



SOUTHERN AFRICAN ASSOCIATION FOR
COUNSELLING AND DEVELOPMENT
IN HIGHER EDUCATION

SAACDHE *Matters*

2ND EDITION • 2023

EASTERN CAPE
FREE STATE
GAUNOLANGA

CONTENTS

EDITOR'S VIEW

This second edition of the SAACDHE newsletter for 2023 pauses on some of our SAACDHE regions and on some of the highlights of 2023. Having the opportunity to reconnect in a chilly Stellenbosch for the 43rd Annual SAACDHE Conference, was certainly a highlight! The revival of MindCare sessions was another pinnacle to 2023, where SAACDHE members were offered well-deserved opportunities for some self-care. In this addition, please take the time to appreciate the hard work that our regions have been doing along with us – we are dividing the focus on the regions into two editions, so keep a lookout for the next edition for news on what the other regions have been up to!

Thank you!

ANÉ

In this edition,

we will be focusing on three of our regions in alphabetical order – Eastern Cape, the Free State and Gaunolanga.





EASTERN CAPE

Thobeka is the current Regional Chairperson, and former Regional Administrator, for the SAACDHE Eastern Cape Region. She is also the incoming Administrative Coordinator serving on the SAACDHE Executive Management Committee. Thobeka holds a Master's Degree in Counselling Psychology from Rhodes University. Thobeka's areas of interest include Mental Health, GBV, Wellness and Wellbeing, Afrocentric Psychology, Youth Development and training, and Mental Health Policy Development. She follows a variety of therapeutic approaches including African Centered Approaches, Narrative Therapy and Psychodynamic Therapy. In addition to her work as part of SAACDHE, Thobeka has also served on various panels including The Uyinene Mrwetyana Foundation and the UFH GBV Disciplinary Committee and has worked in various sectors, including higher education, education, private practice and in an NGO environment.



REGIONAL CHAIR | THOBEKA MSEJANA

Thobeka is a gym fanatic and runs marathons for wellness and fun. She is also passionate about raising mental health and GBV awareness in black communities.

THOBEKA'S BOOK RECOMMENDATIONS:

- **Phekolo: An Afro-Centric Healing Modality for Rape Survivors** by Dr Palesa Makhale- Mahlangu
- **Female Fear Factory** by Pumla Gqola
- **Corridors of Death** by Malaika Wa Azania





EASTERN CAPE

Zinzisa is a Registered Counsellor, currently employed at Nelson Mandela University. Zinzisa is involved in individual counselling, career counselling, group work and workshops, training and supervising peer helpers and creating and maintaining a social media presence of their services. Zinzisa also volunteers as the Regional Administrator for the SAACDHE Eastern Cape region, and does volunteer work for the Transnet Phelophepha Healthcare Train. Zinzisa enjoys baking and cake decorating.

ZINZISA'S BOOK RECOMMENDATION:

- **Half of a Yellow Sun** by Chimamanda Ngozi Adichie

HER FAVOURITE QUOTE IS:

- **“A kind gesture can heal a wound that only compassion can heal”** - Steve Maraboli

“A kind gesture can heal a wound that only compassion can heal”

STEVE MARABOLI



ADMINISTRATIVE COORDINATOR |
ZINZISA DELIWE





FREE STATE

Dr Munita Dunn-Coetzee started on 1 December 2021 as the Director of Student Counselling and Development (SCD), University of the Free State (UFS), South Africa. She worked in student communities as well as student counselling at Stellenbosch University (SU) for eleven years prior to moving to the Free State. She is a registered Counselling Psychologist and obtained her Masters' Degree in Counselling Psychology Cum Laude at SU in 2001. She has completed her doctoral degree, DDiac in Play Therapy, in 2004 at the University of South Africa. Dr Dunn-Coetzee has proven managerial experience in a Higher Education context for the past sixteen years within the Division of Student Affairs, providing her with extensive knowledge of student affairs matters. As she is fond of research and studying, she obtained an MPhil in Higher Education Cum Laude during 2013 – the focus being social change within Higher Education. She has published nationally and internationally and has presented at several national and international conferences.



REGIONAL CHAIR |
DR MUNITA DUNN-COETZEE

Munita is mom to 6-year old twin girls, three dogs and two cats, who keep her on her toes!

SHE IS INSPIRED BY THE FOLLOWING QUOTE:

“The world is a better place made by those who refuse to believe they cannot fly”

UNKNOWN

This quote motivates her to give her best daily, no matter what, to be a supportive figure to everyone working with her, and to encourage her team to fly higher than they ever imagined.



Megan Fredericks is a Psychometrist at the Tshwane University of Technology (TUT) within the Student Development and Support Department. She is involved in many different assessment programmes, including selection, career guidance, risk profiling and programmes which create self-awareness amongst students.



