

EDUCATION AND EMPLOYMENT

EDUCATION

2024 to 2027 – Doctor of Philosophy in Social Intervention and Policy Evaluation

University of Oxford, Oxford, United Kingdom
Currently enrolled, starting October 2024.

2014 – Master of Arts in Clinical Psychology

University of the Witwatersrand, Johannesburg, South Africa

2013 – Master of Public Health in Community Health Sciences

Tulane University, New Orleans, United States of America

2009 – Bachelor of Arts (Honours) in Psychology

University of the Witwatersrand, Johannesburg, South Africa

2008 – Bachelor of Arts in Philosophy and Psychology

University of the Witwatersrand, Johannesburg, South Africa

EMPLOYMENT

Current posts

Oct 2023 to present – Research Officer, University of Cape Town

UCT Centre for Social Science Research, Western Cape, South Africa

Support the coordination and implementation of a research study in Mpumalanga to optimise and evaluate a parenting chatbot that helps reduce violence against children. Responsibilities encompass data collection, management, analysis, and reporting.

May 2020 to present – Independent Practice, Clinical Psychologist

Self-employed, South Africa

Conduct assessments and diagnoses and provide treatment for individuals exhibiting psychological distress stemming from diverse psychosocial challenges.

Previous posts

Jun 2021 to Sep 2023 – Trial Psychologist

WITS/MRC Rural Public Health and Health Transitions Research Unit, Bushbuckridge District, Mpumalanga
Managed and assessed adolescents with severe depression, suicidal ideation, and various risks, including interpersonal violence, in the DoBAAt Pilot RCT. Trained and supervised the trial registered counsellor, the trial social worker, peer mentors and field team members and developed training materials. Collaborated with local stakeholders and the Project Manager to coordinate services in Bushbuckridge while overseeing data collection, analysis, and presentation of findings.

Jan 2016 to Jul 2019 – Sessional Psychologist; Aug to Dec 2015 – Locum Psychologist

Tara Hospital – The H. Moross Centre, Johannesburg, South Africa

Delivered individual therapy and parent counselling for children, adolescents, and their parents while supervising intern psychologists and psychiatry registrars. Conducted training sessions for incoming interns and registrars. Administered quarterly performance evaluations for intern psychologists.

Mar to Aug 2015 – Locum Psychologist

Roedean School, Johannesburg, South Africa

Conducted individual and group therapy with children, adolescents, and families, addressing academic, social, and behavioural challenges. Collaborated with teachers, parents, administrators, and community mental health providers for consultations and communicated psychological evaluation results to stakeholders while actively contributing to interdisciplinary teams. Additionally, facilitated instruction in problem-solving, organisational skills and parenting and delivered presentations at school-related forums and meetings.

Jan to Dec 2014 – Community Service Psychologist

Johannesburg Metro Health District, Johannesburg, South Africa

Provided therapy to individuals of all ages, including children, adolescents, and adults, in disadvantaged communities with high violence exposure. This encompassed individual, group, and family therapy alongside psychological assessments for various purposes. Collaborated with a diverse team of health professionals, attended and presented clinical cases in meetings and supervision sessions, and co-managed outpatient clinics.

Jul to Dec 2013 – Intern Psychologist; Jan to Jul 2011 – Intern Psychologist

Tara Hospital – The H. Moross Centre, Johannesburg, South Africa; Chris Hani Baragwanath Hospital, Johannesburg, South Africa

Worked with a range of patients, including children, adolescents, and adults, in communities exposed to high violence rates, providing individual, group, and family therapy. Administered psychological assessments for school, work, and therapeutic needs and collaborated with a multidisciplinary team of health professionals. Also actively participated in clinical case presentations and co-management of outpatient clinics.

