THE INTERNATIONAL CONFERENCE ON EMERGING TRENDS IN PSYCHOSOCIAL WELLBEING (ETPW2026)

Dates: 20-22 October 2026

Venue: Peter Nyarango Auditorium, Life Sciences 2, Hage Geingob Campus, UNAM (In person)

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PROGRAMME

OPENING OF THE INTERNATIONAL CONFERENCE ON EMERGING TRENDS IN PSYCHOSOCIAL WELLBEING (ETPW2026)

Director of Ceremonies: Dr Armas Shikongo, Local Organising Chair, ETPW 2026

DAY 1: 20 OCTOBER 2026

Time: 09:00 - 11:00 (CAT)

Time (CAT)	Activity	Presenter/Speaker
08:00	Registration	
09:00	Welcoming Remarks	**Prof Cilas Wilders** Executive Dean: Faculty of Health Sciences & Veterinary Medicine
09:10	Overview of the Conference	**Prof Poonam Dhaka** TPC Chair ETPW
09:20	Remarks	**Ms Trudy Geises** President, Health Professions Council of Namibia
09:30	Remarks	**Prof (Dr) Anicia Peters** CEO: National Commission of Research, Science and Technology (NCRST)
09:40	Remarks	**Dr Joseph Ndinoshiho** Acting PVC RID: University of Namibia
09:50	Remarks	**Prof Sebastiaan (Ian) Rothmann** Director of the Optentia Research Unit, North-West University, South Africa
10:00	Remarks	**Dr Esther Utjiua Muinjangue** Former Deputy Minister of Health and Social Services, Former President of NUDO. Former Chairperson of the OvaHerero\Nama Genocide Committee.
10:10	Official Opening Remarks	**Prof Kenneth Kamwi Matengu** Vice-Chancellor: University of Namibia
10:20	Vote of Thanks	**Prof Tonderai Washington Shumba** Associate Dean, School of Allied Health Sciences
10:30 - 11:10	**TEA BREAK**	

Time (CAT)	Keynote Speaker's Session

11:10 - 13.00	Chair 1: Dr Manfred Janik: University of Namibia Chair 2: Dr Namoonga Chilwalo: University of Namibia

Time (CAT)	**Activity/Title**	**Presenter/Speaker**
11:10	*Towards Real Opportunities: Sustainable Employability and the Capability Approach in Southern Africa*	**Prof Sebastiaan (Ian) Rothmann** Industrial Psychologist and the Director of the Optentia Research Unit, North-West University (NWU), South Africa
11:40	Work-Life Balance and Mental Health	**Prof Gaytri Tiwari** Emeritus Professor and Senior Scientist, Department of Human Development and Family Studies, Maharana Pratap University of Agriculture and Technology (MPUAT), Udaipur
12:10	Harnessing AI for Mental health	**Prof Payal Chandel** Professor and Dean School of humanities and Social Sciences at the Central University of Haryana, India
12:40-14:00	**LUNCH BREAK**	

Time (CAT)	**Technical Session – FL-T1**
14:00 - 15.30	Chair 1: Dr Johanna C. Ndilimeke Nashandi: University of Namibia Chair 2: Dr Alicia Fernandes: University of Namibia

Paper ID	**Title of Paper and Authors**	**Presenter**
11	Navigating Grief in Higher Education: Lived Experiences and Coping Mechanisms among Parentally Bereaved Students in Namibia *Jennifer Nduumono Hashipala and Poonam Dhaka*	Jennifer Nduumono Hashipala
62	*Clinical Practice Guidelines for the Management of Perinatal Depression in Namibia: A Systematic Review and Assessment for Local Adaptation* *Saara Kerthu Hatupopi, Filipine Nakukuwa and Matride Amwaalanga*	Saara Kerthu Hatupopi
50	Secondary Traumatic Stress, Self-Compassion and Psychological Well-Being Among Legal Professionals in the Legal System: A Narrative Literature Review *Hilma D.V Kasheeta and Poonam Dhaka*	Hilma D.V Kasheeta
52	Self-Compassion, Perceived Stress, and Life Satisfaction Among Undergraduate Students: A Narrative Review Article *Reeba Ahmed and Dr Manfred Janik*	Reeba Ahmed
20	*Authentic, Adaptable or Free? The Relationship Between Offline and Online Identity Development"* *Kanupriya Rawat, Patrycja Basińska, Anna Szorc, Anna Jazdon, Natalia Śluzek and Aleksandra Błachnio*	*Kanupriya Rawat, Natalia Śluzek*
15:30 - 15:45	**TEA BREAK**	

