



UNIVERSITY OF
KWAZULU-NATAL™
INYUVESI
YAKWAZULU-NATALI

COLLEGE OF
HUMANITIES

STUDYING PSYCHOLOGY AT THE SCHOOL OF SOCIAL SCIENCES



**WHERE MIND, SOCIETY, CULTURE, HISTORY,
AND HEALING CONVERGE**

INSPIRING GREATNESS

Psychology at UKZN is an interdisciplinary and transformational space where mind, society, culture, history, and healing converge. From first-year undergraduate to doctoral research, we are committed to developing ethical, reflective, and contextually grounded graduates who can serve, question, and reimagine the role of psychological knowledge in South Africa, across the African continent, and the wider world.

Rooted in the University's vision of African scholarship, our teaching and training embrace a pluriversal approach, valuing multiple ways of knowing and being, and rejecting one-size-fits-all models.

We prepare students to engage in psychology as the study of behaviour and mental processes and as a socially and historically embedded discipline shaped by power, inequality, and cultural diversity. Students learn to interrogate whose voices psychology centres, to integrate global insights with African realities, and to design approaches that advance social justice and collective wellbeing.

Our curriculum draws on:

- Grounding knowledge in African-centred worldviews and indigenous knowledge systems.
- Recognising the interplay between biology, psychology, social structures, history, and environment through the biopsychosocial model.
- Interrogating power and inequality, while fostering critical engagement with domination, compliance, resistance, and pathways to transformative change.
- Intersectional perspectives on how race, class, gender, sexuality, culture, and ability shape mental health, identity, and lived experience
- Responding to urgent psychosocial challenges, including poverty, unemployment, violence, trauma, inequality, educational inequities, and organisational wellbeing.

In a world shaped by the Fourth Industrial Revolution (4IR), our graduates leave with solid disciplinary knowledge and the transferable skills, adaptability, creativity, problem-solving, and collaboration needed to navigate the world of work. At the same time, they bring something unique: a pluriversal orientation that values multiple ways of knowing, African-centred perspectives, and critical engagement with global and local realities. Whether they exit after undergraduate study, pursue Honours, or progress to professional Master's training, our graduates leave with intellectual agility, ethical grounding, and a sense of community responsiveness, equipped to navigate and contribute meaningfully across diverse workplaces.

FROM CURIOSITY TO CAREER: PSYCHOLOGY AT EVERY LEVEL

Undergraduate: At the undergraduate level, students are introduced to foundational psychological knowledge encompassing areas such as human development, social identity, cognition, motivation, intelligence, psychopathology and research methods; each examined through the lens of South Africa's socio-political history and the diversity of African life worlds. This grounding invites students to move beyond Western individualism, question colonial hierarchies of knowledge, and cultivate a reflective, ethically engaged approach to psychology.

From the first year, students may select Psychology as a major in either General Psychology, Industrial and Organisational Psychology, or both. First-year Psychology is uniform for all students, providing a shared academic foundation. After completing this foundation, students enter their chosen stream(s) from the second year until they complete their degree in the third year.

Honours in General Psychology: The Honours programme in General Psychology provides a critical, contextually grounded foundation for further postgraduate study or applied roles across diverse organisational and community settings. The programme deepens students' theoretical knowledge while cultivating analytical, digital, problem-solving, and interpersonal skills relevant to the demands of the Fourth Industrial Revolution. Firmly

grounded in a decolonial and pluralist ethos, the programme challenges dominant psychological frameworks by critically engaging with global North scholarship and centring African and Global South perspectives. All core and elective modules encourage students to question universalist assumptions, engage with culturally situated knowledge systems, and apply psychological principles to real-world issues.

Honours in Industrial and Organisational Psychology: The Honours programme in Industrial and Organisational Psychology provides a critical foundation for students intending to pursue further postgraduate study or enter the world of work as ethically grounded, socially conscious practitioners. The programme centres on the interface between social psychological processes and organisational systems, exploring how these dynamics inform and impact psychological functioning, assessment practices, workplace equity, leadership, employee experience, and organisational effectiveness across diverse contexts. Anchored in a pluralist and decolonial lens, the programme critically engages with dominant paradigms in Industrial and Organisational psychology by drawing on African-centred and global south scholarship. In doing so, it promotes a critically reflexive and context-sensitive understanding of work and organisational life that is responsive to the complexities of South African and broader global realities.

