

World Summit on

# Psychiatry, Mental Health Nursing and Healthcare

International Conference on

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# Applied Psychology, Psychiatry and Mental Health

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## Lorinda Brink Bergh

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### Experience of my own developmental process while working in the field of psychology over a period of more than 30 years

Completed my Master's in Psychology at the University of Pretoria in South Africa in 1972. Started working as a clinical psychologist at Correctional Services in Pretoria at the age of 22 where I obtained my experience knowledge and skills "hands-on" basis. There was no specific training to work in this specialized environment-it was just expected that you know how to work with all kinds of offenders. Work entailed the provision of psychotherapy to all kinds of people e.g. robbers, rapists, pedophiles, murderers, serial killers and those that needed to be executed. Provision of interesting examples of cases that I deal with which will be shared. I was appointed the first female Brigadier (Senior Management) in a male-dominated environment and worked in a managerial position for 17 years until my retirement in 2010. I did my research for my PhD on Sexual Offenders. My thesis was "The Development and Implementation of a Treatment Programme for Sexual Offenders". Much of the work and research did for this, now assist me in doing forensic work and sentence recommendations for the Courts as well as assisting victims of rape. After retirement in 2011, I decided to continue working as a clinical psychologist in the private sector on a fulltime basis. Here my work mainly focuses on dealing with many different issues such as anxiety, depression, couples and family therapy and stress management on a daily basis. My work in these areas involves the provision of coping skills and management techniques. I can illustrate how I deal with some of these issues by providing examples or techniques that work for me. Due to work constraints, I have no time for extensive research. I sincerely hope that my experience will assist others when dealing with mental health issues in their own working environment.

### Biography

Lorinda Bergh completed her Master's Degree in 1974 and her PhD in Psychology in 2002 at the University of Pretoria in South Africa. She worked for more than 30 years in the Department of Correctional Services and retired as a Brigadier (Senior Manager) in 2009. Assisted in the compilation of the Uniform National Guidelines for Sexual Assault Offenders, presented papers nationally and internationally and published in the Russian Journal of Psychiatry, wrote chapters for a book that addresses "Violence in South Africa" and the other for "International Perspectives on Sex Offender Assessment and Treatment: Theory, Practice and Research".

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