



Curriculum vitae

Annaliese Rix

+27 83 6513455
 profcounselling03@gmail.com
 Skype: annaliese.rix2
 professionalcounselling.co.za

This document represents my credentialed experience in the Social work, Counselling and Management fields. The combination of operating as a lecturer, Licensed Social Worker in medical and mental health settings, and as a director, has enabled me to develop a range of counselling, therapy, and business-related competencies.

Personal Skills:

- Ability to create and grow trust
- Ability to deal skilfully and promptly with new situations
- Above average empathic capacity
- Cross-disciplinary thinking
- Demonstrated strong interpersonal competence
- Technology snapshot: Digital literacy, PC, Mac, MS Office, Online Counselling
- Proven adaptability to differing cultural, age, and business environments
- Language proficiency: English (professional working proficiency), Afrikaans

Core Competence:

- Anger Management
- Behavioural Problem Therapy
- Bereavement counselling
- Divorce Counselling
- Family Therapy
- Life Coaching
- Mood Disorders
- Palliative Care
- Play Therapy
- Rape / Abuse Counselling
- Substance Abuse & Addiction
- Trauma counselling

Education:

- **University of Stellenbosch – (8115958):** BA Social Work (4 years) (1984)
- **University of South Africa (UNISA):** Certificate in Marital Preparation and Counselling (1986)
- **Child Welfare South Africa** (1987): Step -Teen (Special Training in Effective Parenting)
- **Destinatum (Cape Town)** (1996): Receptive Learning Consultant

Professional Registration:

Social Worker

SACSSP: 1008433 BHF: 0710393; SAASWIPP; IHRA

Recent Career:

| Role | Company | Period |
|--------------------------------|--|-----------------------|
| Private practice | Private Practice (Centurion) | 2013 – Present |
| School counsellor | Eldoraighne High School (Centurion) | Aug 2017 - March 2018 |
| Psychosocial counsellor | O.U.T. (Pretoria) | Oct 2016 – June 2017 |
| Locum | Muelmed Hospital - Summit Rehab (Pretoria) | May 2016 – Sept 2016 |
| Manager: Psychosocial services | Centurion Hospice (Centurion) | 2014 – 2016 |
| Director / Social Worker | Ithemba Counselling Centre (Centurion) | 2007 – 2013 |

Enrichment courses:

- ChildWelfare South Africa: STEP Course;
- FAMSA: Conflict resolution, communication and sexual dysfunction;
- SANCA: Various workshops in alcohol and drug dependency;
- Stikland and Valkenberg hospital: Mental health (In-service training);
- ButterflyKidz: Divorce counselling with children;
- The Tshwane Forum: Act on Older Persons No 13/06;

Advanced courses:

- Introductory Course to Palliative Care;
- TIR (Traumatic Incident Reduction Therapy);
- Gestalt Therapy: Colour Therapy; Dino Therapy; Astro Therapy;
- Introduction to Harm Reduction (Mainline, The Netherlands);
- IHRA conferences in Liverpool, UK and Beirut, Lebanon (did a Poster presentation);
- Keys for the counsellor (Guided Imagery Music Therapy);
- Monitoring and evaluation;
- Play therapy;

- Quality patient care initiative: Opioid dependence and management - Sensitisation between Law enforcement agencies and Civil society organisations;
- Tax benefits for the Non-Profit Sector, New Companies Act & Non-Profit Organizations and
- Various CPD training workshops.

Successful projects/ Achievements

- Attended/Invited to participate in the National Conference of The South African National AIDS Council (SANAC).
- Pioneering and growing an established and very successful Professional Counselling Centre (Ithemba Counselling Centre in Pretoria).
- Involved in a Harm Reduction Project of the UNODC, PEPFAR, CDC and OUT.
- Member of the Technical Work Group of the UNODC (United Nations Office on Drugs and Crime) and UNAIDS (Joint United Nations Programme on HIV/AIDS) - Rapid Assessment and Response (RAR) on HIV and Injecting drug users in three selected provinces in South Africa
- Participated in the draft proposal for The South African National Strategic Plan for HIV, STI's and TB 2012 - 2017.
- Professional representation of Injecting Drug Users as a Key Population at a "Centers for Disease Control and Prevention" (CDC) and "President's Emergency Plan for AIDS Relief" (PEPFAR) workshop to advise on a National Plan for Key Populations at risk for HIV. Succeeded in MMT/OST (Methadone Maintenance Treatment/ Opioid Substitution Treatment) being recognised in South Africa.

Current Work:

Private Practice (Pretoria)

Sole proprietor

Feb 2013 – Present

Private practice rendering face to face and online services to children, adolescents, adults, and older adults, extending to such settings as primary care, courts, schools, and nursing facilities and contracting with organizations to provide employee assistance services.