Postgraduate Diploma in Psychological Counselling: The Postgraduate Diploma in Psychological Counselling is a professionally oriented qualification that equips students with the foundational knowledge, applied skills, and supervised experience required to register with the Health Professions Council of South Africa (HPCSA) as Registered Counsellors. The programme emphasises early intervention, preventative care, and psychoeducation, focusing on psychological assessment, applied psychopathology, developmental psychology, counselling practice, and research. Through a blend of block contact sessions, online learning, and practicum-based training, students develop competence in conducting basic psychological assessments, delivering individual and group interventions, and facilitating community-based mental health initiatives. Rooted in African-centred and decolonial perspectives, the programme critically engages with dominant counselling paradigms while centring culturally relevant knowledge systems and local realities. The PG Dip serves both as a professional endpoint and a potential bridge to further postgraduate study in psychology.

Masters Professional Programmes: UKZN offers five professional Master's programmes in Psychology, each leading to registration with the Health Professions Council of South Africa (HPCSA). These include Clinical Psychology, Counselling Psychology, Educational Psychology, Industrial and Organisational Psychology (IOP), and Research Psychology. Each professional programme comprises coursework, a supervised internship spanning one full year, and a research dissertation. The training is designed to develop technical competencies, promote reflective practice, foster ethical leadership, and cultivate socially engaged critical thinking.

Masters by Research: In addition to these professional tracks, UKZN also offers a Master's by Research, which involves the independent design and execution of a dissertation under supervision, culminating in a dissertation that contributes knowledge to the field of psychology.

PhD in Psychology: The PhD in Psychology at UKZN offers doctoral students the opportunity to work under the guidance of experienced scholars as they develop original contributions to the discipline. Research often explores themes such as mental health justice, decolonial knowledge production, psychoeducation and inclusive learning, gender and sexuality, indigenous healing and psychology, labour, leadership, organisational change, and transformative research methodologies. Students are supported in pursuing disruptive, reparative, and impactful scholarship that advances theory and practice firmly rooted in African and Global South realities.

WHY CHOOSE PSYCHOLOGY AT UKZN?

- We adopt a Pluriversal lens, honouring multiple ways of knowing and being.
- A curriculum grounded in strong theoretical foundations while applying psychological knowledge to real-world challenges, local contexts, and emerging global trends.
- Progressively building knowledge, skills, and applied experience that prepare graduates for the world of work.
- Graduates are equipped with the adaptability, critical thinking, problem solving, cultural competence, creativity and ethical awareness to meet the demands of the Fourth Industrial Revolution
- An ethical, equity-driven, and impact-focused community of scholars, practitioners, and students working together for transformative change.

PSYCHOLOGY UNDERGRADUATE PROGRAMME

Students registered for the undergraduate Psychology programme will complete a set of core modules across three years of study. Depending on their chosen major (General Psychology, Industrial and Organisational Psychology, or both), students will engage with topics spanning theory, research, and applied practice. The following modules are on offer at each year level:

First Year (Compulsory for all Psychology majors)

- PSYC101 – Introduction to Psychology 1A
- PSYC102 – Introduction to Psychology 1B

All first-year students registered in psychology will complete the same first-year curriculum, laying the foundation for the General and Industrial and Organisational psychology stream.

Second Year: General Psychology Major

- PSYC201 – Introduction to Research
- PSYC202 – Social Psychology **OR**
- PSYC203 – Developmental Psychology

Second Year: Industrial and Organisational Psychology Major

- PSYC201 – Introduction to Research
- PSYC207 – Industrial Psychology 2A **OR**
- PSYC208 – Industrial Psychology 2B

Third Year: General Psychology Major

- PSYC301 – Measurement, Experiment and Observation
- PSYC341 – Psychopathology
- PSYC342 – Counselling and Psychotherapy
- PSYC322 – Neuropsychology

Third Year: Industrial and Organisational Psychology Major

- PSYC301 – Measurement, Experiment and Observation (shared with General stream)
- PSYC319 – Organisational Development
- PSYC326 – Labour Relations: Context, Law and Practice

Students choose one elective from the list below

- PSYC320 – Learning for the Workplace
- PSYC321 – Work: Health and Ergonomics

Students whose majors are Industrial and Organisational Psychology and General Psychology will register for the following:

Level 2:

General Psychology: PSYC 201, **and** PSYC 202 **OR** PSYC 203.

