

CURRICULUM VITAE

LIIZL HELENA MILLER



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PERSONAL INFORMATION

SURNAME : MILLER
FIRST NAMES : LIIZL HELENA
DATE OF BIRTH : 1967-10-13
GENDER : FEMALE
QUALIFICATIONS : BA.Educationis (Bachelor's degree in Education)
B.Ed .(Psych) with specialization in Orthodidactics (Bachelor's
Degree in Educational Psychology (Honours)
M.Ed. Educational Psychology (Masters in Educational
Psychology)
B.Social.Sciences (Honours) with specialization in Psychology
(Cum Laude)
MSC. Clinical Psychology (Master of Science in Clinical
Psychology)
BHF PRACTICE NUMBER : 086000 8642621
HPCSA REGISTRATION.NR : PS 0063185
PROFESSIONAL MEMBERSHIPS : HPCSA – PS 0063185
BHF- Pr.nr: 086000 8642621
SHIP® Foundation
DRIVERS LICENCE : YES, CODE 08
NATIONALITY : SOUTH AFRICAN CITIZEN
LANGUAGES : FULL COMPTENCY IN ENGLISH AND AFRIKAANS
CRIMINAL RECORD : NONE
HEALTH : EXCELLENT
HOBBIES : READING AND WALKING
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TERTIARY EDUCATION

1. University of Pretoria : BA.Ed. – 1986 - 1989
2. University of Pretoria : B.Ed. (Psych) Orthodidactics – 1993 - 1994
3. University of Pretoria : M.Ed (Educational Psychology) – 1995 - 1996
4. Dissertation : 1997: “The role of dialogue in the home situation in the informal arithmetic guidance of the grade one learner in a traditionally black school.”
5. University of Pretoria : Obtained M. Ed (Educational Psychology) April 1999
6. University of Pretoria : B.Soc.Sci (Hons) – 2007
7. University of Limpopo (Medunsa): MSc.Clinical Psychology – 2008
8. Dissertation : 2010: An Evaluation of the film *One Flew Over The Cuckoo’s Nest* as a medium for the training of Psychotherapists.
9. University of Limpopo (Medunsa) : Obtained in May 2010 at the University of Limpopo (Medunsa Campus).

SECONDARY EDUCATION

- Last school attended : John Vorster High School, Nigel, Gauteng
Highest standard passed : Grade 12 (1985) with University Exemption
Subjects passed : Afrikaans (HG)
English (HG)
Mathematics (SG)
Physical Science (SG)
Biology (HG)
German (HG)
- Extramural activities : Athletics, Tennis, Hockey, Debate Contests, Choir
Committees and leadership : Leader in Grade 12

WORK EXPERIENCE

I have experience as a Clinical psychologist for 6 years and have been working with adults since 2000 under the supervision of Dr. Jo Steenkamp (Clinical Psychologist).

I have experience as an Educational psychologist for 16 years.

- Resumed full time private practice: Since May 2011- present.
- Community Service : Clinical Psychologist – Department of Health – Eersterust Clinic from 1 May 2010 – 30 April 2011 and part time practice.
- Internship in Clinical Psychology : 2009
 - : January – March 2009: Dr. George Mukhari Hospital in the wards (Specialisation wards: Spinal, Neuro-Surgery and Renal, as well as all General wards).
 - : April–September 2009: Weskoppies Psychiatric Hospital, Pretoria (Forensic observations, Individual and Group Therapeutic Intervention and Assessment, member of Multi-Disciplinary team)
 - : October-December 2009: Clinical Psychology Unit at Dr. George Mukhari hospital
- Part-time private practice : 2007-2011 whilst studying further in MSc.Clinical Psychology.

- Full-time private practice : Since 1 May 1999-2007, as well as working at Unitas Hospital, Centurion, Pretoria
- Internship in Educational Psychology: 1997
 - : January – April 1997: Pretoria School for Cerebral Palsied Children
 - : May - December 1997: Child Guidance Clinic, University of Pretoria
 - School holidays: Weskoppies Psychiatric Hospital– Child and Adolescent Unit and Jacaranda Children’s Home
- Technikon Pretoria : 1995 – 1996
 - Department of Study Guidance, Study Advisor for Tertiary students
 - Head of Reading laboratory
 - Assisting students with study skills
 - Presented reading, study, motivation and concentration skills- workshops
- High School “Die Wilgers” : 1994
 - Teacher- Afrikaans, Grade 8 en 9
 - Trainer of Grade 8 Hockey teams
 - Athletics trainer
 - Involved with debates competitions
- Council of Pretoria : 1991 - 1993
 - Data Capturer and Library Assistant
 - Data capturing
 - Office administration
 - Capture of Statistics
 - Enquiries
- Brandwag High School : 1990
 - Teacher – Afrikaans, Grade 9 en 10
 - Trainer of the 3rd and 4th Hockey teams
 - Athletics trainer
 - Involved with leader camps

MY PSYCHOTHERAPEUTIC APPROACH:

My therapeutic approach is integrative, tailored for the needs of each client. I choose my interventions from modalities that I have been trained in, namely Systems therapy in combination with CBT, Problem Solution Focused therapy, Interpersonal skills training, Gestalt therapy and a Psychodynamic approach.

