



8<sup>TH</sup> ANNUAL AGMHI CONFERENCE:

# INTERDISCIPLINARY APPROACHES TO TRANSGENERATIONAL TRAUMA IN AFRICA

**17-19 NOVEMBER 2025**

RADISSON BLU HOTEL, DURBAN, SOUTH AFRICA

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## 8<sup>TH</sup> ANNUAL AGMHI CONFERENCE: INTERDISCIPLINARY APPROACHES TO TRANSGENERATIONAL TRAUMA IN AFRICA

The AGMHI conference serves as a vital platform for addressing the significant mental health treatment gap in Africa, where mental, neurological, and substance use (MNS) disorders remain a major public health challenge. Despite global efforts to reduce the burden of MNS disorders, persistent barriers—including limited research infrastructure, insufficient training opportunities for mental health professionals, and inadequate integration of policymakers in research implementation—continue to impede progress.

In alignment with AGMHI's mission, the conference brings together leading and emerging researchers, clinicians, educators, policymakers, and individuals with lived experience from across the globe to advance solutions for equitable mental health care in Africa and the diaspora.

This year's conference, themed "*Interdisciplinary Approaches to Transgenerational Trauma in Africa*," will explore the **lasting effects of trauma across generations by examining the intersection of history, genetics, and mental health**. The program will emphasize neuroethics and community engagement, fostering interdisciplinary dialogue that bridges gaps between research, clinical practice, and traditional healing systems. Through collaboration among academics, policymakers, and community leaders, the conference aims to highlight innovative, culturally grounded approaches to addressing severe mental illness in Africa.





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## CONFERENCE PROGRAM

MONDAY 17 NOVEMBER 2025

Time	Topic	Speaker(s)
12:00-14:00	<b>Lunch &amp; Registration</b>	
14:00-14:15	<b>Welcome &amp; Opening Remarks</b>	Bonga Chiliza, Michelle P Durham
14:15-15:30	<b>Keynote Introduction &amp; Address: Epigenetic Mechanisms of PTSD and Intergenerational Transmission</b>	Leon Mutesa
15:30-16:30	<b>Updates from Working Groups</b>	
	Advocacy & Policy	Siki Gwanya-Mdletye, Lucinda Manda-Taylor
	Clinical Care Delivery	Anusha Lachman, Saeeda Paruk
	Research	Laila Asmal, Nduku Wambua
	Training & Education	Michelle P Durham, Noeline Nakasujja
17:00-19:00	<b>Poster Session &amp; Networking Reception</b>	

TUESDAY 18 NOVEMBER 2025

Time	Topic	Speaker(s)
8:00-9:00	<b>Breakfast &amp; Registration</b>	
8:30-9:00	<b>Mindfulness &amp; Movement Activity</b>	
9:00-9:15	<b>Welcome &amp; Opening Remarks</b>	Bonga Chiliza, Michelle P Durham
9:15-10:30	<b>Keynote Introduction &amp; Address: Did political liberation cause identity crises in Southern Africa?</b>	Mbongiseni Buthelezi
	<b>Oral Presentations</b>	
10:30-10:50	<i>Ethnotraumatology as an Interdisciplinary Bridge: Addressing Transgenerational Trauma in Africa and the Diaspora</i>	Lisseth London



