

## CURRICULUM VITAE OF DR MAKGATHI L. E. MOKWENA

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HPCSA Arts Therapist Registered

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Nationality: South African

Institution (Date from – Date to)	Degree(s) or Diploma(s) obtained:
Rand Afrikaans University (UJ) 1999- 2002	D. Litt.et Phil (Psychology): <i>Integrating psychology and spirituality through the feminine principle</i>
Antioch New England Graduate School, New Hampshire, USA. 1995-1997	Masters degree in Dance Movement Therapy (with a minor in Counselling Psychology),
Vista University 1993	Honours Degree in Psychology
Rhodes University 1991	Honours Degree in Drama
Rhodes University 1989	Bachelor of Arts

### Membership of professional bodies:

- Board Member of Hearts and Ice Theatre (current).
- Registered as Arts Therapist (dance movement therapy) with the HPCSA (since 1998)
- Programmes Director-The Mothertongue Project, January 2008 to current
- Chair of the Equity Committee, 2001- 2003 (RAU).
- Founding member of the *indaba* committee, 2002 – 2003 (RAU)

### Work ethos and summary of work

My work largely (but not exclusively) centres on personal development, and references the self within the context of a larger team/community/system. The methodology is integrative in nature, and draws on the emotional, embodiment, spiritual and mental intelligences, with a strong focus on intentionality and will. The expressive arts may be integrated in the work, in service of building an adult learning milieu. The use of the arts methodologies such as Open Space, Soft Shoe Shuffle, Participatory Theatre, Industrial Theatre and World Café may be drawn upon in support of the learning. The paradigm I hold is appreciative, where I believe that all human beings are oriented towards, and have the capacity for the betterment of the self. Inquiry and reflection are seen and used as essential tools for the enhancement of adaptivity towards a shared intra/interpersonal goal. Meaning and purpose (or the search thereof) form the cornerstone of this framework.

Some of the programmes facilitated on include Executive Development Programmes, Emerging Leadership Development Programmes, Women in Leadership, Train the Trainer on a number of programmes, Leadership Presence, Leadership for Results, Self-Storying in Stillness Retreats, Mentorship Training Programmes, Personal Mastery Programmes, Business Presentation Skills, various Diversity Training Programme, Having Crucial Conversations, all conducted with clients representing various levels of government, the private sector, academia and civil society. Experiences include the administration, report-writing and feedback-giving of psychometric assessments such as the Bar-On EQ assessment, 360 assessments, Assessment Centres, and Personality Type Indicator Assessments.

### Professional work experience:

<b>Company</b>	<b>Independent Consultant; current</b>
<b>Position</b>	<b>Personal/self leadership facilitator</b>
<b>Description</b>	Design, facilitation and integration of intra-personal and interpersonal leadership processes within personal, civil societal and corporate contexts.
<b>Company</b>	<b>The Mothertongue Project; 2008 January –current</b>
<b>Position</b>	<b>Programmes Director, Workshop Facilitator, Performer &amp; Writer</b>
<b>Description</b>	Overseeing and directing projects undertaken by the