Experience as a psychologist:

1. Psychometrics experience:

Individual psychological assessment for children, adolescents and adults with behavioural, emotional, school related and work- related problems.

I am competent in:

Cognitive assessments:

- WAIS-IV
- WISC-IV
- SSAIS-R (South-African)
- JSAIS-R (South-African)
- Raven's Progressive Matrices

Personality assessments:

- MCMI
- MMPI
- 16PF
- MBTI
- Rorschach – Exner method
- Interpretative Drawings
- TAT, CAT, SAPAT, Columbus, Roberts, Bar Ilan
- JPV (Jung Personality Questionnaire)
- Interpersonal Relations Questionnaire
- Sentence Completion
- Düss test
- Bene Anthony
- MAPS
- BECK Depression Inventory
- CDI (Children's Depression Inventory)
- Hamilton questionnaire

Neuro-psychological assessments:

- Bender Gestalt Test
- Beery test of Visual Motor Integration
- Auditory discrimination
- Visual discrimination
- Reading, Spelling and Mathematics
- Quick Neurological Screening test
- Stroop Test
- ADHD screening tests and assessments

Clinical assessments:

- MSE
- Mini MSE
- ADHD Screening tests and assessments
- Various questionnaires on Aggression, Anxiety, Depression, Parental styles, Self-esteem, Social skills, Psychopathology, Stress management etc.

2. Therapeutic interventions for children:

With behavioural and emotional problems, such as Eating disorders, Self-mutilation, Depression and other mood disorders, Bipolar disorder, Suicide, Anxiety, Separation Anxiety, Phobias and Panic attacks, Bullying, Sexual Abuse, Personal development of a client, Self-esteem, Anger management, Grief and loss, Aspergers,

Cultural identity, Separation and Divorce, Trauma, Social Skills, Psychopathology, Play therapy, Emotional Intelligence, ODD, ADHD, as well as for school related problems (such as learning problems etc).
Parental counselling with regards to above mentioned problems.

3. Therapeutic interventions for adolescents:

With behavioural and emotional problems, such as Eating disorders, Self-mutilation, Depression and other mood disorders, Bipolar disorder, Suicide, Anxiety, Separation Anxiety, Phobias and Panic attacks, Bullying, Sexual Abuse, Personal development of a client, Self-esteem, Reconstructed families, Anger management, Aspergers, Grief and loss, Cultural identity, Separation and Divorce, Trauma, Social Skills, Psychopathology, Emotional Intelligence, ODD, ADHD, Stress management, as well as for school related problems (such as learning problems etc).
Parental counselling with regards to above mentioned problems.

4. Therapeutic interventions for adults:

With emotional and work-related problems, such as Eating disorders, Self-mutilation, Depression and other mood disorders, Bipolar Disorder, Suicide, Anxiety, Phobias and Panic attacks, Bullying, Sexual Abuse, Personal development of a client, Self-esteem, Reconstructed families, Anger management, Grief and loss, Cultural identity, Separation and Divorce, Trauma (acute and complex), Social Skills, Psychopathology, ADHD, Emotional Intelligence, Stress management, Interpersonal skills training, Chronic illness, Employee Wellness.

5. Therapeutic experience with couples:

I have worked with couples in Couples therapy for several years and I am also in supervision with Couples therapy. I mainly work from a Systemic approach in Couples therapy in combination with a psychodynamic approach if necessary.

6. Therapeutic experience with families:

I have assisted families by means of an Integrative Systemic Approach. The focus of my therapeutic intervention in Family therapy is on changes within a family, in order to address interpersonal difficulties in the context of family relationships.

7. Clinical Experience:

Consulting with a child, adolescent and adult patients in Psychiatric hospitals (Vista, Denmar and Weskoppies, George Mukhari in Pretoria), as well as in General hospitals (Unitas, Montana, Kloof hospital and Little Company of Mary).
Consulting with patients in Clinics (Eersterust Clinic), Mamelodi, University of Pretoria and University of Limpopo).

8. Multi / Inter - Disciplinary Team experience:

A large component of my training was focussed on the Systems theory and with this approach, it is very important to incorporate MDT work. During my role as a Clinical Psychologist at the Psychiatric hospitals as well in the General Hospitals (mentioned in point 7), I referred to and consulted client-cases to the Psychiatrists, Specialists (i.e. Gastroenterologist/ Internist, Cardiology, Paediatricians), Occupational therapists, Dieticians, Social Workers, Play therapists and other Clinical or Educational or Counselling psychologists. The same approach was also used in the clinics. Most of the MDT members were also working in the clinics, which facilitated the process more easily.

