FLOURISH: THE PROFESSIONAL SERIES

Trauma, Recovery & Whole-Person Care

CPD Participant Evaluation Form

Date	Friday, 13 November 2026	**Time**	09:00–14:00
Venue	Gateway Hotel, Umhlanga	**Host / Provider**	Dr Portia Monnapula-Mazabane
Activity type	Level 1 – Conference / seminar (in person)	**HPCSA accreditation no.**	PSB004/PSYSSA1500/2026
HPCSA CEUs	3 _ general 1 _ ethics	**SACSSP approval no. / points**	486/2026 _ / 4 _ pts

SECTION A: PARTICIPANT INFORMATION

Full name and surname	
Profession	☐ Medical practitioner ☐ Psychiatrist ☐ Psychologist ☐ Registered counsellor ☐ Social worker ☐ Social auxiliary worker ☐ Occupational therapist ☐ Other:
Statutory council	☐ HPCSA ☐ SACSSP ☐ Other:
Council registration no.	
Email (for CPD certificate)	
Attendance	☐ Full programme (09:00–14:00) ☐ Partial – from to

SECTION B: OVERALL PROGRAMME EVALUATION

Rate each statement from 1 (Strongly disagree) to 5 (Strongly agree).

Statement	1	2	3	4	5	N/A
The learning outcomes were clearly communicated	○	○	○	○	○	○
The programme matched the advertised agenda and learning outcomes	○	○	○	○	○	○
The content was evidence-based, current and relevant to the South African context	○	○	○	○	○	○
The content was relevant to my scope of practice	○	○	○	○	○	○
The level of the content was appropriate for practicing professionals	○	○	○	○	○	○
Ethical, cultural and professional-boundary issues were adequately addressed	○	○	○	○	○	○
The multidisciplinary format enhanced my learning	○	○	○	○	○	○
There was enough opportunity for questions and discussion	○	○	○	○	○	○
The venue and facilities supported learning (including accessibility)	○	○	○	○	○	○
I would recommend this training to colleagues	○	○	○	○	○	○

SECTION C: ACHIEVEMENT OF LEARNING OUTCOMES

By the end of the training, how confident are you that you can do the following? Rate from 1 (Not confident) to 5 (Very confident).

Learning outcome (as stated in the training agenda)	1	2	3	4	5
1. Critically evaluate current research on trauma, resilience, recovery, belonging and human flourishing in healthcare settings	○	○	○	○	○
2. Describe how biological, psychological, emotional, social, relational, cultural and spiritual factors interact to influence health and recovery	○	○	○	○	○

Learning outcome (as stated in the training agenda)	1	2	3	4	5
3. Engage patients' beliefs, values and meaning systems respectfully, ethically and within professional boundaries	○	○	○	○	○
4. Differentiate between spiritual resources that support healing and spiritual experiences that may contribute to distress, exclusion or harm	○	○	○	○	○
5. Identify opportunities for integrated care pathways and effective referral across mental health, medical, social and community services	○	○	○	○	○
6. Move beyond symptom-focused approaches towards interventions that foster connection, purpose, hope and long-term well-being	○	○	○	○	○
7. Recognize the importance of practitioner well-being and sustainable approaches to trauma-informed care	○	○	○	○	○
8. Identify one actionable change to advance trauma-informed, whole-person, collaborative care in my professional context	○	○	○	○	○

SECTION D: SESSION AND PRESENTER EVALUATION

Write a score from 1 (Poor) to 5 (Excellent) for the content of each session and for the presenter's delivery. Leave blank if you did not attend.

Time	Session	Presenter	Content (1–5)	Delivery (1–5)
09:10	Opening Address: The Future of Healthcare – Supporting Human Flourishing Through Whole-Person Care	Dr Portia Mazabane		
09:30	Keynote: Trauma Across Generations – Emotional, Physical and Relational Impact and Paths to Recovery	Dr Anita Phillips		
12:20	Brain and Nervous System Health: Hope and Healing After Trauma	Dr Hlongwane		
12:30	The Body as Context for Mental Health and Trauma Recovery	Dr Sethu Ngubane		
12:40	Belonging, Community and the Social Context of Trauma	Mrs. Cindy Cele		
12:50	Purpose, Participation and Everyday Flourishing	Ms. Lumka Kraai		
13:00	The Family Behind the Diagnosis: Breaking Mental-Health Stigma and Supporting Caregivers	Dr Portia Mazabane		
13:10	Personality, Culture and Trauma: Understanding Individual Patterns of Adaptation	Dr Anita Phillips		
13:20	Faith, Diversity and Professional Boundaries in Healthcare	Mr. Lungelo Sithole		
13:30	Expert Panel: From Recovery to Flourishing (incl. Q&A)	Panel; moderator		

SECTION E: REFLECTION ON LEARNING

Your answers help show the value of this training for CPD purposes.

1. What are the two most important things you learned today?

2. How has this training changed how you understand trauma and its whole-person impact on your patients or clients?

3. What is one practical change you will make in your professional setting as a result of this training? (Learning outcome 8)

4. Which referral pathway or interdisciplinary partnership will you strengthen, and how?

5. How will you apply what you learned about faith, culture and professional boundaries within your own scope of practice?

6. What will you do to support your own well-being and sustainable practice in trauma-informed work?

SECTION F: PROGRAMME IMPROVEMENT AND FUTURE NEEDS

1. What could be improved in future FLOURISH trainings (content, format, time or venue)?

2. Which topics would you like covered in future CPD trainings?

SECTION G: OVERALL RATING AND GENERAL COMMENTS

Overall, how would you rate this training? (1 = Poor, 5 = Excellent)	1	2	3	4	5
	○	○	○	○	○

General comments

DECLARATION AND CONSENT

☐ I confirm that the information I have given is accurate and that I attended the session(s) indicated above.

☐ I consent to the provider processing my personal information to record my attendance and CPD, issue my certificate, and report to the relevant council. I understand that my information will be handled in line with the Protection of Personal Information Act 4 of 2013 (POPIA), that my ratings and comments will be reported only in anonymised form, and that this form will be kept securely for at least three years.

Signature: _____ Date: _____