Time (CAT)	Technical Session – AB-T2
15:45 - 17.00	Chair 1: Prof Shelene Gentz: University of Namibia Chair 2: Prof Janet Ananias: University of Namibia

Abs ID	Title of Abstract and Authors	Presenter
38	*Who Cares After Social Protection Ends? An Ubuntu Perspective on Psychosocial Well-being in Transitional Contexts* *Mirim Hasheela, Eric Hardiman and Katharine Briar-Lawson*	Mirim Hasheela
42	*Controllers and Cultures: Achievement Goal Orientations and Competitive Anxiety Among e-Football Players from India and Poland* *Kanupriya Rawat*	Kanupriya Rawat
76	*Workplace Breastfeeding Review* *Frieda Kavetuna and Dorthea N. Etuwete Shiningayamwe*	Frieda Kavetuna
27	*Perceptions On Factors Contributing to Male Involvement in Gender-Based Violence Prevention Programs in Khomas Region, Namibia* *Selma Nangonya and Johanna Christa Ndilimeke Nashandi*	Selma Nangonya

DAY 2: 21 October 2026

Time (CAT)	Technical Session – FL- T3
08:30 - 10.30	Chair 1: Dr Manfred Janik, University of Namibia Chair 2: Dr Mr Fritz Andrew Beukes: University of Namibia.

Time (CAT)	Activity/Title	Presenter/Speaker
08:30- 08:50	Beyond Conventional Therapy: A Tangible Intervention for Emotional Regulation and Well-being	**Dr. Komal Chawla** Head of the Department of Psychology at the British University of Bahrain, affiliated with the University of Salford, UK

Paper ID	Title of Paper and Authors	Presenter/Speaker
18	Spirituality in Late Life: Effect of Gayatri Mantra on Depression *Komal Thakur and Gaytri Tiwari*	Komal Thakur
82	Creating Psychologically Safe Spaces for Working Parents: Insights from an Acceptance and Commitment Therapy (ACT)-Based Group Intervention in Windhoek, Namibia *Florentia Amuenje, Poonam Dhaka and Clifford Hlatywayo*	Florentia Amuenje
75	The Influence of Achievement Emotions, Student Engagement and Anxiety on Employability. The Case of Fourth-Year Students at a Selected University in Namibia *Rauna Nghitongo, Alicia Fernandes, and Clifford Hlatywayo*	*Rauna Nghitongo*
53	Generative Artificial Intelligence Attitudes, Self-Compassion, and Anxiety Among University Students *Beatriz Rosa and Poonam Dhaka*	Beatriz Rosa

54	Psychosocial Challenges Among Father-Absent Emerging Adult Males in Rural Namibia Alex Gomachab *and Clifford K Hlatywayo*	Alex Gomachab
55	An Exploration into African Spirituality and Calling Among Emerging Adults in Eswatini Spirituality and Calling *Sihlelelwe Ntfokotiso Dlamini and Clifford K Hlatywayo*	Sihlelelwe Ntfokotiso Dlamini
83	*Adverse Childhood Experiences and Pathways to Violent Offending among Female Offenders: A Literature Review* *Adele Eberenz and Poonam Dhaka*	Adele Eberenz

Time (CAT)	**Technical Session – FL- T4**
10:45- 13:00	Chair 1: Prof Wesley Pieters, University of Namibia Chair 2: Dr Ndumba J Kamwanyah, University of Namibia

Time (CAT)	**Activity/Title**	**Presenter/Speaker**
10:45-11:05	Adolescents' Experiences of Social Media Use and its Impact on Mental Health: A Qualitative Study	Prof Mokoena Maepa