Industrial and Organisational Psychology: PSYC 208 **and** 207.

Level 3:

General Psychology: PSYC 301, 341, 342, 322

Industrial and Organisational Psychology: PSYC 319, 326, 320 **and** 321

PSYCHOLOGY HONOURS PROGRAMMES

HONOURS IN GENERAL PSYCHOLOGY

Students registered for this programme will complete core and elective modules. The following modules are on offer:

Core:

- Year-Long: Research Project: Psychology (32C)
- Year-Long: Research Fundamentals (32C)
- Psychological Assessment (16C)
- Psychopathology (16C)
- Counselling and Therapeutics (16C)

Elective Offerings (Choose ONE):

- Neuropsychology (16C)
- Advanced Topics in African Psychology (16C)

HONOURS IN INDUSTRIAL AND ORGANISATIONAL PSYCHOLOGY

Students registered for this programme will complete a set of core modules that support workplace-focused psychological training. The following modules are on offer:

- Year-Long: Research Fundamentals (32C)
- Year-Long: Research Project Psychology (32C)
- Psychological Assessment (16C)
- Industrial Psychology in Context (16C)
- Psychology of Diversity (16C)
- Organisational Studies (16C)

PSYCHOLOGY POSTGRADUATE DIPLOMA PROGRAMME

PSYCHOLOGICAL COUNSELLING POSTGRADUATE DIPLOMA

Students registered for this qualification are required to complete the following core modules:

- Fundamentals of Psychological Assessment (16C)
- Community Interventions (16C)
- Counselling Psychology: Theory and Practicum (32C)
- Developmental Psychology and Applied Psychopathology (16C)
- Research Methodology (16C)
- Short Research Project (32C)

PSYCHOLOGY PROFESSIONAL MASTER'S PROGRAMMES

All our Master's professional programmes are accredited by the Board of Psychology of the Health Professions Council of South Africa (HPCSA). Successful completion of the programme and completion of the board examination enable graduates to register with the HPCSA. The programmes are structured over two years: the first year comprises coursework, while the second year focuses on completing a mini-dissertation and an accredited internship.

CLINICAL PSYCHOLOGY

The Clinical Psychology programme at UKZN is shaped by a commitment to the healing and transformation of individuals, families, and communities, especially those marginalised by structural violence, historical trauma, and socio-economic inequality.

At the Master's level, the Clinical Psychology programme is guided by the scientist-practitioner model and meets all professional requirements for registration with the HPCSA. It adopts an African-centred, integrative philosophy drawing on multiple psychological traditions (e.g., psychodynamic, cognitive-behavioural, systemic, existential, African healing systems) to support ethical, evidence-based interventions tailored to local realities.

Students are equipped to work in contexts marked by high trauma load, poverty, inequality, and stigma, including hospitals, rural clinics, community settings, prisons, and post-disaster environments. Training includes deep engagement with the biopsychosocial model, which values the complex interplay of biological, psychological, social, historical, and cultural factors in understanding human suffering and resilience.

Beyond clinical practice, the programme develops critical thinkers and researchers who challenge psychiatric reductionism and work to decolonise mental health care in South Africa. Many go on to complete PhDs exploring topics such as gender-based violence, indigenous healing, youth mental health, transgenerational trauma, and mental health policy.

