

2024

# VISTA ACADEMY

— A division of Vista Clinic - celebrating 40 years —



**DEVELOPING WITH YOU**

012 664 0222 x108 | [booking@vistacpd.co.za](mailto:booking@vistacpd.co.za) | [www.vistaacademy.co.za](http://www.vistaacademy.co.za)

A Division of Vista Clinic - celebrating 40 years | 135 Gerhard Street Centurion

## Objectives

Continuing professional development (CPD) is a platform where members of professional associations maintain, improve and enhance their knowledge, skills and ethics. 2024 will be Vista Clinic's 27th year of presenting our CPD programme.

## Audience

Approved target audience will vary depending on topic. These include professionals such as: Psychiatrists, 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 2024 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](http://www.vistaacademy.co.za)  
Queries may be made to the CPD administrator:  
Tel: (012) 664-0222 x108  
or e-mail:  
[booking@vistacpd.co.za](mailto:booking@vistacpd.co.za)

## Booking and Payment Procedures

Complete online booking and payment at [www.vistaacademy.co.za](http://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 2024 will be registered with the HPCSA, SACSSP and CPSC.

## SEMINARS 2024



**10 May 2024 | Jeanie Cave | Relational Second Order Ethics in Psychotherapy in the South African Context**

09:00 - 12:00 | R650

HPCSA: 3 Ethics CEUs | SACSSP: 1.5 CPD points applied for

**07 June 2024 | Taleen Heath | Complex Trauma**

09:00 - 12:00 | R650

HPCSA: 3 General CEUs | SACSSP: 1.5 CPD points applied for

**19 July 2024 | Sharon Boyce | Incorporating Nature into Therapy: A Conceptual Framework, Techniques, Challenges and Ethical Considerations.**

09:00 - 12:00 | R650

HPCSA: 3 General CEUs | SACSSP: 1.5 CPD points applied for

**25 October 2024 | Lesley Burns | Burnout versus Chronic Stress**

09:00 - 12:00 | R650

HPCSA: 3 General CEUs | SACSSP: 1.5 CPD points applied for



**08 November 2024 | Dr Jack Mashipata  
Ethical dilemmas and challenges facing counsellors in public institutions**

09:00 - 12:00 | R650

HPCSA: 3 Ethics CEUs | SACSSP: 1.5 CPD points applied for

## WORKSHOPS 2024

**18 April 2024 | Karen De Kock**

**Tuning into Wellness: Creating pathways into Healthcare from the Expressive Arts Therapies**

08:30 - 15:30 | R 1450

HPCSA: 6 General CEUs

SACSSP: 4 .5 CPD points applied for

**29 August 2024 | Jeanie Cave**

**Brain Based Psychotherapy - An integrative and interactional understanding**

08:30 - 15:30 | R 1450

HPCSA: 6 General CEUs

SACSSP: 4.5 CPD points applied for

**05 September 2024 | Sharon Boyce**

**Moving Therapy Outside: Putting Theory into Ethical Practice**

08:30 - 15:30 | R 1450

HPCSA: 4 General CEUs , 3 Ethics

SACSSP: 4.5 points applied for



**21 November 2024 | Elsa Struwig**

**Lego-Based Therapy Training**

08:30 - 15:30 | R 1450

HPCSA: 6 General CEUs

SACSSP: 4.5 CPD 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

### How to provide evidence-based practice in mental health care

HPCSA: 3 General CEUs | SACSSP: 1.5 CPD Points

### On Evil & Empathy: Exploring Psychopathic Personality Dynamics from Criminal Profiling to Psychotherapy

HPCSA: 3 General CEUs | SACSSP: 2 CPD Points

### Detangling Dual Relationships – Understanding The Ethics Of Multiple Relationships For Psychologists

HPCSA: 3 Ethics CEUs

### Resilience, Coping and Wellbeing: Supporting children faced with adverse childhood experiences

HPCSA: 3 General CEUs | SACSSP: 1.5 CPD Points

### The (psychological) hurt and harm of hate victimisation: Considerations for psychosocial (and other) intervention

HPCSA: 3 General CEUs | SACSSP: 2 CPD Points

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

HPCSA: 3 General CEUs | SACSSP: 2 CPD Points

### Building Resilience to Adversity Drawing on Social-Ecological Perspectives

HPCSA: 3 General CEUs | SACSSP: 2.5 CPD Points

### Providing Counselling in Public Institutions: Navigating through some ethical dilemmas

HPCSA: 3 Ethics CEUs | SACSSP: 2.5 CPD Points

### Dialectical Behaviour Therapy (DBT) - helping to cultivate a life worth living

HPCSA: 3 General CEUs | SACSSP: 1.5 CPD Points

### Family Therapy: Covering various struggles (ADHD, ASD, SUD, etc)

HPCSA: 3 General CEUs | SACSSP: 1.5 CPD Points

### Music in Therapy versus Music as Therapy

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: 2 CPD Points

### 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



ETHICS

## **Marriage, Separation and Divorce - The interplay between ethics, law, and the helping professions**

HPCSA: 3 Ethics CEUs | SACSSP: 2 CPD Points

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

HPCSA: 3 General CEUs | SACSSP: 2 CPD Points

## **On Veils & Vulnerability: A psychoanalytic Approach to the Diagnosis & Treatment of Narcissism**

HPCSA: 3 General CEUs

## **Being Affirmative of Sexual and Gender Diversity in Healthcare Practices**

HPCSA: 3 General CEUs

## **Imago Couples Therapy: Shifting from individualism to Relational Approach in Psychological Treatment.**

HPCSA: 3 General CEUs | SACSSP: 2 CPD Points applied for

## **Living in Translation: A neuropsychological exploration of the diagnosis & treatment of Autism Spectrum Disorder,**

HPCSA: 3 General CEUs | SACSSP: 2 CPD Points applied for

## **Clinician Burnout and Recovery**

HPCSA: 3 General CEUs | SACSSP: 1.5 CPD Points

## **Combating Anxiety with Acceptance and Commitment Therapy**

HPCSA: 3 General CEUs | SACSSP: 1.5 CPD Points

ETHICS

## **Mental Health Challenges in the African Traditional Setting**

HPCSA: 3 Ethics CEUs | SACSSP: 2.5 CPD Points

## **Career Counselling: The past, present, and future**

HPCSA: 3 General CEUs | SACSSP: 2 CPD Points



# SHORT COURSE IN MENTAL HEALTH NURSING 2024



REGISTERED NURSES	
Module 1: Psychiatric Nursing methods and skills	R 4850
Module 2: Psychopathology	R 4850
Module 3: Legal-Ethical and Theoretical aspects of Mental Health Nursing	R 4850
ENROLLED NURSES	
Module 1: Psychiatric Nursing methods and skills	R 4850
Module 2: Psychopathology	R 4850
Module 3: Legal-Ethical and Theoretical aspects of Mental Health Nursing	R 4850
ENROLLED NURSING AUXILIARY	
Module 1: Practising care in a psychiatric environment	R 3150
Module 2: Understanding the different mental illnesses	R 3150
Module 3: Moral values and a caring conduct	R 3150
CARE WORKERS	
Module 1: Practising care in a psychiatric environment	R 3150
Module 2: Caring for the MHCU with a mental illness	R 3150
Module 3: Moral values and a caring conduct	R 3150

4 CPD Points

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\* Please refer to our website for training dates

# 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**

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

**INFINITE POSSIBILITIES,  
ZERO CONFINEMENT**



**CPSC**  
Council for Pastoral and  
Spiritual Counsellors

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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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