



Psychotherapy and Healing Arts
The 2nd JENGA Workshop
East Africa Psycho-Social Network

TRIBE Hotel, Village Marketplace, Nairobi (Kenya)
Monday 14 September – Tuesday 15 September 2015



The Story of JENGA

Following the First Eastern Africa Regional Conference of Psychology in Kampala in 2013, a Workshop to launch the **East Africa Psycho-social Network** was held in Nairobi in 2014.

The Workshop participants agreed on the name JENGA, Swahili for the term: *TO BUILD*. To build our Network, our patients' ego-strength and identities and their hopes for the future.

JENGA is a professional network of psychologists, psychiatrists, counselors and drug & alcohol abuse treatment practitioners as well as students of psychology who have come together to share experiences and best practices in the East Africa region and as an academic forum for new research on selected topics.

The theme of JENGA **II** is *Psychotherapy & Healing Arts*.

The aim of the JENGA **II** Workshop is to share experiences on the use of art, creativity, dance, movement, body awareness and dream analysis, to help our patients strengthen their healing processes and to find psychic balance. A proposed programme of speakers and activities is presented below.

DAY ONE Monday 14 September 2015

9:00 - 10:00 **Registration of participants and welcome coffee** (Outside conference room, lower level)

Session I Opening Session

10:00 - 10:10 **Video: *Shadows*** (Mr Alacoque Ntome, Dancer, Installation Artist and Therapist, Go-Down Art Collective, Nairobi)

10:10 - 10:20 **Welcome and opening remarks** (Ms Brinda Wachs, Co-chair, JENGA Leadership Group, Diploma Candidate, Carl Jung Institute of Analytical Psychology, Zurich)

10:20 - 10:30 **Procedural matters** (workshop format, time-keeping, social events) (Mr Mtheto Hara, Co-Chair, JENGA Leadership Group, MA, Counseling Psychology, Catholic University of Eastern Africa)

10:30 - 10:45 **Report from JENGA I and Mission Statement** (Ms Constance Tipis JENGA Leadership Group, MA student, Clinical Psychology United States International University Africa, former Counselor, Asumbi Treatment Centre, Nairobi)

10:45 - 11:15 **Tour de Table: Brief introduction of participants** (Name, Country, Area of Interest, Expectations from the Workshop, Experience with Art Therapy or Expressive Arts)

11:15 - 11:30 **TEA BREAK** (Outside conference room, lower level)

Session II Psychotherapy and Healing Arts

11:30 - 11:50 **But I Can't Draw! Building Foundations for Using Expressive Arts Therapy** (Ms Karen Abbs, Clinical Psychologist, Advisor to Centre for Victims of Torture, Ethiopia and United Kingdom)

11:50 - 12:15 **Introduction to Expressive Bodywork for Self-Awareness** (Mr Alacoque Ntome, Dancer, Installation Artist and Therapist)

12:15 - 12:45 **Interactive Session I: Drawing and Sketching as Expressive Art** (Ms Karen Abbs)

- 12:45 - 13:45** **LUNCH** (Buffet-style at *JIKO* Restaurant, Tribe Hotel, included in registration fee)
- 13:45 - 14:15 **Failure and Creativity: Exercise in Active Imagination**
(Brinda Wachs)
- 14:15 – 15:00 Discussion on Expressive Art Therapies / Q &A with presenters
- 15:00 - 15:15** **TEA BREAK**

Session III Addiction, Alcoholism & Finding Psychic Balance

- 15:15 - 15:45 **New Approaches to Treating Addiction: Integrating Expressive Arts into Recovery from Substance Abuse** (Ms Constance Tipis)
- 15:45 - 16:00 **Psychotherapy, Dreamwork and the Recovery Process: Andrew's Story** (Mr Andrew Mata, former Client, Asumbi Treatment Centre, Nairobi)
- 16:00 - 16:20 **The Impact of Substance Abuse on Families and Partners** (Ms Annika Fleischmann, JENGA Leadership Group, MA Student, Counseling Psychology, Catholic University of Eastern Africa)
- 16:20 - 16:45 Discussion on Substance Abuse and Addiction / Q&A with presenters
- 16:45 - 17:00 **Introduction to Jungian Dream Analysis using the Ulmann Method** (Explanation of Morning Dream Group, scheduled for Day 2, 15 September from 9:00-10:00, led by Ms Brinda Wachs and Ms Annika Fleischmann)
- 17:00 Close of Day One: free time to enjoy Tribe Hotel before convening for Group Dinner
- 18:30 Meet at lobby of TRIBE Hotel: walk to Group Dinner in Village Marketplace
- 19:00 - 21:00** **OPTIONAL GROUP DINNER**
- (Note: The Group Dinner is not included in the entrance fee, however, participants are strongly encouraged to eat together in the interest of workshop cohesion and networking!)