Students complete a defined sequence of core modules, a dissertation, and a full-year internship. The following modules are on offer:

Year 1

- Psychological Interventions: African and Global Approaches (16C)
- Theory & Practice of Clinical Psychology (32C)
- Psychology of Personality & Abnormal Behaviour (16C)
- Assessment in Psychological Practice (16C)
- Community Interventions in Professional Psychology (16C)
- Research Methods in Psychology (16C)

Year 1 and 2: Short Dissertation: Clinical Psychology (96c)

Year 2: Internship Module (Non-Credit Bearing)

COUNSELLING PSYCHOLOGY

UKZN's Counselling Psychology programme nurtures psychologists who accompany people through life's transitions, challenges, and aspirations. Grounded in a Community Psychology ethos, this programme fosters practitioners who are skilled clinicians, change-makers and companions in healing, particularly within historically oppressed and structurally excluded communities. At the Master's level, students are trained to offer culturally resonant, evidence-based psychological services that reflect the lived realities of people navigating grief, relationship trauma, career uncertainty, intergenerational struggle, addiction, and chronic stress. Emphasis is placed on brief interventions, resilience building, and trauma-informed care that uphold dignity, agency, and contextual sensitivity. Students work in university clinics, schools, community-based NGOs, public health settings, and private practice, offering services to individuals and groups. Training includes exploration of African worldviews, indigenous knowledge systems, and alternative therapeutic models that better reflect the needs of the populations they serve.

Graduates register with the HPCSA as Counselling Psychologists and are equipped to counsel and rethink counselling as a relational, justice-oriented, decolonial practice. Students can pursue a PhD after completing their master's degree.

Students complete a defined sequence of core modules, a dissertation, and a full-year internship. The following modules are on offer:

Year 1

- Psychological Interventions: African and Global Approaches (16C)
- Psychology of Personality & Abnormal Behaviour (16C)
- Assessment in Psychological Practice (16C)
- Community Interventions in Professional Psychology (16C)

- Theory & Practice of Counselling Psychology (32C)
- Research Methods in Psychology (16C)

Year 1 and 2: Short Dissertation: Counselling Psychology (96C)

Year 2: Internship Module (Non-Credit Bearing)

EDUCATIONAL PSYCHOLOGY

UKZN's Educational Psychology programme is designed to transform our understanding of learning, development, and psychosocial support in educational settings. The Master's in Educational Psychology trains students to assess, diagnose, and intervene in learning and behavioural difficulties, while being sensitive to the multiple intersecting challenges that affect children and adolescents, such as domestic instability, hunger, loss, violence, or discrimination. Students are taught to view the learner not as a problem to be fixed, but as a developing human being embedded in a web of family, school, community, and cultural history. This programme draws heavily on the biopsychosocial model, allowing Educational Psychologists to work at the intersection of emotional, cognitive, environmental, and cultural factors. Students develop skills in psychometric assessment, systemic consultation, intervention planning, teacher support, and inclusive education strategies.

Graduates are eligible for registration with the HPCSA and work in schools, education departments, child welfare settings, clinics, and private practice. They also lead research, training, and advocacy efforts to build just, affirming, and enabling educational environments, often pursuing PhDs in developmental psychology, psychoeducation, or child and adolescent well-being.

Students complete a defined sequence of core modules, a dissertation, and a full-year internship. The following modules are on offer:

Year 1

- Psychological Interventions: African and Global Approaches (16C)
- Psychology of Personality & Abnormal Behaviour (16C)
- Assessment in Psychological Practice (16C)
- Community Interventions in Professional Psychology (16C)
- Theory & Practice of Educational Psychology (32C)
- Research Methods in Psychology (16C)

Year 1 and 2: Short Dissertation: Educational Psychology (96C)

Year 2: Internship Module (Non-Credit Bearing)

INDUSTRIAL AND ORGANISATIONAL PSYCHOLOGY (IOP)

At UKZN, the study of Industrial and Organisational Psychology begins with a fundamental question: How can workplaces become sites of transformation, dignity, and justice in South Africa and beyond?

The Master's programme in Industrial and Organisational Psychology (IOP) is one of UKZN's flagship offerings, grounded in a scientist-practitioner model and fully accredited by the Health Professions Council of South Africa (HPCSA). The programme equips students with the skills to design, implement, and evaluate interventions that enhance employee wellbeing, foster inclusive organisational cultures, resolve conflict, transform leadership, and drive systemic change within the workplace. Key areas of focus include psychological assessment for selection,

development, and retention; conflict mediation and trauma debriefing in organisational settings; coaching and professional development informed by Afrocentric perspectives; organisational transformation in response to historical patterns of exclusion; and data-informed human resource practices that address the future of work in the Global South.

