

2023



VISTA ACADEMY

— A division of Vista Clinic —



DEVELOPING WITH YOU

012 664 0222 x108 | booking@vistacpd.co.za | www.vistaacademy.co.za

A Division of Vista Clinic | 135 Gerhard Street Centurion

Objectives

Continuing professional development (CPD) is a platform whereby members of professional associations maintain, improve and enhance their knowledge, skills and ethics. 2023 will be Vista Clinic's 26th year of presenting our CPD programme.

Audience

Approved target audience will vary depending on topic. May include: psychologists, psychometrists, social workers and registered counsellors. All CPD training provided by Vista Academy is accredited by the HPCSA for health professionals registered as MP/PS/PRC/PMT and PM, and CEU points will be granted as long as the training is within each health professional's scope of practice. Courses are also accredited with the SACSSP and in some cases (upon request) training is also accredited by the CPSC.

It is your responsibility to ensure that the training you attend is within your scope of practice and that you are registered with the correct regulatory body in order to receive CPD points.

Online CPD

All seminars will be professionally recorded to form part of our Online CPD library. Delegates can complete these courses at their own pace and receive the allocated points.

Hierarchy of learning

All seminars for 2023 fall within level 1. Please note that the attainment of CEUs or CPD points does not license any professional to practice outside their scope of practice. CPD is intended to broaden the knowledge of professionals and does not constitute professional training.

Enquiries and FAQ

www.vistaacademy.co.za
Queries may be made to the CPD administrator:
Tel: (012) 664-0222 x108
or e-mail:
booking@vistacpd.co.za

Booking and Payment Procedures

Complete online booking and payment at www.vistaacademy.co.za
Closing date is one week before each CPD

Continuing Education Units [CEUs/CPDs]

All the seminars, workshops and online CPDs for 2023 will be registered with the HPCSA, SACSSP and CPSC.

SEMINARS 2023

10 February 2023 | Dr Rinet van Lil
How to provide evidence-based practice in mental health care

09:00 - 12:00 | R650
HPCSA: 3 General CEUS
SACSSP: 1.5 points applied for

10 March 2023 | Anthony Townsend
On Evil & Empathy: Exploring Psychopathic Personality Dynamics from Criminal Profiling to Psychotherapy

09:00 - 12:00 | R650
HPCSA: 3 General CEUS
SACSSP: 1.5 points applied for

5 May 2023 | Nicky Abdinor
Schema Therapy and Strengthening your inner cheerleader

09:00 - 10:00 | R420
Live Zoom Webinar
HPCSA: 1 Ethics CEU
SACSSP: 1.5 points applied for

31 May 2023 | Zelna Lauwrens
Should we be talking about ACE's? (adverse childhood experiences)

09:00 - 12:00 | R420
Live Zoom Webinar
HPCSA: 3 General CEUS
SACSSP: 1.5 points applied for

21 July 2023 | Prof Juan Nel
The (psychological) hurt and harm of hate victimisation:

Considerations for psychosocial (and other) intervention
09:00 - 12:00 | R650
HPCSA: 3 General CEUS
SACSSP: 1.5 points applied for

18 August 2023 | Sharon Boyce
Dialectical Behaviour Therapy (DBT) - helping to cultivate a life worth living

09:00 - 12:00 | R650
HPCSA: 3 General CEUS
SACSSP: 1.5 points applied for

15 September 2023 | Taleen Heath
Family Therapy: Covering various struggles (ADHD, ASD, SUD, etc)

09:00 - 12:00 | R650
HPCSA: 3 General CEUS
SACSSP: 1.5 points applied for

20 October 2023 | Karen De Kock
Music in Therapy versus Music as Therapy

09:00 - 12:00 | R650
HPCSA: 3 General CEUS
SACSSP: 1.5 points applied for

WORKSHOPS 2023

14 June 2023 | Jeanie Cavé
Trauma Informed Brain Based Therapy

08:30 - 15:30 | R 1450
HPCSA: 4 General 3 Ethics CEUS
SACSSP: 4 points applied for