	organisation, management of staff, project supervision of interns, designing, implementation and management of programmes and projects, performer in and co-creator of physical theatre work.
<b>Company</b>	<b><i>Dialogue; 2002- present</i></b>
<b>Position</b>	<b>Consultant (Facilitator)</b>
<b>Description</b>	Design and implementation of various programmes offered to government departments, private companies; design and training facilities and professional individuals on various business and personal management skills; private coaching. Responsibilities include but not limited to training on Business Presentation Skills, Diversity work, Personal Branding, and Workplace Wellness
<b>Company</b>	<b><i>Open Disclosure Foundation; 2007 March- 2009 March</i></b>
<b>Position</b>	<b>Supervisor</b>
<b>Description</b>	Psychological Supervision of counsellors' work with their clients. The work centres around sexual trauma counselling.
<b>Company</b>	<b><i>African Institute for Mentoring; October 2005- September 2008;</i></b>
<b>Position</b>	<b>Consultant (Principal Facilitator)</b>
<b>Description</b>	Design and facilitation of various interventions such as the Station Manager Leadership and Mentorship Training Programme, the Emerging Leadership Programme, as well as the Executive Development Programme. Tasks also include administration of various psychometric assessments and conducting large-scale organisational research.
<b>Company</b>	<b><i>Zawadi Change Managers; 2004</i></b>
<b>Position</b>	<b>Consultant (Co-Facilitator)</b>
<b>Description</b>	Organisational Development interventions
<b>Company</b>	<b><i>United Nations Development Prog; May 2004- Dec 2005</i></b>
<b>Position</b>	<b>Consultant (Co-facilitator)</b>
<b>Description</b>	<b>Leadership For Results Training Programme</b> in combating HIV/AIDS and poverty with relevant role players from various levels of government, the private sector, academia and civil society
<b>Company</b>	<b><i>Dedel' Ingoma Music and Theatre Company;2001-2010</i></b>
<b>Position</b>	<b>Trainer in expressive arts therapeutic skills</b>
<b>Description</b>	Working with creative arts therapists on a multidisciplinary training and therapeutic programmes in the creative arts. Design and implementation of therapeutic and leadership programmes
<b>Company</b>	<b><i>Private Practice; 2000- current</i></b>
<b>Position</b>	<b>Arts Therapist and Life Coach</b>
<b>Description</b>	I run a limited private practice where I see adult clients presenting with various psychological issues.
<b>Company</b>	<b><i>Rand Afrikaans University (UJ) July 1998-September 2005</i></b>
<b>Position</b>	<b>Lecturer</b>
<b>Description</b>	Specific responsibilities include the following: Design of curriculum for and introduced the following courses: expressive arts therapies for third year, honours, masters and doctoral trainees; a gendered perspective of psychology for honours, masters and doctoral level trainees; psychology and spirituality for honours level trainees; psychology in Africa for honours and second year level trainees; conceptualised and presented Community psychology for third year level trainees; supervision of Masters and doctoral candidates' research. Co-

	<p>ordinated and presented Child Psychology course to 3<sup>rd</sup> year level students. Presented Introduction to Psychology at 1<sup>st</sup> year level.</p> <p>Co-introduced tutorials to first year students. Chaired the Equity Committee which was instrumental in canvassing for the inclusion of more black Masters and Doctoral candidates in post graduate programmes.</p>
<b>Company</b>	<b>Centre for Human Rights; 1992-1994</b>
<b>Position</b>	<b>Project coordinator</b>
<b>Description</b>	Managing various human rights education and practice projects.
<b>Company</b>	<b>1820 Foundation :1990</b>
<b>Position</b>	<b>Project coordinator/ Schools Festival Assistant Officer</b>
<b>Description</b>	Organising schools festival activities, liaising with artists and schools around festival engagements, managing schools festival projects.

### PROFESSIONAL AFFILIATIONS

- Registered as a dance movement therapist with the Health Professionals Council of South Africa (current).

### PUBLICATIONS

- Mokwena, M (2012), chapter: dancing in colour: a soul's journey toward spirit, Fourthwall Books.
- Mokwena, M (2012), chapter: An African Perspective on Community Psychology, Van Schaick Publishing
- Mokwena, M (2007), chapter: An African Perspective on Community Psychology, Van Schaick Publishing
- Mokwena, M (2004). Interrogating traditional African spirituality through a gendered lens. In Agenda, no 61 2004
- Mokwena M. (2002). Expressive arts therapies. In Voices: an introduction to the creative arts therapies, resource book. S. Harrop-Allin & N. Diuguid.
- Bakker, T., Mokwena, M., & Simons, R. African Perspectives on Psychology. In P. Avis, A. Pauw & I. van der Spuy (2000). Psychological perspectives: an introductory workbook. Parow: Pearson Education South Africa.
- Heyns, C., Mokwena, L., & Ncholo, P. (1993). Towards a South African student volunteer organisation. Pretoria: Centre for Human Rights.

### AWARDS, FELLOWSHIPS AND HONOURS

- RAU Merit Bursary, 1999-2002
- Readers' Digest Merit Fellowship, USA, 1997
- Fulbright Scholarship, USA, Aug 1995-Dec 1997
- Listed in the Femina Directory of Leading Women, 1995-1996
- Gluckman Drama Bursary, South Africa, 1991
- Academic Support Award, South Africa, 1991
- French Embassy Bursary, South Africa, 1986