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TUESDAY 18 NOVEMBER 2025

Time	Topic	Speaker(s)
10:50-11:10	<i>Before the Breakdown: Unmasking Functional Trauma among African Diaspora</i>	Zawadi Kimari
11:10-11:30	<i>From Brain to Belonging: Why Psychiatrists Must Engage with the Intersectoral Global Action Plan on Neurological Disorders to Address Transgenerational Trauma in Africa</i>	Mary Bitta
11:30-11:50	<i>Exploring the link between Mind-Body Medicine and depression, anxiety, and stress among trauma patients and providers in Cameroon: preliminary results from a mixed-methods pilot study</i>	Fanny Nadia Diisak Delon
11:50-12:10	<i>Workplace bullying and mental health of medical interns in KwaZulu-Natal Province, South Africa</i>	Aakifah Isaak
12:10-13:10	<b>Lunch</b>	
13:10-13:30	<i>Addressing Intergenerational Trauma in Malawi: Unintended Benefits of the Mental Health Literacy e-Curriculum (MHLeC) Project</i>	Sandra Jumbe
13:30-13:50	<i>Assessment of Post-Traumatic Stress Disorder (PTSD) and its association with quality of life among trauma patients in Cameroon</i>	Odette Dzemo Kibu
13:50-14:10	<i>Exploratory Investigation of Transgenerational Transmission Trauma Among Biafra War Survivors and Offspring in Ibadan, Nigeria</i>	Titilope Odunaiya
14:10-14:30	<i>A participatory arts-based study exploring meaning-making of Schizophrenia amongst Coloured people in Cape Town</i>	Mohhadiah Rafique
14:30-14:50	<i>Lifetime Trauma Exposure and Serious Mental Health Conditions in a Multi-Country Case-Control Study in Africa</i>	Engida Gebiso
14:50-15:20	<b>Tea/Coffee Break</b>	
15:20-16:50	<b>Panel Discussion:</b> Community Interventions and Historical Impacts of Trauma	<b>Moderator:</b> Lunga Shabalala; <b>Panelists:</b> Elizabeth Mbatha, Briana Woods-Jaeger, Gugu Gigaba
16:50-17:00	<b>Closing Remarks</b>	
17:30	<i>Shuttle to dinner</i>	
18:00	<b>Dinner</b>	



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WEDNESDAY 19 NOVEMBER 2025

Time	Topic	Speaker(s)
8:00-9:00	Breakfast & Registration	
8:30-9:00	<b>Mindfulness &amp; Movement Activity</b>	
9:00-9:15	<b>Opening Remarks</b>	
9:15-10:30	<b>Keynote Introduction &amp; Address: TBD</b>	Amina Abubakar
10:30-12:00	<b>Panel Discussion: Towards Culturally Grounded Integration of Neuroethics in Mental Health Research and Care in Africa and the Diaspora</b>	<b>Moderator:</b> Olivia Matshabane; <b>Panelists:</b> Ntombizanele Menze, Kendi Muchungi, Dominique Eugene
12:00-13:00	<b>Lunch</b>	
	<b>Emerging Researcher Presentations</b>	
13:00-13:15	<i>Help Seeking for Psychological Challenges among Military Personnel in the Ghana Armed Forces</i>	Rachel Adanki Martey
13:15-13:30	<i>Readmission rates and associated factors among Psychiatry patients at Moi Teaching and Referral Hospital, Western Kenya</i>	Angeline Tenge
13:30-13:45	<i>Testing a Life-Skills program to improve mental health and functional outcomes among Kenyan adolescents</i>	Faith Kamau
13:45-14:00	<i>Shifting Minds, Shaping Futures': Understanding Youth Perspectives on Mental Health in Malawi using co-designed research</i>	Chinsisi Makwero
14:00-14:15	<i>Prevalence and Correlates of Childhood Trauma among patients with mental illness in Sbrana Psychiatric Hospital, Lobatse, Botswana</i>	Mpho Lame Hubona
14:15-14:45	<b>Tea/Coffee Break</b>	
14:45-15:00	<i>Public Perception on Generational Transmission of Mental Illness Risk: A Qualitative Analysis of Twitter/X Comments</i>	Peace Oregbesan
15:00-15:15	<i>The magnitude of co-morbid depression with post-traumatic stress disorder symptom in Africa, 2024. Systematic review and meta-analysis</i>	Chalachew Kassaw
15:15-15:30	<i>Community Perspectives on Alcohol Use and Support for Alcohol Use Disorders in Lilongwe, Malawi: A Qualitative Study</i>	Theodora Khofi



