



MENTAL HEALTH WORKSHOP

Friday, 20 March 2026 | Approved 13 CPD's of which 2 ethical

08:00 Registration & Welcome Coffee | Facilitator: Chanette van der Merwe

08:30 The Current Mental Health Landscape | Presenter: Chantelle Stander

This session aims to give a broad overview of the current landscape of mental health in the medical industry. The speaker will give factual feedback regarding the Discovery Medical Aid basket of care/bundled benefits for inpatients. She will highlight the potential billing dilemmas, conflicts, and pitfalls. This session will touch on various ethical issues and will aim to give insight into ethical billing, maintaining professional boundaries and standards in a setting where funds are shared among various service providers. The session will further give opportunity to delegates to provide feedback on current challenges and uncertainties, allowing the INSTOPP directorate to provide feedback to funders.

09:30 Outcome Measures (GAF; DERS; RADS and more) | Facilitator: Dr Suzanne Harmse

Dr Suzanne Harmse will dive into the importance of using outcome measures in mental health practices. Occupational Therapists must be able to demonstrate that interventions are effective and reduce the symptom presentation of the clinical diagnosis. The validity of well-known outcome measures will be scrutinised.

10:30 Tea/Coffee Break

11:00 Generating Evidence in Your Mental Health Practice | Presenter: Dr Suzanne Harmse

Evidence-based practice is the future of healthcare. This session will aim to equip you with a strategy for generating evidence in your practice that can be used to motivate better funding from service providers. Using evidence in your practice towards a master's or doctoral degree.

12:00 Lunch Break

12:30 How to Start Outpatient Services | Presenter: Haneke Jonas

Starting an outpatient mental health practice poses various challenges. During this session, Haneke Jonas will unpack the potential pitfalls and share practical tips on overcoming non-compliance, PMB applications, service scheduling, and taking notes. Planning outpatient therapy groups may pose various challenges with start and end dates. Ethical challenges of being available for your mental health patient as their only point of contact as an outpatient can easily lead to burnout. How do we ethically navigate the challenges above to ensure we provide high-quality evidence-based interventions?





● **13:30** **Looking in more depth at types of services in out-patient mental health practice | Presenter: Chantelle Stander**

Haneke Jonas aims to break down the types of services one can offer as an out-of-hospital mental health occupational therapist. Individual therapy, case management, targeted groups (with examples), teens, and assessments.

● **14:30** **Tea/Coffee Break**

● **15:00** **Interactive Workshop | Facilitators: Natasha Biddulph & Chantelle Stander**
“Bring Your Activity” Session:

Delegates share, demonstrate, and experience therapeutic activities for practical learning. The group is led by the speakers, who are exposed to new innovative activities that target symptom presentation among mental health users. Experimental learning will be the key, with small groups being exposed to the activities.

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● **08:00** **Action-Based Structures in OT | Presenter: Natasha Biddulph**

Action-based structures describe any guided, embodied, movement-rich activity that helps clients explore inner states, relationships, and functional capacities through doing rather than talking. An overview of sociometry and sociometrics with the focus on activity participation.

● **10:00** **Mid- Morning Tea Break**

● **10:30** **Expanding into Corporate Wellness | Presenter: Tanya Muir**

Tanya Muir gives insight into the world of corporate wellness. How to approach clients, what to offer, and how to reason about fees.

● **11:30** **The Silent Impactors on Mental Health: Sleep | Presenter: Tanya Muir**

Tanya will review the physiology of sleep and the impact of insomnia on physical and mental well-being. A review of interventions that are aimed at addressing poor sleep habits.

● **12:30** **Closure and wrap up**



Mental health is not the absence of struggle, but the capacity to live meaningfully alongside it. **Healing** begins where **safety, structure, and understanding** replace shame and silence.

In practice, every intervention reflects listening, ethics, and care, guiding measured steps toward **dignity, balance, and hope.**