Students complete a supervised dissertation and an accredited 12-month internship. Graduates are prepared to work in public and private sectors, labour unions, consulting firms, NGOs, and global development agencies, often becoming change agents for ethical and inclusive leadership.

Many pursue PhDs in leadership psychology, 4IR adaptation, sustainable work systems, or psychosocial approaches to transformation. What sets UKZN IOP apart is its fierce commitment to critically reimagining the workplace as a space for justice, wellbeing, and liberation, especially for historically marginalised workers.

This transformative ethos was nationally recognised when the programme was awarded IOP University of the Year at the SIOPSA Presidential Awards, honouring its outstanding commitment to academic excellence, research leadership, community engagement, and social impact. The award affirms the programme's mission to shape ethically engaged, socially responsive Industrial Psychologists who can lead meaningful change in the workplace and society.

Students complete a defined sequence of core modules, a dissertation, and a full-year internship. The following modules are on offer:

Year 1

- Workplace Well-being (16C)
- Conflict Resolution (16C)
- Individual Counselling Intervention (16C)
- Human and Organisational Development (16C)
- Psychological Assessment (Industrial) (16C)
- Research Methods in Psychology (16C)

Year 1 and 2: Short Dissertation: Industrial And Organisational Psychology (96C)

Year 2: Internship Module (Non-Credit Bearing)

RESEARCH PSYCHOLOGY

Research Psychology at UKZN is not simply about gathering data but about co-producing knowledge that liberates, disrupts, and heals. At the Master's level, the Research Psychology programme prepares students to register as professional Research Psychologists with the HPCSA. The training equips them with the skills to lead research and evaluation in various sectors, including education, health, justice, governance, and development. Students undertake advanced coursework in statistics and qualitative analysis, monitoring and evaluation, participatory action research, and ethical practice, including instrument design and policy translation. The programme culminates in the completion of an independent research dissertation and a 12-month internship, where students apply their skills in real-world settings, such as NGOs, academic institutions, research councils, or think tanks.

Graduates of this programme are uniquely positioned to translate evidence into policy and programmes, lead high-impact evaluations, develop culturally resonant tools, and advise on national frameworks in areas such as public health, education, and social development. Many pursue doctoral studies in transformative methodologies, indigenous research ethics, systemic evaluation, or intersectional knowledge production, making Research Psychology at UKZN a contributor to the relevance and transformation of psychology in post-apartheid South Africa.

Students complete a defined sequence of core modules, a dissertation, and a full-year internship. The following modules are on offer:

Year 1

- Quantitative Methods (16C)
- Qualitative Methods (16C)
- Applied Research (16C)
- Specialisation Module: Participatory Research and Human Action (16C)
- Community Intervention in Professional Psychology (16C)

Year 1 and 2: Short Dissertation: Research Psychology (128C)

Year 2: Internship Module (Non-Credit Bearing)

SELECTION CRITERIA AND ENTRANCE REQUIREMENTS

This section outlines the selection processes and minimum requirements for each level of study in Psychology at UKZN, from undergraduate to PhD. Admission to each programme is competitive and space-limited; meeting the minimum requirements does not guarantee acceptance.

UNDERGRADUATE DEGREE IN PSYCHOLOGY

To be eligible for undergraduate admission to study Psychology at UKZN, applicants must hold a National Senior Certificate (NSC) with a Bachelor's pass and meet the minimum admission criteria of the College of Humanities. According to UKZN's official admissions page, the general APS requirement for degree programmes in the Humanities is approximately 28–32 points, depending on the specific campus and stream.

Students may apply to major in either General Psychology, Industrial and Organisational Psychology, or both. All first-year students take common psychology modules that provide a foundation in core psychological theory and critical thinking. Selection is based on academic merit, using either Grade 12 final results or trial/Grade 11 marks for early provisional offers. Final admission is confirmed once NSC results are released. Applicants are advised to apply early during the annual CAO application cycle.

HONOURS IN PSYCHOLOGY (GENERAL AND INDUSTRIAL)

Admission to Honours in Psychology is highly competitive. Applicants must have completed a relevant Bachelor's degree with a major in Psychology and must demonstrate strong academic performance across second- and third-year psychology modules. While a minimum average of 65% in psychology modules is recommended, meeting this minimum does not guarantee acceptance. Due to the high volume of applications exceeding available spaces, admission is determined by academic merit and demonstrated performance. However, the Discipline of Psychology reserves the right to consider additional factors when making final decisions.