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Time	Topic	Speaker(s)
15:30-15:45	<i>Perceived Acceptability and Feasibility of a Mind-Body Intervention for Depression Among Trauma Survivors in Cameroon</i>	Touko Arole Darwin
15:45-16:00	<b>Announcement of Poster Winners</b>	
16:00-16:30	<b>Closing Remarks</b>	
16:30	<b>Networking Reception</b>	



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## KEYNOTE SPEAKERS



**AMINA  
ABUBAKAR, PhD**  
KENYA

**Prof. Amina Abubakar** is a Kenyan research psychologist. She is a Professor and the Director of the Institute for Human Development, Aga Khan University. She is also a senior research scientist at the Kenya Medical Research Institute/Wellcome Trust Research Programme and holds an honorary fellowship at the University of Oxford. Prof. Abubakar's research focuses on developmental delays and impairments in children affected by health challenges such as HIV, malnutrition, epilepsy, Sickle Cell Disease, and malaria. She is keen to contribute towards developing culturally appropriate strategies to identify, monitor, and rehabilitate at-risk children. Recognized for her pioneering work, she received the prestigious Royal Society Pfizer Award in 2016 for her impactful research in East Africa and contributions to neurodevelopmental assessment.



**MBONGISENI  
BUTHELEZI, PhD**  
SOUTH AFRICA

**Dr. Mbongiseni Buthelezi** is the Chief Executive Officer of the Nelson Mandela Foundation and a former Associate Professor of Anthropology and Development Studies at the University of Johannesburg. His research focuses on studying land, governance and the state in South Africa. He is interested in trajectories of land reform, the role of traditional authorities in land governance, the study of institutions of the state, as well as on corruption and state capture. He explores how we can think with pre-colonial pasts to forge decolonial futures in areas ranging from identity and archives to governance and state building. Mbongiseni holds a PhD in English and Comparative Literature from Columbia University in New York. His most recent co-edited publication with Peter Vale is State Capture in South Africa: How and Why it Happened (2023, Wits University Press).



**LEON MUTESA,  
MD, PhD**  
RWANDA

**Prof. Leon Mutesa** serves as the Director of the Center for Human Genetics at the College of Medicine and Health Sciences, University of Rwanda, a center he established in 2006. He obtained his MD from the University of Rwanda in 2003 and earned his PhD in 2009 from the University of Liege, Belgium, where he also completed his postdoc in 2011. Significant involvement in academics, clinical genetic research, genomics, and epigenomics, as well as building research capacity, have all been hallmarks of his career. He has held several prestigious positions in the health sector in Rwanda. A pioneering figure in the field of genetics and genomics, Professor Mutesa has spearheaded the development and implementation of Rwanda's reference center for human genetics, the only facility of its kind in East Africa. He is the



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Principal Investigator of several research grants funded by NIH, EU, EDCTP, NIHR, Wellcome Trust among others. He is a research pioneer of the transgenerational epigenomics of trauma and PTSD in Rwanda, a research programme focusing on the transgenerational transmission of the epigenomic impact of genocide exposure and PTSD in women survivors and their offspring of the 1994 genocide against the Tutsi. He has supervised/mentored over 90 MSc, MMed, PhD, and Post-Doc fellows from Rwanda and from overseas universities. With more than 200 peer-reviewed publications to his name, he is a prolific contributor to scientific research. His outstanding contributions to human genetics have been recently recognized with the prestigious HUGO African Prize 2024. He also serves as a board member of the Board of Trustees of the International Vaccine Institute (IVI).