OTHER RELEVANT EXPERIENCE

2017 to 2019 – Member of the Life Esidimeni Alternative Dispute Resolution (ADR) Process Team

Life Esidimeni alternative dispute resolution process, Emoyeni Conference Centre, Parktown, Johannesburg
The mental health professional team volunteered their expertise in the ADR Process, led by Justice Dikgang Moseneke, in response to the Life Esidimeni tragedy. This process addressed the legal and ethical aspects of the harm endured by vulnerable individuals due to healthcare system failures. Their pro bono contribution was instrumental in illuminating the complex psychosocial issues and aiding a fair and compassionate resolution.

Sep 2012 to May 2013 – Research Assistant

Scott S. Cowen Institute for Public Education Initiatives, Tulane University, New Orleans, Louisiana, United States of America

The Cowen Institute is a university-based entity where individuals and communities learn about best practices for programs, partnerships, and policies for transforming K-12 public school systems. Responsibilities included researching best practice models, local programs, initiatives, and services aimed towards Opportunity Youth and planning and developing the database for services targeting Opportunity Youth.

2010 – Trainee Psychologist

The Centre for the Study of Violence and Reconciliation (CSV), Johannesburg, South Africa

As a member of a clinical team at the CSV, collaborated in offering pro bono psychotherapy to refugees, asylum-seekers, and individuals who had experienced acts of violence in their countries of origin and South Africa.

2009 – Academic Tutor

Department of Psychology, University of the Witwatersrand, Johannesburg, South Africa

Conducted targeted instruction for first-year university students, creating customised lesson plans to address diverse learning needs. Facilitated effective test and exam preparation, implementing strategies that significantly improved students' study habits and organisational skills.

Jul 2007 to Jul 2008 – Research Intern

Reproductive Health and HIV/AIDS Research Unit (RHRU), Johannesburg, South Africa

The RHRU's core focus was sexual & reproductive health and HIV for research, training, and service delivery through various programmes. Responsibilities included planning and facilitating Life skills workshops for high school learners, developing lesson plans, encouraging a mentor relationship with the learner, and empowering learners through skills development.

RESEARCH METHODS TRAINING

2013 – Formal Qualitative Methods; Epidemiologic Methods II

Tulane University, New Orleans, United States of America

2012 – Introduction to Monitoring and Evaluation of Health Education and Communication Programs; Introductory Biostatistics; Intermediate Biostatistics; Research Methodology in Social and Behavioural Sciences

Tulane University, New Orleans, United States of America

2011 – Epidemiologic Methods I; Planning of Health Education Programs

Tulane University, New Orleans, United States of America

2009 – Research Methods in Psychology

University of the Witwatersrand, Johannesburg, South Africa

2008 – Psychological Research Design and Analysis IIB

University of the Witwatersrand, Johannesburg, South Africa

2007 – Psychological Research Design and Analysis IIA

University of the Witwatersrand, Johannesburg, South Africa

2004 – Ancillary Mathematics and Statistics

University of the Witwatersrand, Johannesburg, South Africa

PROFESSIONAL CERTIFICATIONS/LICENCES

2010 to Present – Member of the Health Professions Council of South Africa (HPCSA)

The HPCSA serves as the regulatory authority for health professions in South Africa. Its primary responsibility is to protect and promote the health and safety of the public by overseeing and regulating the professional conduct and practice of healthcare practitioners in various fields.

PENDING RESEARCH GRANTS

Nov 2023 – Co-PI (50%)

Innovations for Poverty Action, Intimate Partner Violence Initiative

A randomised controlled trial of a chatbot-led parenting and caregiver support programme to prevent violence in the home (April 2024 – July 2025)

SELECTED AWARDS AND HONOURS

2024 to 2027 – Clarendon Fund Award Fellowship

Awarded by the University of Oxford for postgraduate study in recognition of outstanding academic merit and potential.

2011 to 2013 – Ford Foundation Fellowship

The decade-long international fellowships program supported postgraduate studies for social change leaders from the world's most vulnerable populations. I was among 35 people awarded the fellowship as part of the 2010-2011 cohort.

2009 – Postgraduate Merit Award

The university postgraduate merit award is awarded based on academic merit to postgraduates to assist them in completing their degrees.

