

THE STATE OF CBS IN SOUTH AFRICA

And My Aspirations for It

INTRODUCTION

My journey into the world of CBS began at the end of last year when I was working at a forensic psychiatric hospital. I was particularly interested in process-based therapy, and its potential for the useful integration of many psychological perspectives. I was so taken aback by the solid philosophical and theoretical underpinnings of CBS that I changed the theoretical framework of the PhD I was working on at the time to this theoretical perspective. However, because of the lack of knowledge on CBS by my supervisor, and because of other general methodological frustrations, I deregistered. After this, I began to wonder, what is the actual state of CBS in South Africa, and that is what this poster is about.



CBS IN SOUTH AFRICA

I began contacting every psychology department in the country that trains psychologists to gather some informal data on whether their students are exposed to any form of CBS or not. Of the 11 universities that I contacted, only 1 of the universities said that they touched on ACT very briefly. Many of the universities did not know about CBS and often confused it with other behavioural therapies like DBT, or other cognitive therapies like CBT. Clearly, there is work to be done.

While this was disheartening, I was glad to find a South African peer supervision group that deals solely with ACT (which is the ACBS SA chapter). It was also heartening to see that they are involved in many trainings and workshops too.

I have also taken some initiative in spreading these ideas to my corner of the world. I have given a short presentation on process-based therapy to the University of Johannesburg and they have agreed to incorporate it into the training of Masters Counselling Psychology students. I have also started a peer supervision group in SA to share cases using process-based therapy.

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