## *"COMMUNITY INTERVENTIONS AND HISTORICAL IMPACTS OF TRAUMA"*

### **MODERATOR**



**NOKULUNGA  
SHABALALA, PhD**  
SOUTH AFRICA

### **PANELISTS**



**GUGU  
GIGABA, MSocSci**  
SOUTH AFRICA



**ELIZABETH  
MBATHA MULI, MSc**  
KENYA



**BRIANA WOODS-  
JAEGER, PhD**  
USA

**Dr. Nokulunga Shabalala** is a Senior Lecturer at the University of Johannesburg and a registered Clinical Psychologist with the Health Professions Council of South Africa. She obtained her master's in Clinical and Community Counselling Psychology and her doctoral degree at Stellenbosch University. She was awarded the National Institute for the Humanities and Social Sciences (NIHSS) doctoral scholarship for her PhD on the experiences of black medical specialists in training in the Western Cape. Dr. Shabalala is a Fulbright Research Scholar; spending her fellowship duration at Boston Medical Center's psychiatry department. Her research interests include decoloniality and race politics in higher education, the scholarship of teaching and learning, decolonisation in psychology, intersectional feminism, and alcohol and substance use disorders in people living with HIV (PLWH). She is collaborating with colleagues at the South African Medical Research Council (SAMRC) working on projects related to hazardous alcohol use in PLWH. She is also a member of the International Consortium of Universities for Drug Demand Reduction (ICUDDR).



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**Gugu Gigaba** is a Clinical Psychologist based in Durban, South Africa, with over a decade of clinical experience. Passionate about advancing equitable mental health care, Gugu is dedicated to ensuring that individuals can access the support they need, regardless of identity, geography, or socio-economic background. Her research contributions reflect a strong focus on innovative interventions to improve access to mental health care in low-resource contexts. Gugu has served as Programme Manager of a multi-national consortium applying implementation science to integrate mental health into routine primary health care in Mozambique, South Africa, and Tanzania housed at UKZNs Center for Research in Health Systems. She was a Co-Investigator in the South African Medical Research Council's Rape Impact Cohort Study, which adapted an evidence-based WHO intervention to enhance the mental health of rape survivors using task-sharing interventions, and more recently, is a PhD candidate in Women's Health Study which seeks to understand intimate partner violence and the mechanisms driving the intergenerational transfer of trauma to children exposed to violence.

As a mental health enthusiast and practitioner, Gugu brings an interdisciplinary lens to clinical psychology, recognizing that trauma—particularly transgenerational trauma—intersects with historical, cultural, and socio-political realities. Her professional interests lie at the intersection of practice, policy, and advocacy, with a focus on how collaborative approaches can address both individual healing and collective resilience.

**Elizabeth Mbatha Muli** is a Clinical Psychologist currently living and working in Kenya. She has worked in the humanitarian field for over 15 years, supporting persons who have experienced conflict and adverse suffering, especially refugees living in Kenya and Internally Displaced Persons in Ethiopia. Elizabeth holds an MSc from the University of Nairobi, her thesis being 'Prevalence of vicarious trauma among Caregivers in Kakuma Refugee Camp, in Kenya'. She is passionate about psychological trauma, specifically the impact of trauma work on mental health professionals. Elizabeth is currently working as a Mental Health Supervisor with MSF France in Nairobi.

**Dr. Briana Woods-Jaeger** is an Associate Professor and Vice Chair in the Department of Behavioral, Social, and Health Education Sciences at Emory University. Dr. Woods-Jaeger's research focuses on partnering with communities to identify programs and policies to prevent adverse childhood experiences, support different systems in understanding and responding to the needs of trauma-exposed youth and families, and improving access to culturally responsive, evidence-based psychological interventions for youth and families exposed to trauma and chronic stress. With expertise in arts-based approaches, youth participatory action research, and community-level interventions she leads initiatives that center the strengths of communities in promoting mental health. She is currently a Principal Investigator on research projects supported by the National Institutes of Health, Centers for Disease Control and Prevention, Patient-Centered Outcomes Research Institute, and William T. Grant Foundation. She is a Licensed Clinical Psychologist specializing in culturally affirming approaches to care and community-level interventions to address trauma that center cultural humility. Dr. Woods-Jaeger received her BA in Psychology from Duke University and her MS and PhD in Child Clinical Psychology from the University of Washington.



