

CURRICULUM VITAE - Megan de Beyer

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PERSONAL DETAILS

Name : Ms Megan de Beyer
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EDUCATION

1. BA Degree and BA Honours Degree
University of Natal, Durban, South Africa. Completed in 1982
2. Masters Degree in Psychology
University of Natal, Pietermaritzburg, South Africa, 1994
3. Master of Science in Holistic Science
Schumacher College, Plymouth University, Science and Technology Depart, United Kingdom, 2012.

FURTHER EDUCATION

1. Five international conferences on psychotherapy
 - A. Evolution Of Psychotherapy, Hamburg, Germany, 1994
 - B. International Conference of Clinical Hypnosis, South Africa, 1995
 - C. 1996 World Conference of Psychotherapy, Vienna, Austria
 - D. International Clinical Hypnosis Congress, Arizona, USA, 1997
 - E. ASPGG Conference (Expressive Therapies) 20April - 5 May 2011, Florida, USA
2. Two Alternative Healing Conferences
 - A. Body and Soul, Omega University conference, Seattle, California, USA, 1999
 - B. Body and Soul, New Age Conference, Boston, USA, 2000
3. Completed the following local South African conference training
 - A. National Student Counselling Conference, Pretoria, South Africa, 1993
 - B. PSYSSA National Conference, Pietermaritzburg, 1994 & Johannesburg, SA, 1996
4. Further training in South Africa
 - A. Phase 1 of Clinical Hypnosis, PSYSSA, South Africa, 1995
 - B. 2 Day Effective Speaking Course, South Africa, 1996
 - C. Imargo Therapy Relationship Workshop, Vienna, Austria, 1996 & Johannesburg and Cape Town, South Africa, 1998
 - D. Art Therapy Workshop, Cape town, South Africa, 1997
 - E. Touch For Health Workshop, Cape Town, South Africa, 1998
 - F. Art of Living, Breath Work Training, Cape Town, South Africa, 2001
 - G. Ashtanga Yoga Teachers Training, Cape Town, South Africa, 2008

- H. Narrative therapy approaches with groups, 2 Day Workshop, Steve Mulligan, Cape Town, South Africa, 2014
- I. Online Course with Theory U called: U.Lab: Transforming Business, Society, and Self, January/February 2015
- J. Theory U: Presencing Foundation Course: Cape Town, South Africa, 23 - 27 March 2015

5. Further training in UK

Schumacher Conference, Bristol, UK 2011

- A. Transition training with Founders of Transition Towns, Totnes, United Kingdom, 2012
- B. Eco-Facilitation training with Jenny Mackwen, Devon, United Kingdom, 2012
- C. Natural Change Wilderness Therapy Facilitation in Scotland, 2012
- D. Writing the Wild Soul, Animas Institute & Bill Plotkin, Scotland, 2015

