, D. Lit et Phil. Health beliefs and compliance to medical regimen in black patients.
- 1998 Rand Afrikaans University, D. Lit et Phil. Title: The effect of critical incident stress debriefing on the development of post-traumatic stress.
- 2003 University of the North, Masters in Clinical Psychology. Title: The meaning of hypertension among outpatients in a hypertension clinic in the Limpopo Province.
- 2003 University of the North, Masters in Clinical Psychology. Title: Violence against women and its mental health consequences in Namibia.
- 2003 University of Natal, Pietermaritzburg, Masters in Clinical Psychology. Title: A current profile of schemas in OCD and trichotillomania.
- 2004 University of the North, Master's. Title: Credibility of HIV / AIDS sources of information among youth in Limpopo Province.
- 2004 University of Natal, Pietermaritzburg, Masters in Clinical Psychology. Title: Towards the cross-cultural validation of the Eating Disorders Inventory: A pilot study.
- 2005 University of Limpopo Master's. Adolescent spirituality and voluntary sexual activity in Limpopo.
- 2005 University of Limpopo Master's. Credibility of HIV/AIDS sources of information among youth in the Limpopo Province.
- 2005 University of Cape Town Master's in Psychological Research. In every given moment: Affective, cognitive and physiological concomitants of mindfulness.
- 2006: University of Cape Town Master's in Psychological Research. An analysis of the manifestations or trauma following psychological abuse, and an examination of the process of recovery.
- 2008: University of Cape Town Master's in Clinical Psychology. Title: Emergency service workers' coping in response to traumatic events: Associations with psychiatric symptoms
- 2008: University of Cape Town Master's in Clinical Psychology. The holding environment: Challenges in the containment of a client with borderline personality disorder.
- 2009: University of the Western Cape Master's in Clinical Psychology. The relationship between the number and type of traumatic experiences and posttraumatic stress disorder (PTSD) in HIV-positive adults in HIV care and treatment centres in Cape Town.
- 2009: University of the Western Cape Master's in Clinical Psychology. The psychometric properties of the Child PTSD Checklist.
- 2009: University of the Witwatersrand Master's in Clinical Psychology Title: A multiple case study exploration of the implementation of the WITS integrative trauma counselling model.
- 2010: University of Cape Town Master's in Social Science. *DUC IN ALTUM*: The construction of social meaning among deviant youth in Durban.
- 2013: University of Cape Town Master's in Clinical Psychology. Counselling survivors of crime: the psychological impact on volunteers.

2013: Macquarie University, Melbourne, Australia, PhD. Cognitive-affective processing using integrated focusing: Pursuing the therapeutic implications of the ICS model.

### **Appendix C: Invitations to Act as Referee for Journal Articles or book chapters**

1974. *South African Journal of Psychology*. Risk-taking in betters on horse races.
1981. *Perceptual and Motor Skills*. Projective techniques for assessing personal space.
1982. *South African Journal of Psychology*. Cultural differences in perception of stigma and disability.
1982. *South African Journal of Psychology*. Models of clinical diagnosis.
1982. *South African Journal of Psychology*. Traditional Zulu and Western psychiatric clinical diagnostic categories.
1982. *South African Journal of Psychology*. Psychometric properties of life-satisfaction scales.
1983. *South African Journal of Psychology*. Relationship between study of psychology and concepts of mental illness.
1984. *South African Journal of Psychology*. Current practice in S. A. clinical psychology.
1986. *South African Journal of Psychology*. The conceptualisation of personality disorders.
1988. *South African Journal of Psychology*. Preventive interventions in third world communities.
1989. *South African Journal of Psychology*. Manifestation of guilt in African depressives.
1989. *South African Journal of Psychology*. Therapeutic approaches to cognitive deficit.
1990. *South African Journal of Psychology*. Failure of Clinical training models in SA to address therapist's countertransference.
1991. *Cognitive therapy and research*. Incorporating existential principles in conceptualisation of cognitive psychotherapy.
1992. *South African Journal of Psychology*. Conversation and discourse analysis.
1993. *South African Journal of Psychology*. Changing role of the psychologist in S. Africa.
1993. *South African Journal of Psychology*. Reliability and factorial validity of a measure of psychological distress.
1995. *South African Journal of Psychology*. Suicide in black adolescents.
1996. *South African Journal of Psychology*. The concept of altruism.
1996. *South African Journal of Psychology*. Study of a S. African culture bound syndrome.
1997. *South African Journal of Psychology*. Correlates of purpose in life.
1997. *South African Journal of Psychology*. Study of a S. African culture bound syndrome (resubmission).
1998. *South African Journal of Psychology*. Transpersonal perspectives on conflict resolution.
1999. *Acta Academica*. Psychobiography.
1999. *Acta Academica*. Exposure to violence and posttraumatic stress.
2001. *South African Journal of Psychology*. Health beliefs and prescription medication compliance among hypertension clinic attenders.
2003. *Indo-Pacific Journal of Phenomenology*. Tracing tacit phenomenological influences on Cognitive Behaviour Therapy.
2004. *South African Journal of Child and Adolescent Mental Health*. Group play therapy in the treatment of shyness in children
2004. *South African Journal of Psychology*. Exploration of indigenous worldviews and approaches to health and well-being

2005. *Journal of Psychology in Africa*. Temperament styles of Nigerian students
2005. *Journal of Psychology in Africa*. Teaching community psychology ... in South Africa
2006. *International Journal of Disability and Rehabilitation*. Trauma counselling in Sri Lanka after the Tsunami.
2006. *South African Journal of Child and Adolescent Mental Health*. Survey of anxiety and depressive symptoms in Kenyan High Schools.
2007. *Indo-Pacific Journal of Phenomenology*. Taking intentionality seriously in psychotherapy
2007. *Journal of Psychology in Africa*. Psychological well-being and the metabolic syndrome in African and Caucasian women.
2007. *South African Journal of Psychology*. Ubuntu therapy
2007. *Indo-Pacific Journal of Phenomenology*. A phenomenology of energy healing: The *Johrei* experience
2008. For Book: *Memory, narrative and forgiveness: Perspectives on the unfinished journeys of the past*. Cambridge Scholars Press. Evaluated a chapter entitled: Integrating Atrocity whilst Living the Aftermath: Testimony, Response and the Labour of Repair. Editors P. Gobodo-Madikizela and C. Van der Merwe.
2008. *Pragmatic Case Studies in Psychotherapy*. Group therapy format for treating social phobia in a training clinic.
2008. *History of Psychology*. Use of Physical Touch in the "Talking Cure" - A Journey to the Outskirts of Psychotherapy.
2008. *Journal of Psychology in Africa*. An exploration of the facilitation of transition meanings amongst a group of learners in the African context: Applying the Mmogo™-method case study
2008. *South African Journal of Psychology*. The flying shrinks: high flying clinical psychologists or an approach to rural mental health care?
2009. *South African Journal of Psychology*. Emotional Intelligence: An Integral Part of Positive Psychology
2009. *The Open Public Health Journal*. Nurse practitioner's perspectives on tuberculosis patient's adherence and non-adherence to treatment short-course
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