1 September 2023 | Elsa Struwig
Lego-Based Therapy Training

08:30 - 15:30 | R 1450
HPCSA: 7 General CEUS
SACSSP: 4 points applied for

17 November 2023 | Vella Maseko
African spirituality and psychology/ psychiatry

08:30 - 15:30 | R 1450
HPCSA: 7 General CEUS
SACSSP: 4 points applied for

1 December 2023 | Dr Taiwo Akindipe
Drug Addiction and Pregnancy : The case of heroin + Ethics in Addiction Treatment

09:00 - 12:00 | R650
HPCSA: 2 Ethics & 1 General CEU
SACSSP: 2 points applied for



CPD Online

Online CPD programmes can take place at any location on any device with stable internet connection. Register your profile on the Online Learning Platform and access your CPD course at any time. CPD Online gives you access to video presentations, 15 MCQs, an evaluation form, and finally your certificate which can be downloaded straight onto your device. Complete the online CPD at your own pace in the comfort of your own home or office.

CPD ONLINE COURSES AVAILABLE | R 420

A Disorder of Intention Rather Than Attention: Treating adult ADHD using CBT & neuropsychology-informed approaches

HPCSA: 3 General CEUS | SACSSP: 1 CPD point

Building Resilience to Adversity Drawing on Social-Ecological Perspectives

HPCSA: 3 General CEUS | SACSSP: 1.5 CPD points



Providing Counselling in Public Institutions: Navigating through some ethical dilemmas

HPCSA: 3 Ethics CEUS | SACSSP: 2 CPD points

Career Counselling: The past, present, and future

HPCSA: 3 General CEUS | SACSSP: 1.5 CPD points

Animal-assisted Psychosocial Interventions for Children and Adolescents

HPCSA: 3 General CEUS | SACSSP: 1.5 CPD

Engaging Psychosis – Discovering the patient's subjectivity

HPCSA: 3 General CEUS | SACSSP: 1 CPD point



Marriage, Separation and Divorce – The interplay between ethics, law, and the helping professions

HPCSA: 3 Ethics CEUS | SACSSP: 1 CPD point

Mental Health Matters in the Workplace

HPCSA: 3 General CEUS | SACSSP: 1.5 CPD points



Telepsychology: A guide to inform the provision of telephonic and online counselling services

HPCSA: 3 Ethics CEUS | SACSSP: 1 CPD point

Borderline Personality Disorder vs Bipolar disorder + De-escalation techniques

HPCSA: 3 General CEUS | SACSSP: 1.5 CPD points

Working Through: An Introduction to Neuropsychanalysis in Therapeutic Practice

HPCSA: 3 General CEUS | SACSSP: 1.5 CPD points

Sinking or Swimming into Adulthood: Understanding emerging adults and their development

HPCSA: 3 General CEUS | SACSSP: 1.5 CPD points

On Veils & Vulnerability: A Psychoanalytic Approach to the Diagnosis & Treatment of Narcissism