PRESENTATIONS, RADIO, TV AND MAGAZINE

- 1. Various motivational talks for women's groups and series of 1 day workshops around South Africa (see enclosed information)
- 2. Developed and ran 6-week Childline counselling course for volunteers 1988-1990
- 3. Stress management course for Natal Secretary Club, 1990
- 4. "Coping with stress" for International Women's Institute
- 5. Student workshop on "cultural prejudice" at Natal Technikon, Kwa Zulu Natal, 1993
- 6. Lectured on Life Skills for Natal Technikon, Kwa Zulu Natal, 1993
- 7. Presented PMS Workshop at PSYSSA Conference, Pietermaritzburg, South Africa, 1996
- 8. Spoke to Cancer Association volunteers on "positive thinking and mind over matter", 1995
- 9. Various radio interviews on woman issues and hypnotherapy for KFN, Cape Talk and East Coast Radio, 1994-2000
- 10. Interview on "Cassie Live" for SABC3 TV, on "being single"
- 11. Lecturer on Social Psychology for third year students at Varsity College, July 2002
- 12. "Guiltless Mothering" for the Woolworths Mothers Forum, July-August 2002
- 13. Interview on SAFM Radio on mothering, July 2002
- 14. Lecturer for 'abnormal psychology' for 3rd year students at Varsity College, Feb-June 2003
- 15. Interview on SAFM Woman Today, 'bringing the spark back in your relationship', June 2003
- 16. Presented on SABC2 TV talk show 'precious', on self-esteem and teenagers, April 2006
- 17. Guest speaker for Mothers' Day at Wickenham Collegiate, Pietermaritzburg, 2008
- 18. Guest speaker at the annual PTA, Somerset College, Western Cape, 2008
- 19. Interviewed on Radio 702 on teenage suicide for a call-in talk show, 2010.
- 20. Keynote speaker at Highbury Prep School, Hillcrest, Kwa Zulu Natal, January 2011
- 21. Interviewed on SABC morning radio for 'mothers and daughters' relationships, 2012
- 22. Interviewed by kids of nature, e-Magazine, on 'tree yoga', 2012
- 23. Article and interview for Sunday Times newspaper on "generation next", 2012
- 24. Various interviews on various psychological topics with SABC3 Expresso show, 2014/2015
- 25. Keynote speaker "What Women Want" at Woman's Day charity event, Cape Town, 2014
- 26. Cape Talk radio interview on "psychological blocks to climate change", Cape Town, 2015

GROUP WORK

1. Assertiveness Training for Nicro Teenagers, Pietermaritzburg
2. Divorce Group for Women, Durban
3. Student Group Dealing with Relationships, Durban
4. Art Therapy for Depressives, Durban
5. Various Tut Groups for Life Skills, Natal Technikon, Durban
6. Imago Therapy for Couples, Cape Town
7. Bringing Soul to Life, Cape Town
8. Woman's Intuition Groups, Cape Town
9. Mothers & Sons Psychoeducational Groups, South Africa
10. Mothers and Teenage Sons 'Rite of Passage', Cape Town
11. Fathers & Sons Workshops
12. Mothers And Daughters Workshops
13. YPO, "Tune-Ups", Cape Town, 2010-2011 X5 YPO
14. Full Day Father-Child Relationship Facilitation, Cape Town, 2009
15. YPO Malta Forum, Deepening Personal Relationships, Sicily, 2012
16. Mentorship to Kaos Pilot Students working on Social Entrepreneurial Projects 2012/2013
17. Coordinating and motivating for the Climate Change March in Cape Town, September 2014/2015.

COMMITTEE REPRESENTATION

1. Childline Committee Member, Durban, South Africa, 1989-1991
2. Treatment Unit for Family Abuse Working Committee, Durban, South Africa, 1989-1991
3. SASPCAN Education Committee, South Africa, 1988-1989
4. Advisory Board of International Sisters Network, 2002-2004
5. Psychologists in Private Practice, PSYSSA Division, South Africa, 1996-1998
6. Pilgrims Rest Foundation Committee, NGO for the Teachings of Patrick Hattingh, Cape Town, South Africa, 2010-2011
7. Avaaz Climate Change March, Coordinator, 2014/2015.

THERAPY EXPERIENCE

1. 6 Months working at the Child & Family Centre at the University of Pietermaritzburg, South Africa
2. 6 Months counselling at the Natal Technikon, SA
3. Private Practice as an associate of Francois De Marigny at Westville Hospital. Individual and couple, family therapy as well as management of the psychiatric patients. 1994/5
4. Private Practice at Hillcrest Medical Centre, working with Medical Doctors 1994/5
5. Private Practice in Cape Town at The Crescent Clinic Psychiatric Hospital. 1995-1997
6. Private Practice in Newlands, Cape Town. Individual and couple psychotherapy, 1998-2001
7. Part time Private Practice in Hout Bay, Cape Town. Individual and Group Therapy, 2002-2005
8. Part Time Private Practice in Bantry Bay, Cape Town. Individual and couples and Parenting Groups, 2006-2007
9. Part Time Private Practice in Gardens, Cape Town. Individual, Adolescent and Young Adult Counselling, 2008-2011; 2014-2016.