DAY TWO Tuesday 15 September 2015

- 9:00 - 10:00 **Morning Dream Group:** Open to all participants, please confirm attendance and inform the Group Leader if you have a dream to share and analyze with the group (Leaders: Ms Brinda Wachs and Ms. Annika Fleishmann)
- 10:00 - 10:20 **Opening of Day Two: Main take-aways from Day One** (Ms Constance Tipis)

Session IV Hard Talk: Helping clients speak about taboo and difficult subjects

- 10:20-10:40 **Love is Crazy-making: Romance, Intimacy and Mental Health** (Ms Brinda Wachs)
- 10:40 - 11:00 **The Fruits of Parent-Child "There-ness" and Open Communication about Sexuality** (Mr Mtheto Hara)
- 11:00 - 11:15 **Filling the Void: Supporting Patients during Existential Life Crises** (Ms Kaye Alianda, South African College of Applied Psychology, Johannesburg)
- 11:15 - 11:30 **TEA BREAK**
- 11:30 – 11:45 **Psychospiritual Therapy: Integrating Psychology, Spirituality and Culture** (Mr. James Kulwa Shimbala, SMA Missionary Priest, Trainer at the Psychospiritual Institute, PhD Candidate, Texila American University)
- 11:45- 12:30 Group discussion on Hard-Talk and Psycho-Spiritual Therapy
- 12:30-13:30 **LUNCH** (Buffet-style at *JIKO* Restaurant, Tribe Hotel, included in registration fee)

Session V JENGA Updates and Management

- 13:30 - 14:00 **The Kenyan Counselor and Psychologists' Act of 2014: Status of implementation and recent developments** (Mr. Kimani Githongo, Chairman of the Kenyan Counseling and Psychological Association)

- 14:00 – 15:00 **Progress reports on MHPSS in East Africa:** Kilimanjaro Initiative, Kakuma Waldorf Project, REPSSI, IMLU, Others
- 15:00 - 15:20 Group discussion on new Psychology Act and MHPSS in East Africa
- 15:20 - 15:45 TEA BREAK**
- 15:45 – 16:00 **JENGA Administration and Financial matters:** Workplan, Registration, Constitution, Membership Fees, Fundraising (Ms Brinda Wachs, Ms. Annika Fleishmann and Ms. Constance Tipis)
- 16:00 - 16:30 ***Interactive Session 2: Expressive Bodywork and Movement under the Sky*** (Mr Alocoque Jambote, Dance Therapist and Mr Erich Ouko, Yoga Instructor, to take place outside on the lawn, weather permitting, wear comfortable clothes)
- 16:30 Handing out of **JENGA *Certificates of Completion***
- 17:00 CLOSE OF WORKSHOP**

Registration for JENGA II Workshop

MPESA: (+254) (0) 700 476 899

The fee for the two-day workshop is 9,000 KSH, payable in advance on MPESA or at the door. If you cannot pay in advance, kindly register by email (brindawachs@gmail.com) and indicate you will pay at the door.

The registration fee includes:

- > Entrance to two full days of the Workshop
- > Morning and afternoon coffee on both days
- > Lunch on both days in restaurant of Tribe Hotel
- > Bottled water provided throughout the conference
- > Conference room facilities with workshop materials; paper, pens, sketching materials
- > Technology for presentations and discussions; powerpoint, flip-charts
- > Interactive sessions on creative therapies and dream analysis
- > Elegant surroundings, outdoor bar, design interiors, traditional art
- > Handmade chocolate candy shop and bakery available to all participants (!)

All conference members shall receive a **JENGA II CERTIFICATE of COMPLETION 2015**

The Tribe Hotel: <http://www.tribe-hotel.com>



JENGA Leadership Group

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