Key performance areas:

- Anger Management
- Bereavement counselling
- Couples therapy
- Divorce Counselling
- Family Therapy
- Grief Counselling
- Marriage Counselling
- Mood Disorders
- Palliative Care
- Play therapy
- Rape / Abuse Counselling
- Serving as expert witness in courts
- Substance Abuse & Addiction
- Therapeutic groups: children of divorced families & children with behavioural problems
- Trauma counselling
- Workshops / Guest speaker

Previous Work:

Eldoraigne High School (Pretoria)

School counsellor
2018

Aug 2017 – March

Utilizing strategies, psychological / psychosocial approaches, methods, techniques and procedures aimed at the learner's mental life, as manifested especially in the learner's development and adulthood within the educational context of the family, school, social activities (such as peer group), and the local community.

Key performance areas:

- Promote Academic Achievement:
 - Promote motivation and involvement of learner
 - Do psychological and academic assessments
 - Individualize education and interventions
 - Influence learner and classroom behaviour
 - Monitor learner progress
 - Refer to specialists
 - Promote Positive Behaviour and Mental Health
 - Improving learner's communication and social skills
 - Assess learner's emotional and behavioural needs
 - Provide individual and group counselling
 - Promote troubleshooting, anger management and conflict management
 - Reinforce positive coping skills and resilience
 - Promotes positive peer relationships and social problem-solving
 - Make references to and coordinate services with community-based providers
 - Monitor and communicate effectively with parents regarding learner's progress
 - Create a safe, positive school climate
 - Prevent bullying and other forms of violence
 - Supports social-emotional learning
 - Evaluate school climate and improve school engagement
 - Implement and promote positive discipline and justice
 - Identify risk learners and school vulnerabilities
 - Provide crisis prevention and intervention services
 - Strengthen Family School Partnerships
 - Help families to understand their children's learning and mental health needs
 - Bring families into contact with community service providers if necessary
 - Help effectively engage families with teachers and other school staff
 - Improve staff understanding of and responsiveness to diverse backgrounds
-

O.U.T

Psychosocial counsellor

Oct 2016 – June 2017

Community non-profit organisation. Offers confidential, professional health services to peripheral communities, including HIV testing, counselling, treatment and general lifestyle advice and support.

Key performance areas:

- Sub-contracted as a consultant to University of Pretoria Faculty of Health Sciences (October to December 2016):
 - Development of Code and guidelines of psychosocial interventions and harm reduction for social work and social service practice
 - Including key stakeholders and client population perspectives in harm reduction strategy development, implementation and evaluation
 - Supervision of Social Workers
-

- Networking – Stakeholders and Community resources
- Training – social work staff, NGO's
- Facilitating workshops on harm education – to stakeholders and service providers
- Developing training technical material (harm reduction)
- Provide group and individual outpatient therapy to adult users on the project utilizing Cognitive Behavioural Therapy (CBT), Dialectical Behavioural Therapy (DBT), psychoeducation, and motivational interviewing.
- Advocacy for service users on a micro-, mezzo-, and macro level

Muelmed Neuro and Spinal Rehabilitation Centre (Summit Rehab)

Locum Social Worker

May – September 2016

The unit offers acute functional rehabilitation to patients disabled by spinal cord injuries, traumatic head injuries, strokes and other disabling conditions

Key performance areas:

Dedicated to patients with para- and tetraplegia

- Initial assessment
- Providing Interdisciplinary Leadership and Collaboration
- Conferencing on the patient's behalf
- Discharge planning and services
- Community/in-house services
- Supportive and therapeutic counselling

Ithemba Counselling Centre (Pretoria)

Founder / Director / Social Worker

2007 – 2013

Provides professional counselling / therapy to people who are in emotional, mental or social need (registered Non-Profit Organization).

Key performance areas:

- Provide individual counselling:
 - Anger management
 - Bereavement
 - Depression
 - Divorce
 - Domestic violence
 - Drug and alcohol dependence
 - Marriage counselling
 - Play therapy for children
 - Rape and sexual molestation
 - Trauma
- Facilitate therapeutic groups:
 - Emotional intelligence group for recovering addicts
 - Parents of children involved with substance abuse
 - Rape therapy and support
 - Relationship problems / family therapy
 - Therapeutic groups for children with behavioural problems
 - Widow support
- Fundraising; Student Training

Hugenate Kollege (Wellington, Western Cape)

Lecturer and Student Supervisor

1988 – 1989

Private training institution training learners to deliver social and church service based on the Christian faith and value system

Key performance areas:

- Lecture students in Social Work
- Supervise Community Projects by students in Social Work.

Department of Health and Social Services - National Government (Bellville, Western Cape)

Fieldworker; Probation officer and Student Supervisor 1985 –1988

Provides a comprehensive network of social development services to enable and empower the poor, vulnerable and those with special needs.

Key performance areas:

- Broad spectrum of social welfare services
- Child Custody Disputes
- Group facilitator at The Alcohol Safety School (first time offenders)
- Practical training of students (casework, group work and community work).
- Statutory work (juveniles, delinquents, substance - abuse offenders, deceit and theft offenders, sex offenders, child abuse and neglect offenders)

+27 83 6513455

profcounselling03@gmail.com

Skype: annaliese.rix2

professionalcounselling.co.za