POSTGRADUATE DIPLOMA IN PSYCHOLOGICAL COUNSELLING (PG DIP)

Applicants to the PG Dip in Psychological Counselling must have completed an NQF Level 7 qualification (e.g. a BA or BSocSci with a major in Psychology). The programme is equivalent in level to an Honours degree and prepares graduates for registration with the HPCSA as Registered Counsellors. Applicants with an average of 60% or higher in third-year psychology modules are generally considered. Selection for the programme is limited by intake capacity and the availability of clinical supervision. Applicants are assessed based on the strength of their academic record, the relevance of their undergraduate psychology training, and their demonstrated motivation to work in frontline mental health settings. In some instances, candidates may be invited to interviews or asked to submit additional supporting documentation as part of the selection process.

The programme is particularly well-suited to individuals seeking professional registration as Registered Counsellors without pursuing a master's degree, those aiming to strengthen future applications for professional master's programmes, and unqualified counsellors currently working in schools, clinics, NGOs, or other community-based contexts.

PROFESSIONAL MASTER'S IN PSYCHOLOGY (CLINICAL, COUNSELLING, EDUCATIONAL, INDUSTRIAL, RESEARCH)

Applicants must hold an Honours degree in Psychology (NQF Level 8) with a strong academic record. A minimum average of 60% in the Honours programme is required to be considered for the selection process. Importantly, applicants must apply separately to each master's programme (e.g., Clinical, Counselling, Industrial, Research); submitting multiple applications simultaneously may result in disqualification.

Admission to professional master's programmes is highly competitive and involves a rigorous, multi-stage selection process. The process begins with a screening of applications to ensure academic eligibility and completeness of documentation. Eligible applications are then reviewed and scored independently by multiple staff members on various dimensions, including academic transcripts, relevant experience, referee reports, and the submitted research proposal. Applicants who meet the initial scoring threshold are shortlisted and invited to participate in a selection process. These typically involve a written task, individual interviews covering academic, research, and internship readiness, and a group process or role-play activity.

All assessments are evaluated independently using standardised rubrics. Final ranking considers cumulative scores, equity priorities, and programme capacity. The selection panel makes the final selection decisions.

The Department of Psychology usually receives more qualifying applications than can be accommodated in its programmes. To ensure fairness, applicants are rank-ordered during the pre-selection phase according to academic and professional criteria. The highest-ranked candidates are then invited to participate in the selection process, after which final offers of admission are made to the top-ranked candidates, contingent upon the number of available spaces.

For the application links for the masters professional programmes, please connect here:

<https://social-sciences.ukzn.ac.za/study-programme/master-of-social-science-coursework-professional-psychology-programme/>

PHD IN PSYCHOLOGY

Admission to the PhD in Psychology at UKZN requires a relevant Master’s degree (NQF Level 9), a strong academic record, and demonstrated capacity for independent research. Applicants are expected to submit a brief research concept that aligns with academic staff’s expertise and supervision capacity, along with certified academic transcripts, a CV, a motivation letter, and letters of reference. Shortlisted candidates may be invited to a proposal-based interview as part of the selection process. Final acceptance is contingent on academic merit, capacity for independent research and the availability of a suitable supervisor

