

# Conference in Cape Town, South Africa 22. - 26. November 2010

Topic: Central models and theories for treatment for individuals  
with addiction and mental health problems

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Anthony Bateman - Steve Foreman - Stephen Rollnick

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The Bergen Clinics Foundation, Bergen, Norway, in cooperation with  
University of Western Cape, Cape Town, South Africa

[www.bergenclinics.no](http://www.bergenclinics.no)

Venue:

[www.peninsula.co.za](http://www.peninsula.co.za)

## Programme

### Monday 22.11. 2010

10.00 – 11.00. Opening of the conference by psychologist Kamal Kamaloodien

11.00 - 12.30. Psychologist Umesh Bawa –community work, prevention and treatment of substance abuse

12.30 – 14.00 Lunch

14.00 – 18.00 Guided tour to a community project working with prevention & strategies towards substance abuse, violence and empowerment.

### Tuesday 23.11.

09.00 – 16.00. Professor Stephen Rollnick

Motivational interviewing (MI). Introduction of MI and current application of MI. Lecturing and discussions.

### Wednesday 24.11.

09.00 – 16.00 Professor Anthony Bateman

Mentalization based treatment ((MBT). Introduction of MBT and current application of MBT. Lecturing and discussions.

### Thursday 25.11.

09.00 – 12.00 Professor Steve A. Foreman: Control Mastery Theory.

Lunch

13.00 15.00 Discussions with Professor Foreman, Professor Bateman and Professor Rollnick: Focus on comparisons between the theories, their guidelines, strategies and interventions

Galla dinner.

### Friday 26.11.

09.00 – 16.00

Psychologist Hilde Gravensten: Minding the body in psychotherapy

Psychologist Eva Løvaas: ADHD- substance patients with ADHD – assessment and treatment

Professor Basil Pillay: Trauma - & substance abuse- a South African Perspective

Lunch

Prof. Wim van den Brink: General epidemiology, comorbidity, assessment and differential diagnosis of SUD and AD/HD

Psychiatrist Pieter-Jan Carpentier: MAR and ADHD

Mental health nurse Geurt van der Glind: International Collaboration on ADHD and Substance Abuse (ICASA)

## Lecturers

**Anthony Bateman**, Professor of Psychiatry, Halliwick Unit, St. Ann's Hospital, London and Visiting Professor at University College London. Professor Bateman has developed manual based Mentalization – Based Therapy together with Peter Fonagy and has trained practitioners internationally, and has published a wide range of research papers, articles and books.

**Steve Foreman** is a Child and Adult Psychiatrist who has been in practice in San Francisco for over twenty-five years. He is currently president of the San Francisco Psychotherapy Research Group and has conducted research on the process and outcome of psychotherapy with adults and children. Dr. Foreman has published numerous clinical and research papers and has lectured nationally and internationally on the subject of psychotherapy.

**Stephen Rollnick**, Professor of Psychology, Department of Primary Care and Public Health, School of Medicine, Cardiff University, Wales. He has developed Motivational Interviewing together with William B. Miller and has trained practitioners internationally, and has published a wide range of research papers, articles and books.

**Umesh Bawa** is a clinical psychologist and Senior Lecturer at the University of Western Cape, speciality Community Psychology.

**Kamal Kamaloodien** is a clinical psychologist and Senior Lecturer, Department of Psychology, University of Western Cape, speciality Community Psychology.

**Basil Pillay** Professor of Psychology. Department of Behavioural Medicine Nelson R Mandela School of Medicine, University of KwaZulu-Natal. He has published several research papers and books. Speciality trauma and ADHD.

**Eva Løvaas** is a clinical psychologist, The Bergen Clinics Foundation, speciality in ADHD, substance use disorders and treatment.

**Hilde Gravensten** is a clinical psychologist, in Private Practice, Oslo, Norway, speciality Character Analysis.

**Wim van den Brink** is professor of Psychiatry and Addiction at the Academic Medical Center of the University of Amsterdam.

**Pieter-Jan Carpentier** is psychiatrist Head of the ADHD treatment program for adults at the Reinier van Arkel Group, the mental health institute.

**Geurt van de Glind** worked as a mental health nurse in an Addiction Treatment centre. Research associate of the Trimbos institute, Netherlands Institute of Mental Health and Addiction.

**REGISTRATION FORM:** (If completing this form by hand please use BLOCK letters)

**Conference Fee: Euro 1200**

Includes 5 days conference, accommodation **Peninsula hotel, Sea Point, Cape Town - 4 nights**, breakfast, lunch and refreshments.



[www.peninsula.co.za](http://www.peninsula.co.za)



**Personal Details:**

Profession: .....

Forename: .....

Surname: .....

Address: .....

.....Postcode:.....

Country:.....

Telephone:.....Fax:.....

Email address: .....

Please return your registration form E-mail: [post@bergenclinics.no](mailto:post@bergenclinics.no)

Please note the deadline for registrations is 25th October 2010. Limited availability.

Contact persons for further information:

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