Paper ID	**Title of Paper and Authors**	**Presenter/Speaker**
57	The Mediating Effects of Self-Compassion on Daily Hassles and Well-Being among University Students *Kesego Yolanda Karango and Susan Gano-Phillips*	Kesego Yolanda Karango
61	*Healthcare Providers' Perceptions of Integrating Perinatal Mental Health into Primary Healthcare in Namibia: A Qualitative Study* *Saara Kerthu Hatupopi, Mariatha Yazbek and Annatjie van der Wath*	*Saara Kerthu Hatupopi*
25	*Family and Peer Support in Recovery Among Psychiatric Patients with Substance Use Disorders in Namibia* *Sylvia Mahoto, Petrina Mutame and Honore Mitonga*	*Petrina Mutame*
63	*Exploring Contributing Factors to Suicide Among Youth in Khomas Region, Namibia* *Goody Katambo, Zeldah U Rukambe and Clifford Hlatywayo*	*Goody Katambo*
80	*Fairness, Organisational Citizenship Behaviour and the Work Environment: Developing a Context-Sensitive Employee Attitude Scale in Namibia* *Manfred Janik, Eunice Gonzo, Clifford Hlatywayo and Poonam Dhaka*	Eunice Gonzo
13:00 - 14:15	**LUNCH BREAK**	

Time (CAT)	**Technical Session – AB- T5**
14:15 - 15.30	Chair 1: Dr Arpit Jain, Namibia University of Science and Technology Chair 2: Dr Zeldah U. Rukambe: University of Namibia

Abs ID	**Title of Abstract and Authors**	**Presenter**

30	*Challenges Faced by Social Workers when Rendering Psychosocial Support to Homeless People in Windhoek, Khomas region* *Rebekka Nelao Seblon, Emma Leonard and Prof Rachel J. Freeman*	Rebekka Nelao Seblon
59	*Until Now We Cannot Recover: An Interpretative Phenomenological Analysis of Lived Experiences in Fire-Prone Informal Settlements of Namibia's Erongo Region* *Namoonga Chilwalo*	*Namoonga Chilwalo*
35	*The Relationship between Psychological Distress and Educational Role Competence of Occupational Therapy Students at UNAM.* *Sally Hashiyana Hashiyana and Helena Louw*	Sally Hashiyana Hashiyana
15	*Gender-Based Violence and Femicide in the Digital Age: Technology, Borders and the Challenge of Transnational Justice* *Vedhna Dayanand-Lalla and Charl Gertse*	Vedhna Dayanand-Lalla
78	*Mental Health and Socioeconomic Needs of Care Leavers Transitioning from Institutional Care in Zambia* *Masauso Chirwa, Mwansa Chilufya Malupande, Dainess Amukwelele and Sandra Makwembere*	Dainess Amukwelele
40	Ethical breaches and risks associated with adoption of artificial intelligence in human resources management in South Africa *Thulile Ngonyama-Ndou*	Thulile Ngonyama-Ndou
15:30-15:45	**TEA BREAK**	

Time (CAT)	**Technical Session – AB- T6**
15:45- 17:30	Chair 1: Ms Dainess Amukwelele: University of Namibia Chair 2: Ms Lea Haidula: University of Namibia

Time (CAT)	**Activity**	**Presenter / Speaker**
15:45 -16:05	*Circadian Equity in a 24/7 World: Sleep Health as a Crucial Element of Psychosocial Wellbeing*	**Prof Monika Wiłkość-Dębczyńska** Associate Professor, Faculty of Psychology, Kazimierz Wielki University in Bydgoszcz, Poland.