WHAT WE'RE CURIOUS ABOUT: STAFF RESEARCH INTERESTS

Shaïda Bobat	Critical Scholarship on Educational and Workplace Transformation in the Global South: Curriculum Justice, Psychological Contracts, culturally-grounded approaches to conflict resolution, AI automation, job precarity, social, ethical, and organisational consequences of digital transformation
Motlalepule Lekeka	
Duncan Cartwright	Engages psychodynamic and psychoanalytic approaches to understanding human behaviour and the therapeutic process. Focus areas include brief psychodynamic psychotherapy, clinical supervision, and relational theory.
Khanyisile Nene	Focuses on child and adolescent mental health with an emphasis on neurodevelopment and neuropsychology.
Luvuyo Makhaba	Explores human diversity and the intersections of culture, gender, and mental health. Work is rooted in African contexts, examining how cultural meanings shape psychological experience. Research interests include gender and sexuality, and the dynamics of help-seeking behaviour.
James Barry Munnik	Research focuses on Rational Emotive Behavioural Therapy (REBT) and its application in addiction treatment and sport psychology. Active interests include cyberpsychology, exploring the interface between artificial intelligence and human behaviour. Additional areas include mental skills training, career and pastoral counselling, AD/HD, learning, memory, and research ethics.
Shanya Reuben	Engages a social constructionist approach to promote contextually relevant learning and socio-political awareness. Research spans workplace and organisational psychology, social justice, and equity.
Thabani Khumalo	Research centres on addiction recovery through interdisciplinary approaches within African contexts, highlighting the value of community-based recovery models. A parallel focus explores the intersection of counselling psychology and STEM education to promote inclusive socio-economic development. Current work also examines artificial intelligence in African higher education, considering its potential and pitfalls within the Fourth Industrial Revolution.
Xoli Mfene	Research spans neurosciences and clinical psychology, focusing on neuropsychological mechanisms underlying neurocognitive dysfunction and rehabilitation informed by neuroplasticity. Current work explores technology-enhanced assessments and interventions, including virtual reality, AI simulations, and digital applications. Broader interests encompass psychogeriatrics, mental health literacy, and neurocognitive development throughout the lifespan.
Adele Munsami	Focuses on neuropsychology, adolescent mental health, and psychometric assessment. Research explores cognitive and emotional development during adolescence.

Ntokozo Mntambo	Research focuses on the construction and performance of gender, with particular attention to masculinity and mental health. Interests extend to health systems strengthening and implementation science. Additional areas include monitoring and evaluation, and maternal and child health.
Dr Zandile Madlabana Luthuli	Focuses on mental health in the workplace and on promoting resilience. Research interests include women in leadership and human resources for health.
Prof Anna Meyer-Weitz	Research focuses on health promotion with an emphasis on workplace and youth wellbeing. Interests include strategies that enhance holistic health across professional and developmental contexts.
Ntombekhaya A. Mtwentula-Ndlovu	Research explores grief and bereavement within the South African context, as well as the psychology of wellbeing. Interests include stress, social identity, and adjustment processes.
Sachet Valjee	Focuses on interpersonal childhood trauma and developmental trauma, examining their effects across the lifespan. Research seeks to deepen our understanding of how early experiences shape psychological functioning and overall well-being.
Kershia Sunjeevan	Research examines intergroup relations, social dynamics, and structural inequality, focusing on how cooperation, competition, and hierarchy shape behaviour. Work integrates experimental, computational, and quantitative methods to study real-time group interactions. Broader interests include socio-economic and developmental psychology in African contexts, decolonial perspectives, and applied ethics training.
Leigh Lorimer	Focuses on leadership and organisational development using both quantitative and qualitative approaches. Research interests include intervention research and transactional analysis. Additional work explores leadership psychobiography as a means of understanding behaviour and influence.
Ruwayda Petrus	Health systems strengthening, change management, mental health in the workplace, psychological well-being, and Teaching, Learning, and Curriculum Transformation in higher education.
Adelaide Ndlazi	Resilience in Women, Children and Adolescents, Community-Based Mental Health
Zamalotshwa Mncube	

STAFF PUBLICATIONS: 2024 – 2025

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Khumalo, T., Mtambo, T., Van Deventer, M., Mdluli, N., & Makhathini, N. (2024). Discourses on Opioid Addiction and Its Treatment and Management in South Africa Since 2000: A Systematic Review. *Social and Health Sciences*, 12481. <https://doi.org/10.25159/2957-3645/12481>

Makhanya, B., & Madlabana, C.Z. (2025). Enhancing Career Adaptability for Senior Female Managers: A Pathway to Economic Justice and Gender Equity in eThekweni Municipality. Held in Sun City, North West, South Africa. Research Output: Paper selected to be in a special issue of the *Journal of Management Development* (Scopus Q1) titled "Women Entrepreneurship in the Global South".