I incorporate these principles as well in my Private practice, by often referring to and consulting with Psychiatrists, GP's, Occupational Therapists, Speech therapists, Social workers, Play therapists, Physiotherapists, Dieticians, other Clinical, Counselling, Educational Psychologist, Marital Counsellors, as well as teachers in the case of children. It is also very helpful to refer or consult other team members in case of ethical dilemmas. This is of particular importance to me in the management of clinical emergencies, especially cases which require psychiatric admissions.

9. Trauma therapy experience:

I have assisted numerous individuals with trauma therapy, by using a mind-body therapeutic approach (SHIP® - Spontaneous Healing Intra-systemic process). Due to the context of violence in South-Africa, I've been exposed in the psychotherapeutic setting to several different types of trauma. I am also currently writing an article on Acute Trauma to qualify as a facilitator in Trauma therapy in the SHIP® foundation.

10. Management experience:

I have been a member of a Psychology Forum Group - discussion of relevant topics on a regular basis for 3 hours per session monthly since February 2000 to date (myself and a colleague started this group in 2000 which grew to be a group of approximately 50 members currently).

I was a member of the Managing Board of the SHIP® foundation from 2006-2007.

A peer supervision group with colleagues was initiated by me for discussion of therapeutic cases for children and adolescents in 2012 till present.

I started a Psychology reading group with colleagues in 2013 till present.

A Clinical Psychology Movie-group was initiated by me in 2014 till present. We meet monthly where we utilize movies, DVD's and "In Treatments therapy" DVD's to enhance and develop our therapeutic skills and psychopathology knowledge.

In my clinical practice, I have introduced several interventions in the community, based on my identification of psychological needs in this context, for example establishing a support group for the mothers of pre-natal babies and for parents who have lost a child, as well as for single parents.

11. Supervision experience:

I supervised B.Psych (Honours) students (15) from the MGI University from 2014-2015, assisting them with their practical individual and group cases, as well as with personal individual therapy. In my community service year, I supervised the practical cases of Honours' students at Eersterust Clinic.

I have supervised practicing Educational and Clinical Psychologists in my private practice with regard to assessments and therapeutic interventions.

I completed my training as a Supervisor for Psychologists.

With regard to training of Psychologists, please see information on Teaching and Training experience at point 15.

12. Peer Supervision experience:

As a private practitioner, I have been in Peer supervision since I have started my practice in 1999.

I am the founder of a Clinical Psychology Movie-group once per month where we utilize movies and DVD's and "In Treatment therapy" DVD's to enhance and develop our therapeutic skills and psychopathology knowledge.

A Psychology reading group was arranged by me in 2013 till present.

I organized a peer supervision group for children and adolescents with colleagues in 2012 till present.

13. Supervisee experience:

I have studied with Dr. Jo Steenkamp (Clinical Psychologist) in SHIP® - Spontaneous Healing Intra-systemic Process since 1998. I subsequently registered in 2002 as a SHIP® - Facilitator at the SHIP® Foundation. Since then I have attended numerous workshops of SHIP® (4 workshops per annum and one conference per annum), of which the documents can be made available upon request.

Currently I consult with Dr. Jo Steenkamp - Clinical Psychologist (1998-to date) for supervision with adults.

I am also consulting Dr. Alda de Wet - Clinical Psychologist since 2012 to date for individual training in Interpersonal skills with adults, as well as Couples Therapy.

Xenia Ayiotis, an Eating coach, supervised me on clients with eating disorders in 2016 for 12 sessions.

I consulted Dr. Jaco van der Walt – Clinical Psychologist for Trauma supervision for adults from 2015-2016.

Previously I consulted Dr. Marinda Woudstra – Educational Psychologist from 2002-2008 for Supervision, as well as Dr. Helen Krige- Educational Psychologist (University of Johannesburg) for Supervision from 1999-2001.

14. Facilitation of Groups:

I facilitated groups at Weskoppies Psychiatric hospital, Eersterust Clinic and George Mukhari hospital.