Abs ID	**Title of Abstract and Authors**	**Presenter**
77	*Burnout Among Academic Staff in Higher Education: Scoping Review* *Joy Tauetsile*	Joy Tauetsile
84	*Gender Differences in the Association Between Violence Exposure and Mental Health Among Namibian Adolescents: Findings from the 2019 Violence Against Children Survey (VACS)* *Shelene Gentz*	Shelene Gentz
31	*Social Work Challenges and Enablers of Providing Trauma-Informed Services to Motor Vehicle Accident Survivors in the Khomas Region, Namibia* *Yvone Mwilima and Ndilimeke Nashandi*	Yvone Mwilima

56	*Exploring the Influence of Psychosocial Support Structures on Employee Wellbeing in the Namibian Defence Force* *Judy Kauanivi and Dr Clifford Hlatywayo*	Judy Kauanivi
23	*Sustainable Employability among Graduates: A Scoping Review* *Amanda Erasmus*	Amanda Erasmus

Time (CAT)	**WORKSHOP (Online)**
18:00-20:00	Chair 1: Dr Manfred Janik, University of Namibia Chair 2: Prof Janet Ananias: University of Namibia

Time (CAT)	**Activity/Title**	**Presenter/Speaker**
18:00-20:00	*Beyond the Consulting Room: Contextualising Digital Ethics in Namibian Psychology and Social Work Practice: Navigating Online Services, Digital Communication, Professional Boundaries and Self-Promotion in the African Context*	Dr Manfred Janik and Prof Janet Ananias

DAY 3: 22 OCTOBER 2026

Time (CAT)	**PANEL DISCUSSION**
8:30- 10.30	Chair 1: Dr Clifford Hlatywayo: University of Namibia Chair 2: Ms Dainess Amukwelele: University of Namibia

Time (CAT)	**Activity/Title**	**Presenter/Speaker**
8:30-9:30	*Panel Discussion: Workplace Wellbeing: Trends, Challenges and Psychological Perspectives*	Dr Clifford Hlatywayo Ms Dainess Amukwelele
9:30-10:30	*Panel Discussion: Reflections on Psychosocial Challenges in Namibia*	Dr Clifford Hlatywayo Ms Dainess Amukwelele
10:30- 10:45	**TEA BREAK**	

Time (CAT)	Technical Session – FL- 7
10:45- 12:00	Chair 1: Dr Emma Leonard: University of Namibia Chair 2: Dr Namoonga Chilwalo: University of Namibia

Time (CAT)	Activity/Title	Presenter/Speaker
10:45-11:05	Impact of Artificial Intelligence (AI) on Psychosocial Wellbeing in Schools in the Asia Pacific Region	**Prof Panch. Ramalingam** Professor cum Director (i/c), UGC-Malaviya Mission Teacher Training Centre Pondicherry University, India International President, Asia Pacific School Psychology Association (APSPA), Malaysia President, Indian School Psychology Association
11:05- 11:25	Self-Compassion: A Woman's Journey to Self	Dr. Priyanka Tiwari, Delhi University, India

Paper ID	Title of Paper and Authors	Presenter
47	*AI-Assisted Sovereign Psychosocial Intelligence: A Multiscale Framework for Evaluating Psychosocial Wellbeing and Sustainable Development in Africa* *Kalungwishi Kabemba*	Kalungwishi Kabemba
79	*Perceptions and Attitudes toward Cervical Cancer Screening among Women in Windhoek* *Abigael le Hané and Elizabeth Shino*	Abigael le Hané
48	*Beyond Employee Wellness: Towards a Digital Academic Well-being Ecosystem for Higher Education* *Bronwyn Wright*	Bronwyn Wright
68	AI-Enabled Cybersecurity Threats and Psychosocial Wellbeing: A Systematic Review and Socio-Technical Framework *Ericky Iipumbu*	Ericky Iipumbu

VALEDICTORY SESSION

Director of Ceremonies: Dr Clifford K. Hlatywayo

Time (CAT)	Activity	Presenter / Speaker
12:00 - 12:10	Welcoming Remarks	**Prof Tonderai Washington Shumba** Associate Dean, School of Allied Health Sciences
12:10 - 12:20	Recommendations of the Conferences	**Prof Poonam Dhaka** TPC Chair, ETPW 2026
12:20-12:30	Closing Remarks	**Prof Cilas Wilders** Executive Dean: Faculty of Health Sciences & Veterinary Medicine
12:30- 12:40	Vote of Thanks	**Dr Armas Shikongo** Local Organising Chair, ETPW 2026