



**UCLA-South Africa Centre for  
Chronic Mental Disorders**  
Tirisano Training Programme (TTP)  
Sandton Sun Hotel, Sandton Johannesburg  
24<sup>th</sup> -25<sup>th</sup> June 2019

**Track B Scholars Programme**

**Day 0: Sunday 23<sup>th</sup> June 2019**

*Scholars book into accommodation at Garden Court Hotel, Sandton (2pm onward)*

**Day 1: Monday 24<sup>th</sup> June 2019**

*Scholars walk over to workshop venue*

**08h30-09h00 Registration and coffee/tea or Continental Breakfast**

**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.*

**09h00-09h30 Welcome, Overview of Workshop Programme**

Objective: The program objectives, conceptual framework, and rationale for the program will briefly be described.

Instructors: Gail E. Wyatt, Ph.D. & Norweeta G. Milburn, Ph.D., UCLA

**09h30-11h00 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 (including measurement) and their impact on biological dysregulation, physical and mental health outcomes.

Content: Definitions of acute and chronic stress will be reviewed, and varying approaches to measuring stress will be presented. Then the effects of stress will be examined, with particular attention to the impact of stress on biology and physical health and the associations between stress and mental disorders.

Instructor: Instructor: Nkem Ndefo, MSN

**11h00-11h30 Tea Break**

**11h30-13h00 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

### **13h00-14h00 Lunch**

### **14h00-15h30 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.

Instructors: Mashudu Davhana-Maselesele, Ph.D

### **15h30-17h00 Qualitative and Mixed Methods Research: Data Collection, Analysis and Interpretation**

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

Content: The course will cover qualitative and mixed methods data collection methods (e.g., focus groups, in-depth interviews, and observation; participant observation and ethnography; archival research). How to ask appropriate questions (i.e., conduct an interview), and how to conduct qualitative research including analyzing and interpreting results, will be discussed. 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.

### **17h00 Conclusion**

*Scholars return to hotel*

## **Day 2: Tuesday 25<sup>th</sup> June 2019**

*Scholars check out of hotel and proceed to workshop venue with baggage.*

### **08h00-08h30 Registration and Continental Breakfast**

### **08h30-10h00 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., UCLA & Alison B. Hamilton, Ph.D., M.P.H., UCLA

### **10h00-11h30 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, & Nkem Ndefo, MSN

### **11h30-12h30 Brunch**

### **12h30-14h00 Emancipation from Mental Slavery and Colonialism: An approach to racial stress reduction**

Objective: To provide an overview of the 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 acceptable 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 Gills, Ph.D., LMU

### **14h00 Workshop concludes**