15. Teaching and Training Experience /Presentations:

I have presented the following presentations / workshops:

- 9 May 2015: Womentality (Identity for young woman)
- 1 May 2015: Womentality (Identity for young woman)
- 20 June 2014: Depression and Chronic Illness for a Forum Psychologists
- 6 June 2014: Defence Mechanisms in children for Clinical Psychologists
- I was the guest speaker on several radio shows speaking on Psychological subjects since 2014.
- I contributed to several articles in Woman magazines since 2013.
- 2013: Depression and Chronic Illness for SADAG (South-African Depression and Anxiety Group)
- 25 October 2013: Depression and Diabetes for Clinical Psychologists
- 2012: Living with chronic depression for SADAG (South African Depression and Anxiety Group)
- 2011: Oppositional Defiant Disorder for Community Psychologists
- 2010: Presentations on psycho-education for individuals and community members
- 2010: Teddy Bear Therapy for Intern Clinical Psychologists at Weskoppies Psychiatric Hospital
- 2009: Cognitive- Behavioral skills for Intern Clinical Psychologists at Weskoppies Psychiatric Hospital
- 14 Augustus 2009: Teddy Bear Therapy for Psychology Forum
- 2009: The Mental Status Exam for Intern Clinical Psychologists at Weskoppies Psychiatric Hospital
- 15 February 2008: The activation of adolescents (in a therapeutic intervention) for Clinical, Educational and Counselling psychologists.
- October 2005: Identifying chain imprints and chain statements in adolescents by using Erickson's Psychological Developmental Stages for Clinical, Educational and Counselling psychologists.
- Co-facilitator of groups with Industrial Psychologist (Dickey Els): 28 September 2000 (1 day)
- 1994-1995: Presentations for students at the Technological University of Tshwane on life skills and EQ
- Parental Counselling for a Divorcees group
- Sexual education for pre-school children for parents at a nursery school

- Team Building for a Quantity Surveyors company
- October 2002: Irritable Bowel Syndrome and Bio-psycho-social approach for Clinical, Educational and Counselling psychologists
- I was a co-facilitator with an Industrial psychologist in Cape Town in 2002.

16. Training:

I have a wide array of training besides my University training, namely:

16.1. National training:

- Psychodynamic training with children, adolescents and adults
- Play therapy techniques with children
- Projective techniques
- Psychometric training
- Workshops on therapeutic interventions with children and adolescents (ex: Dream work, Self-esteem, Sibling Rivalry, Anxiety, Depression, Self-mutilation, Suicide, ODD, ADHD, Bipolar disorder, Loss and Grieve, Trauma counselling, Divorce, Sexual Abuse, Victims and Bullies, Reconstructed families, Narrative therapy, Family Violence, Emotional Abuse, Eating disorders, Neurological structure and functioning of children, Psycho-neurological development in children, Adopted children, Family Inclusive child therapy, Ethics code, Non-verbal expressions in children, Attachment, Dissociation defence, Parental counselling, Social Skills problems, Integrated child therapy, Mindfulness).
- Workshops on Psychopathology of Childhood and during Adulthood, DSM 5 Training Post Magister Training at the Department Psychology, RAU, Johannesburg in 2003 on Saturdays:
 - Adult Psychopathology, Salutogenesis and Deconstruction (1 March-12 April 2003)
 - Adult Neuropsychology (10 May – 7 June 2003)
 - Adult Development and Models of Person (19 July – 12 August 2003)
- Workshops on therapeutic interventions with adults - Short-Term Psychodynamic Psychotherapy, Trauma counselling, Intergenerational Trauma, Dealing with anger, Sexual abuse, Domestic violence, Integrative psychotherapy with adults, Bipolar disorder, Somatic symptoms and stress-related disorders, Integrating Mindfulness into Psychotherapy, Medical Hypno-analysis (Dr. Lorna Geer: 28-29 Jan 2011; 24-26 March 2011; 1- June 2011: Medical Hypno-analysis-(9 day course), Logo therapy, Gestalt therapy- Prof.H.G. Pretorius), Spontaneous Healing Intra-systemic Approach (Dr. Jo Steenkamp). Workshops on Couples therapy and Family therapy.

16.2. International Training:

- Virginia Axline: 17-18 February 1997: Play Therapy (International accredited)(2 days)
- Dr. Sandra Wieland (International presenter): 29-31 March 2006: The effect of abuse and neglect on the infant/child brain and a internalisation model (3-day workshop)
- 23 – 27 July 2012: 30th International Congress of Psychology (1 week conference)
- Gestalt Therapy (Ria Verlinden: 21-23 March 2013: International Gestalt Therapy workshop-Awareness
- Dr.Nancy MacWilliams (International Speaker): 27-29 February 2016: Individuality and Mental Health (Psychopathology).
- Solution Focused Approach (Dr. Elliot Connie (International speaker) : 7-9 April 2014: The Solution Focused Approach.

An Annexure of courses and workshops attended can be provided if requested.

COMPUTER LITERACY

- MS Word : Intermediate
- MS Power Point : Intermediate
- MS Outlook : Intermediate

REFERENCES

1. Dr. Jo Steenkamp – Supervisor and Training
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4. Dr. Irene Strydom – Supervisor
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I hereby give consent that above mentioned references may be contacted. These references each gave consent to be contacted.