REGIONAL CHAIR | MEGAN FREDERICKS

Megan is a registered Psychometrist with the Health Professions Council of South Africa. She is currently the Regional Chairperson for the SAACDHE Gaunolanga Region. Megan's research interests include self-regulation within online learning, 21st-century skills, thinking and learning styles of students, career counselling, student risk and employability/graduate skills and attributes. Megan enjoys swimming and has swum the Midmar mile. Megan's passion is her three children, who keep her extremely busy.

Dear SAACDHE members, colleagues, peers, and friends,

It always seems impossible until it is done. Someone much wiser said this long ago, and he knew what he was talking about. We may not be done, but we have made significant strides to ensure the Association remains stable, vibrant, and relevant. We need this now more than ever. The Higher Education context is fast approaching new, turbulent, and uncharted territory. The student funding crisis, ballooning student and national debt, and broader national economic challenges place an exceptional burden on all Southern Africans. I am preaching to the choir. You experience it daily in your bones and marrow, directly or vicariously. So, we need an Association that actively connects us, supports us, and promotes reasonable working conditions, enabling us to continue fighting the good fight and being the difference we want to see in the world.

To these ends, the Executive and General Management Committees, with the support and contribution of members, have accomplished several vital activities this year, including but not limited to:

- The most extensive and deliberate changes to the SAACDHE constitution over the last decade. These changes were intentionally aligned with our collective vision for renewal and in anticipation of an unknown future. This includes adapting our Position Paper into a Roles and Responsibilities paper and revisiting our Ethics Charter. Here, our new President, Saloschini Pillay, played a significant role. Her years of service and Associational knowledge were invaluable.
- Becoming an official Effective Member of the International Association of Student Affairs Services (IASAS), a first for the Association. We hope members will reap this membership's fruits from next year.
- Rethinking and redeveloping our communications, marketing, brand awareness and image. This newsletter is one of several fruitful outputs in this direction, spearheaded by our creative Public Relations Communications and Marketing Coordinator, Ané Craven.



Tobias van den Bergh

- Initiating and facilitating discussions with Higher Health to create a long-term partnership and funding agreement.
- Adjusting and redeveloping our financial processes and documents to ensure we remain financially healthy, accountable, and compliant. Our kind and compassionate Financial Coordinator, Shameen Naidu, worked tirelessly to ensure this became a reality.

- Reviving the professional development programme, MindCare, post-COVID.

We implemented four webinars and CPD-accredited sessions this year and hope to expand and improve it.

A special thank you to the outgoing and encouraging Administrative Coordinator, Christine Lewis (who completed her PhD this year!). If it weren't for her, none of this would have happened, nor would it be documented.

Thank you to the 2023 SAACDHE Conference Organising Committee (COC), under the detailed and proficient leadership of Laetitia Permall, for making the conference memorable, engaging, and enjoyable. If you haven't received your appreciation and self-care package from the EMC yet, please fetch it from Laetitia.

Thank you to our previous, current, or incoming Regional Chairpersons and regional Administrative Coordinators, highlighted in this edition. When you are active, the region is active. When the region is active, the Association is active. When the Association is active, members reap the most benefits. When members benefit, students benefit. When students benefit, society benefits. Never underestimate the vital role you play!

And finally, thank you all for the opportunity and support in the various executive roles over the past several years. I am grateful for the wonderful people and experiences over this time and will cherish both. May you rest and rejuvenate during this festive period. May you be safe, well and at peace. May you be happy and content.

With love and gratitude,

TOBIAS

The 44th Annual SAACDHE 2024 Conference
will be hosted by the dynamic Kwazulu-Natal region.



RECAP OF 2023

2023 has been a significant year for SAACDHE. As noted by Tobias, the organization has embarked on a period of renewal, in order to align with the ever-changing world that we work in and the new ways in which we offer our services at higher education institutions in Southern Africa. The changes to the SAACDHE constitution were ratified at the 43rd Annual SAACDHE Conference Annual General Meeting, and can be viewed on the SAACDHE website.

Before we conclude this edition, we would like to add a special thank you to our outgoing President, Tobias van den Bergh, whose innovation and passion has driven SAACDHE forward during 2023.

Our focus now turns to 2024, where we will continue to bring you MindCare sessions, updated news in our newsletter, and where we look forward to the 44th Annual SAACDHE Conference hosted by the dynamic Kwazulu-Natal region.

To all our members, all the best for the remaining weeks of 2024. We hope that you enjoy the welcome break that is fast approaching, and wish you all a restful festive season with your families.

Thank you for sharing the journey with us in 2023 – we hope to see you again in 2024!