CONFERENCE PRESENTATIONS

1. PMS Etiology and treatment at PSYSSA Conference, 1994
2. Assertiveness in the Classroom, International Prep School Conference, South Africa, 2006
3. Working with Parents, International Boys Conference, Johannesburg, 2005
4. Prejudice & Diversity, International Prep School Conference, Grahamstown, South Africa, 2006
5. Raising Consciousness, Raising Ecological Awareness. "Shed Talks", Dartington Hall, Devon, United Kingdom
6. Cradle-to-Cradle thinking: Green Business Seminar, Cape Town, December 2012
7. Speaker at Woman's Lifestyle expo on "What is Freedom?" in the V&A, Cape Town, 2014

NGO WORKSHOPS

1. Childline Telephone Volunteers Training, 1989-1991
2. Nicro Holiday Assertiveness and Life Skills Programme for Teens of convicted parents, 1992
3. Yabonga Aids Charity, Workshop for youth Leaders on parenting skills, 2008
4. Eco Schools (WESSA) holiday programme for high school youth in Genadendal, South Africa, on Sustainability Awareness, 2012.

OTHER ACCOMPLISHMENTS AND PERSONAL DEVELOPMENT

- At 18 years old was the youngest female private pilot in Kwa-Zulu Natal at the time
- 1983-1985: Public Relations Officer for "Southern Suns" Hotels, Durban, South Africa
- 1985-1987: Cosmopolitan Magazine representative in Durban, South Africa
- 1986: Married Luke Bailes and have two children James, 24 years and Jonathan, 23 years. (Divorced in 1995)
- Presently living in Gardens, Cape Town, South Africa
- 1999-2001: Managed "2m-Power" a company that ran National workshops and presentations entitled "Bringing Soul to Life"
- 2001: Monthly advice column for Shape Magazine
- 2001: Feature articles for Shape and Baby & Me magazines
- 2002-2003: Writing for Woolies babes insert and continual advice for Cosmopolitan Magazine feature articles. Also have own website in association with iafrica.com : www.megandebeyer.com.
- 2002-2003: Offer advice for Woolworths 'ask' site: www.woolworths.co.za.
- 2003: Launched: "Strong Mothers-Strong Sons" and other parenting programmes
- 2004-2005: Relationship expert for Marie Claire Magazine
- 2006: Expert advice for iafrica.com internet site.
- 2007: Interview in Star Newspaper, Johannesburg
- 2007: Personal journey to India with retreats at various ashrams
- 2007: Pilgrimage to Tibet and Mount Kailash. Published blog.
- 2007-2011: Expert teen advice for Parent24.com and numerous articles – www.parent24.com
- 2008: Teachers Training Certificate in Ashtanga Yoga in St Francis Bay, South Africa
- 2009: Two week retreat at Phool Chatti Ashram, Richikesh, India
- 2009: Six months contract with Marie Claire for psychology advice and articles
- 2009-2011: Interviews and comments for Child Magazine, Leef, Woman's Health, Foschini Club Magazine, Die Beeld, You magazine, Sunday Times
- 2010: Cover travel article on Reunion Island for National Geographic Traveller, Africa
- 2011: Interview and commentary on 'Working Mothers' for Foschini Club magazine
- 2011: Travel article on Seychelles & yachting for Seychelles Air magazine

- 2005-2011: Six years of traditional oral instruction in Advaita Verdanta under Patrick Hattingh in Cape Town - including intense meditation practice, non-dualistic concepts and monthly retreats
- 2011: 10 day silent retreat and teaching with Adyashanti in Mount Madonna Retreat Centre California.
- 2012: MSc Thesis at Schumacher College, "Raising Ecological Awareness".
- 2015: Five day Meditation/Silent retreat with Adyashanti at Woldington, United Kingdom
- 2016-Warriors of the Human Spirit training with Margaret Wheatley, UK