

Curriculum Vitae

CAROL SURYA

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SUMMARY

Twenty one years professional experience in individual and group therapy, training and assessment in both private, public, governmental and academic sectors. Developer of InnerMagic® a children's self esteem boardgame. Author of the books, *Great Kids – Strengthening their natural potential* (2012) and *ParentMagic – raising kids positively* (2016). Volunteer work with child and parent trauma survivors of the December 2004 tsunami disaster in Indonesia. Resident Psychology Clinic Manager on board the Transnet Foundation's Phelophepa Health Care Train (2006).

QUALIFICATIONS

Registered Counseling Psychologist with experience and professional skills in the following areas:

- Individual therapy (with special expertise in working with troubled children)
- Parental guidance and counseling
- Group therapy
- Psycho-education (including workshop development and presenting)
- Therapeutic tools for working with children training (based on book and game)
- Child abuse management and training (including manual development)
- Trauma debriefing and training
- Creative arts therapy
- Psychometric assessment
- Self care (relaxation) training
- Stress management
- Self empowerment training
- Supervision and management of trainee psychologists
- The Journey™ treatment process
- Biodanza facilitator (movement system for personal development)
- Children's Biodanza facilitator

ACHIEVEMENTS

Initiated, developed and managed a two year multi-disciplinary provincial child abuse project (Hands Off Say No to Child Abuse project & Hands Off Alliance) in association with the Johannesburg Community Chest and partly sponsored by the Nelson Mandela Children's Fund. This project included an intensive Master Trainers training component offered to a multi-disciplinary team of managers from the Gauteng Departments of Education, Welfare, Health and the South African Police's Child Protection Unit (1998 & 1999).

Compiled two unique child abuse training manuals for teachers as part of the Hands Off Say No to Child Abuse Project. Material from these manuals was incorporated into the Hands Off Alliance's *Effective Guide for Child Abuse Management* and distributed to all schools in Gauteng via the Gauteng Education Department.

Researched and documented a nationwide HIV/AIDS study for a company responsible for investigating the perceptions of all South African children. The study was requested by *Soul City* (a national NGO) to develop appropriate material for a widespread national media campaign aimed at educating children about HIV/AIDS, trauma and disability.

Wrote and delivered a scientific paper at the 10th International Conference on Child Abuse and Neglect in Singapore, Malaysia (Sept, 1995).

Summarized and presented my Masters Thesis (*Child Sexual Abuse : A Phenomenological Exploration*) as a scientific paper at the South African Psychologists Association's Annual Conference at the University of Witwatersrand, Johannesburg (Sept. 1996).

Selected to present a relaxation, self-empowerment training workshop for the Voices Healing Room (an Dedelingoma Music Theatre Company initiative). This is a dedicated space at the Women's Centre that will serve as a facility for creative interchange and networking for women delegates and visitors from South Africa and other countries during the 2002 World Summit on Sustainable Development.

Volunteered, selected and sent to assist with trauma debriefing with child survivors of the December 2004 tsunami disaster in Meleuboh, Sumatra, Indonesia. Also assisted in training surviving adult teachers in child trauma skills.

Managed the Psychology Clinic on board the Transnet Foundation's Phelophepa Mobile Health Care train (2006) – supervising final year psychology masters students; designing and delivering psycho-educational training to groups of children and adults in rural schools throughout South Africa; individual counseling; trauma debriefing.

Compiled a psycho-education manual for Transnet Foundation's Phelophepa Psychology Clinic's Outreach Programme, which has been published and distributed throughout schools and social services agencies in rural South Africa (2006).

Introduced and initiated the Journey™ process work and initial informal pilot study to rural communities via the Transnet Foundation's Phelophepa Psychology Clinic. As a result, a full-time Journey practitioner post was created on the train in 2007. This project went on to become a formal two year pilot study, via Journey Outreach and the American Friends of the Phelophepa group, reaching over 53 000 children in two years.

Selected to present the one day international Journey™ Kids process training (*Liberating your child's shining potential*) on behalf of The Journey Africa office (2011, Plettenberg Bay, Cape Town, Durban, Johannesburg)

Wrote and published books for parents and adults who work with children based on my experience in working with children. Great Kids – Strengthening their natural potential (self published, July 2012) and ParentMagic – raising kids positively (2016)

Designed and developed a children's self-esteem boardgame, InnerMagic® which has been researched, trademarked and patented in South Africa (2009). Manufactured and released July 2012, and substantially upgraded in April 2016 to include 20% card questions relating to cyber-safety and technology issues. (Also translated into Afrikaans, Xhosa and Zulu – awaiting funding for print).

Designed and developed CPD accredited group training : Therapeutic Tools for Working with Children, a one day intensive training for professionals (psychologists, social workers first approved in Sept 2012) based on the concepts of Great Kids and comprehensive training of the InnerMagic children's self esteem game.

Selected as finalist for SAFM Wild Card Pitch and Polish Business Entrepreneur competition: Selected by Raizcorp as finalist and then voted by public as week three's radio winner (20 Aug 2014), then flown to Johannesburg as one of three finalists to compete live on air (27th Aug 2014).

Co-founder and co-director of W.i.S.E – Well-being in Schools and Education - a newly registered NPO aimed at empowering children, educators and parents in South Africa and abroad via emotional intelligence tools and training.