2006 to present – Golden Key Honour Society

Golden Key is an internationally recognised non-profit organisation affiliated with over 400 universities worldwide. Membership is by invitation only, based purely on academic merit, and limited to the top 15% of degree students from all disciplines who have completed at least one year of study.

SELECTED CONFERENCE ADDRESSES AND PRESENTATIONS

Aug 2018 – Deadly Medicine: The Mark of the Life Esidimeni Decanting, Johannesburg Holocaust and Genocide Centre, Johannesburg, South Africa. Conference presentation: The five notes of perversion in Life Esidimeni.

Sep 2018 – South African Psychoanalytical Initiative and Association Conference, Lost in translation: interpretation and misinterpretation, Solms-Delta Wine Estate, Franschhoek, South Africa. Scientific committee preamble.

Feb 2018 – South African Psychoanalytical Initiative and Association Conference, Corporal punishment and the institutionalisation of violence and abuse, Ububele Educational & Psychotherapy Trust, Johannesburg, South Africa. Scientific committee preamble.

Sep 2017 – South African Psychoanalytical Initiative and Association Conference, Ubuhle: Whose Beauty is Beautiful? Psychoanalytical Ideas on the Objectification of the Body, Ububele Educational & Psychotherapy Trust, Johannesburg, South Africa. Scientific committee preamble.

Feb 2017 – South African Psychoanalytical Initiative and Association Conference – Fundamentalism: Psychoanalytic Reflections on Certainty and Doubt, Solms-Delta Wine Estate, Franschhoek, South Africa. Conference presentation: Grey Spaces – Deconstructing Black and White Ways of Being.

Sep 2010 – Working with the Archive, The 2nd Apartheid Archive Conference, University of the Western Cape, Bellville, South Africa. Conference presentation: Self-identity and discourses of race – Exploring a group of white South African's narratives of early experiences of racism.

Jun 2009 – Facing the Archive, The 1st Apartheid Archive Conference, University of the Witwatersrand, Johannesburg, South Africa. Conference presentation: Exploring the early experiences of racism of a group of adults and the perceived influence of these experiences on their sense of identity.

PUBLICATIONS

JOURNAL ARTICLES

Makhanya, Z., et al. (N.D.). *An online peer supporter programme delivering a digital mental health intervention addressing depression amongst adolescents in South Africa and Uganda: evaluating feasibility, acceptability, and fidelity.* Manuscript in preparation.

Moffett, B. D.*, Pozuelo, J.R.*, Musenge, E., **Makhanya, Z.** et al. (2022). *Digital delivery of Behavioural Activation to overcome depression and facilitate social and economic transitions of adolescents in South Africa (the DoBA Study): results of a pilot randomised controlled trial.* Manuscript in preparation.

Moffett, B. D. et al. (2022). *Digital delivery of behavioural activation therapy to overcome depression and facilitate social and economic transitions of adolescents in South Africa (the DoBA study): protocol for a pilot randomised controlled trial.* *BMJ open*, 12(12), e065977.

REPORTS

Makhanya, Z. (2023). *Responding to the suicide of a learner: A guide for educators.* Digital delivery of behavioural activation therapy to overcome depression and facilitate social and economic transitions of adolescents in South Africa (the DoBA study). WITS/MRC Rural Public Health and Health Transitions Research Unit, Bushbuckridge District, Mpumalanga. Unpublished report disseminated to stakeholders.

Trotter, C. et al. (2017). *The mark of the Life Esidimeni decanting: Expert Testimony for the Alternative Dispute Resolution (ADR) Process with Justice Dikgang Moseneke.* Report submitted as evidence during the court proceedings. <https://www.scribd.com/document/390284787/Life-Esidimeni-Arbitration-Report>

PROFESSIONAL APPOINTMENTS

Feb 2017 to Feb 2019 – Executive Committee Member

South African Psychoanalytical Initiative (SAPI), Johannesburg, Gauteng, South Africa

Jan 2017 to Feb 2019 – Scientific Committee Member

South African Psychoanalytical Initiative (SAPI), Johannesburg, Gauteng, South Africa