HPCSA: 3 General CEUS | SACSSP: 1.5 CPD points

Being Affirmative of Sexual and Gender Diversity in Healthcare Practices

HPCSA: 3 General CEUS | SACSSP: 1.5 CPD points

Clinician Burnout and Recovery

HPCSA: 3 General CEUS | SACSSP: 2 CPD points

Combatting anxiety with Acceptance and Commitment Therapy

HPCSA: 3 General CEUS | SACSSP: 1.5 CPD points



Mental Health Challenges in the African Traditional Setting

HPCSA: 3 Ethics CEUS | SACSSP: 1.5 CPD points

Creating a Space for Sexual Intimacy in Couples

HPCSA: 3 General CEUS | SACSSP: 1.5 CPD points

Spirituality/Religion in Mental Health Practice

HPCSA: 3 General CEUS | SACSSP: 1.5 CPD points





SHORT COURSE IN MENTAL HEALTH NURSING 2023



| | REGISTERED NURSES | |
|----------------------------|---|--------|
| 3 – 7 July 2023 | Module 1: Psychiatric Nursing methods and skills | R 4850 |
| 14 – 18 Aug 2023 | Module 2: Psychopathology | R 4850 |
| 4 – 8 Sep 2023 | Module 3: Legal-Ethical and Theoretical aspects of Mental Health Nursing | R 4850 |
| ENROLLED NURSES | | |
| 13 – 17 March 2023 | Module 1: Psychiatric Nursing methods and skills | R 4850 |
| 8 – 12 May 2023 | Module 2: Psychopathology | R 4850 |
| 5 – 9 Jun 2023 | Module 3: Legal-Ethical and Theoretical aspects of Mental Health Nursing | R 4850 |
| ENROLLED NURSING AUXILIARY | | |
| 13 – 14 April 2023 | Module 1: Practising care in a psychiatric environment | R 3150 |
| 25 – 26 May 2023 | Module 2: Understanding the different mental illnesses | R 3150 |
| 20 – 21 July 2023 | Module 3: Moral values and a caring conduct | R 3150 |
| CARE WORKERS | | |
| 2 – 3 March 2023 | Module 1: Practising care in a psychiatric environment | R 3150 |
| 6 – 7 April 2023 | Module 2: Caring for the MHCU with a mental illness | R 3150 |
| 22 – 23 Jun 2023 | Module 3: Moral values and a caring conduct | R 3150 |

4 CPD
Points

4 CPD
Points

4 CPD
Points

ONLINE PASTORAL CPD COURSE

Pastoral Care Development: Introductory Psycho-Educational Support for Ministry Caregivers

Presented by Vista Clinic

Vista Academy, a division of Vista Clinic, offers this interactive online CPD course designed for the development of pastoral skills within the ministry presented by experts. The purpose is to provide mental health support to those working in the ministry as well as guidance and training in supporting their congregation with everyday aspects of life that affect our mental health. This programme offers online videos with content from our facilitators demonstrating and providing training on the various topics. Each topic comes with its own video and activity which either consists of an online quiz or report to complete after watching the training. Because the training is available online, attendees may complete the training at their own pace and on their own time. This enables participants to thoroughly work through each course and successfully complete their training. This programme addresses the everyday challenges and successes that the congregation faces. Participants will have the opportunity to learn how to effectively manage and assist those seeking guidance in these various aspects of life.

CPSC: 4 Ethics 3 General CPD Points | Topics include:

Guilt
Grief
Anxiety
Depression
Conflict Management
Boundaries
Time Management
Trauma
Understanding and Managing Stress
Spirituality and Mental Health

Journaling
Effective Communication
Forgiveness
Active Rest
Crisis Management
Mental Health and Finances
Believing in Myself
Motivation
Anger Management
Understanding my Emotions



CPSC
Council for Pastoral and
Spiritual Counsellors

Earning CPD points from the comfort and safety of your home or office has
never been easier!

**INFINITE POSSIBILITIES,
ZERO CONFINEMENT**



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MENTAL WELLNESS THEME PARK

Which ride are you currently on in life?

Do you want to steer clear of a crisis or know how to manage the bumps in the road?

Are you spinning in different directions?

Are you enjoying your ride and want to continue growing? Are you headed for a drop and want to know how to get to the other side?

Whether you as an individual would like the support on everyday life challenges, or perhaps your objective is to support staff members with mental health training, or you would like them to brush up on some vital skills such as effective communication or time management, our portfolio of training is designed to target these areas.

Vista Academy, in partnership with Vista Clinic, offers online mental health support and training to the community.

Businesses can complete our EAP Contact form for more information on our custom packages.

We can customize your Theme Park with rides that suit your business or organization needs.

Each participant gets unlimited access to the pre-recorded online training. Once training is complete, each participant is able to download their certificate as proof of attendance.

Visit our website and buy your ticket online, or complete our contact form and we can customize your package.



Mental Wellness Theme Park



Developing
with You



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