WORK EXPERIENCE

Managing director : Surya Creations cc t/a Raising Kids Positively *2008 – present*
Developing inspirational and therapeutic products and psycho-educational group facilitation (including running a one day intensive : Therapeutic Tools for Working with Children CPD accredited training in various cities; as well as Stress Management, Self Care and Relaxation training for staff at various Bosasa Youth Development Centers)

Workshop presenter *2011 (part time)*
Liberating your Kid's shining potential
Presenting the one day international Journey™ Kids process training to adult delegates as part of the international Journey accreditation training process. (Plettenberg Bay, Cape Town, Durban, Johannesburg)

Child therapy private practise; workshop designer & facilitator

2009 to current

A child therapy practise assisting children of all ages with emotional, behavioural, social and intellectual challenges. Parental guidance and consultation as well as group training for educators of local schools regarding child behavior management. Additional work in local schools includes group work with children (via the Classroom Journey process). (Plettenberg Bay).

Travel-work sabbatical

2007/8

Traveled around the world during 2007 after qualifying as a Journey practitioner, assisting with Journey seminar training events, and offering individual Journey processes with children and adults in Hong Kong, Australia, New Zealand, America and the Caribbean. Returned to South Africa 2008 and finalized the development and research of InnerMagic® a children's self esteem boardgame. Trademarked and patented during 2009.

Psychology Clinic Manager

2006 Contract

Transnet Foundation Phelepepa Health Care Train

Supervised final year psychology students doing community service, and managed the Psychology Clinic while living on board the train full time from January to end September 2006. Assisted in designing and implementing psycho-educational workshops for children and adults in rural areas. Orientation and training of translators (on a weekly basis). Statistics, administration, report writing, networking with principals, teachers and community role players in all rural areas visited. Trauma debriefing of students and translators. Individual counseling of children and adults.

Managing Director

1998 to 2005

Lifeworld Experiences – Training Consultancy

Individual Play therapy for children addressing all behavioural, emotional, social and/or adjustment difficulties. Parental counseling and guidance, including child behaviour management workshops for parents. Created, marketed and delivered a range of psycho-educational, self empowerment, stress management, relaxation training workshops; Individual consultations for adults.

Women's Health Co-ordinator & Lecturer

1998 – 99 (Part time)

University of Witwatersrand's :Hillbrow Community Partnership in Health Personnel Education. Included Trauma Debriefing training for 4th year medical students.

Researcher

1998 – 99 (Part time)

Clacherty and Associates

Conducted creative research groups in schools with Afrikaans children of different cultures in various cities across South Africa; translated their responses into English; responsible for analyzing, integrating and compiling the HIV/AIDS component of the professional document of end results.

Trainer & Manager

1997 – 99 (Part time)

Hands Off Say No to Child Abuse Project – Johannesburg Community Chest

Initiated and developed the project with assistance from the Executive Director; compiled 2 training manuals for use in training; designed a 2 day training course for teachers; implemented the training in townships in Gauteng; supervised and monitored the newly trained teachers; committee member of the Hands Off Alliance – intrinsically involved in designing the multi-disciplinary Master Trainers provincial training in association with the Gauteng Education Department; facilitated training and management of this Hands Off Alliance two year project – including offering follow-up monitoring and skills development for managers trained. Conducted the 2 day training for numerous NGO's and social service organizations within Gauteng – for nurses, policemen, social workers etc. over a three year period.

Counseling Psychologist

Oct 1997 to Mar 1998

Witwatersrand Mental Health Society (social services organization)

Consulted as the organization's only psychologist – individual therapy; designed training courses; delivered specialist trauma debriefing services to outside companies; research and development.

Counseling Psychologist

1996 to Sept 1997

Bryanwood Therapy Centre

Performed a wide range of psychologists duties :

Individual psychometric assessments and report writing – children and adolescents; Neuropsychological assessments; Individual therapy conducted with children, adolescents and adults; parental guidance and counseling; family therapy.

Intern psychologist

1995 July - Dec

Dora Nginza Hospital

Performed a wide range of psychologists duties including counseling and group therapy for the Burns Unit patients.

Intern psychologist

1995 Jan – June

Career Guidance Center – Department of Labour

Career development counseling, individual and group career assessments at high schools across the Eastern Cape.

Volunteer counselor

1992 – 95 (Part time)

Childline – Port Elizabeth

Developed and conducted several support groups for mothers of abused children; delivered parental guidance and individual court preparation for abused children; supervised access visits between perpetrators and abused children; delivered numerous public speaking engagements to church groups, companies and social services organizations to raise awareness about child abuse and Childline's services.

EDUCATION, TRAINING and REGISTRATON

Post Graduate, Masters Degree in Counseling Psychology

University of Port Elizabeth; Port Elizabeth (Eastern Cape)

Post Graduate, Honours Degree in Psychology

University of Port Elizabeth; Port Elizabeth (Eastern Cape)

Bachelor of Arts (Majors : Psychology & French)

University of Port Elizabeth; Port Elizabeth (Eastern Cape)

Creative Arts Therapy : Introductory level (3 months) – Voices: D'delingoma Music Theatre Company; Johannesburg, Gauteng.

Child Care diploma : Two week training; Department of Labour, Port Elizabeth.

Journey™ Practitioner : Two year part-time training programme; internationally accredited via founder Brandon Bays; Gauteng Nov 2006; Practice No. 22860

Biodanza facilitator : Three year part-time training programme; internationally accredited via the International Biocentric Foundation; trained via the South African School of Biodanza, Cape Town, October, 2013

Biodanza for children, pre-teens and adolescents. Training Certificate via the International Biocentric Foundation, via the Cape School fo Biodanza Rolando Toro System Cape Town, July, 2014

Registered with Health Professions Council (Counseling Psychologist) : PS0052833

Registered with Board of Health Care Funders : Private Practice number 8643114

Registered with PsySSA (Psychological Association of South Africa) : Member nr :PSY2337

Registered member of National Child and Health Care Workers Association, nr. 41028

Board member of Masizame Children's Home : Plettenberg Bay