Mfene XP, Pillay BJ. Screening for dementia and associated factors in older adults from low socioeconomic communities in iLembe, KwaZulu-Natal. *Health SA*. 2024 Apr 12;29:2437. doi: 10.4102/hsag.v29i0.2437. PMID: 38726059; PMCID: PMC11079343.

Mirti, A F, Kane, J. C, Watt, K. G., Desmond, C., Gruver, R. S., Munsami, A., & Davidson, L. L. (2024). Does perceived caregiver HIV stigma and depression increase adolescent neuro-behavioural difficulties? A mediation analysis in the Asenze Cohort. *Research Square*, rs-3.

Munnik, J. B., van Niekerk, & Turner, M. J. (2025). A cluster randomized trial of a rational emotive behavior therapy (REBT) program and a mindfulness-acceptance-commitment (MAC) program, with South African adolescent rugby players. *Psychology of Sport & Exercise*, 75, 102706. <https://doi.org/10.1016/j.psychsport.2024.102706>

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Munsami, A. (in press). Training approaches for HIV-associated neurocognitive impairment screening in primary healthcare during the Fourth Industrial Revolution. *E-Journal of Humanities, Arts and Social Sciences* (EHASS).

Nwoye, A., & Khumalo, T. (2025). A Diachronic History of the Scopes of Practice of Counselling Psychology in Three Sub-Saharan African Countries. *International Journal of Social Science Research and Review* (IJSSRR), 8(9).

Nwoye, A., & Khumalo, T. (2025). New directions in psychotherapeutic practice in contemporary Africa: The rise of the Cybertherapy/Telepsychology. *International Journal Advances in Social Science and Humanities*, 13(6), 1-18. <https://www.ijassh.com/index.php/IJASSH/article/view/439>

Reuben, S., & Bobat, S. (2025). Youth unemployment and the threat to peace and security: The case of South Africa. In N. D. Gopal & G. Kruger (Eds.), *Peace, security, and economy research intersections* (Alternation African Scholarship Book Series, Vol. 21). University of KwaZulu-Natal Press. (In press)

Reuben, S., & Bobat, S. (2025). Structural and systemic inequalities within the South African higher education context: A rapid review. In M. Malahlela & M. Sadiki (Eds.), *Breaking structural inequality and enhancing social justice in higher education*. (Publication expected November 2025).

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STUDENT VOICES: SOME REFLECTIONS FROM OUR PSYCHOLOGY COMMUNITY

From lectures and fieldwork to community engagement and personal growth, some of our students share their reflections on studying Psychology at UKZN.

The experiences, insights, and moments that have shaped their journey...

Studying psychology at UKZN gave me a truly holistic foundation, from the broad spectrum of general psychology to key elements of industrial psychology, all without it ever feeling like a narrow HR focus...

The programme encouraged critical thinking, self-reflection, and a nuanced understanding of human behaviour, while exposing me to both academic theory and practical application. Completing my journey from undergraduate through to my Master's degree was both challenging and deeply rewarding, and even a decade later I still maintain close, meaningful relationships with my lecturers, who consistently pushed me to think deeper and approach problems from fresh perspectives...

Studying Psychology at UKZN has been both intellectually stimulating and practically enriching. The program balances rigorous academic theory with real-world application, allowing students to critically engage with psychological concepts while developing practical research, assessment, and intervention skills. The diverse and inclusive learning environment encouraged critical thinking and cultural sensitivity skills that are invaluable for applying psychology in the South African context.

I began my Psychology journey at UKZN in 1998, and today I am proud to serve as an Industrial Psychologist while pursuing my PhD. My studies have given me the knowledge, skills, and perspective to make a meaningful impact in the workplace and beyond.

I began my psychology journey bright-eyed and full of theory, not knowing how deeply it would shape me. My studies at UKZN were both rewarding and challenging, stretching my thinking, growing my empathy, and affirming that I'm exactly where I'm meant to be. It was the fulfilment of a long-held dream, one that has always been close to my heart, and I'm deeply grateful to have been shaped and inspired by the lecturers who guided me along the way.



POSTGRADUATE ADMINISTRATOR:

- Ms Ayanda Ntuli (Howard College & Pietermaritzburg Campus - Clinical, Counselling, Educational and Research)
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