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*"TOWARDS CULTURALLY GROUNDED INTEGRATION OF NEUROETHICS IN MENTAL HEALTH RESEARCH AND CARE IN AFRICA AND THE DIASPORA"*

## MODERATOR

## PANELISTS



**OLIVIA  
MATSHABANE, PhD**

SOUTH AFRICA



**DOMINIQUE  
EUGENE, PhD**  
UNITED ARAB EMIRATES



**NTOMBIZANELE  
MENZE, MBChB**  
SOUTH AFRICA



**KENDI  
MUCHUNGI, PhD**  
KENYA

**Dr. Olivia Matshabane** is a research psychologist and neuroethics researcher in the SAMRC Genomics of Brain Disorders Unit within the Department of Psychiatry at Stellenbosch University (SU). Her work focuses on neuropsychiatric genomics ethics and the neuroethical implications of new and emerging neurotechnologies. She is the Principal Investigator on an African Academy of Sciences and Bill and Melinda Gates Foundation seed grant focused on neuroethics in Africa. She earned her PhD in Medicine from the University of Cape Town (UCT), her Master's and Honours degrees in Psychology from SU, and her Bachelors in Psychology from the University of the Western Cape (UWC), South Africa. Before joining SU as a researcher, she completed a two-year Postdoctoral Fellowship at the National Institutes of Health (NIH) in the United States. Dr. Matshabane is a member of the Psychiatric Genomics Consortium (PGC) Africa Working Group leadership committee. She is also the South Africa representative in the African Brain Data Network (ABDN) and the International Neuroethics Society (INS) representative to the International Brain Research Organization (IBRO). She is a member of the International Brain Initiative's (IBI) Cross-Cultural Neuroscience Working Group and she is also one of the 24 international expert scientists tasked to develop a recommendation on ethics of neurotechnology by UNESCO. She advises on UNICEF's Ad hoc expert group on neurotechnology and children. Dr. Matshabane also supervises postgraduate students in neuroethics research at SU.

**Dr. Dominique Eugene** is a Haitian American Clinical Psychologist, Licensed Marriage and Family Therapist, and Registered Play Therapist/Supervisor. She is a Certified Trauma Specialist with extensive experience in infant, family, and early childhood mental health. With a rich international background, Dr. Dominique has lived and worked in Haiti, Japan, South Africa, and the UAE, in addition to the US. She is a former fellow of the Harvard University, Boston University, Northwestern University, and University of New Mexico (HBNU) Fogarty Global Health Training Program (at Stellenbosch University), and the Institute for Social Innovation Fellow at Fielding Graduate University. Dr. Dominique serves on the boards of the Association of Traumatic Stress



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Specialists (ATSS) and the International Council of Psychologists (ICP). She is also a member of the American Psychological Association's Committee for Global Psychology (CGP). Her research and publications span topics including impact of COVID on women, women offenders of intimate partner violence, the psychological effects of school gardening programs for children, mass trauma, cultural considerations in therapy, and play therapy. Her work is dedicated to promoting the well-being of children, families, and communities globally.

**Dr. Ntombizanele Menze** was born and raised in Gqebera, Eastern Cape Province, South Africa. She completed her high school education at Hillside High School, prior to proceeding to complete her MBChB at Stellenbosch University. She graduated with her MBChB degree in 2011 and proceeded to do her internship at Steve Biko Academic Hospital, following which she completed her community service at Thabamooopo Psychiatric Hospital. Dr. Menze enrolled in her Registrar program in Psychiatry at Stellenbosch University, however, during her training she was called to focus on her Spiritual Journey. While doing her Registrar programme, she won 3 awards for her research project that was titled "Profiles of Traditional Healers and their Healing Practices in the Eastern Cape Province of South Africa". The awards included a Discovery award, a Bells award for best registrar presentation in 2017/2018, and the Best Mmed at Stellenbosch University for SASOP Western Cape). Dr Ntombizanele Menze was also a junior lecturer at Stellenbosch University's Department of Psychiatry, where she won the 2021 Excellence in Teaching award. She was responsible for middle rotation students, interns and registrars. Dr. Menze has also served as an Advisor of 'Girls Leading Change NPO', which is aimed at empowering youth from disadvantaged backgrounds. She has been a guest on several radio shows and podcasts for Mental Health Awareness, where she shares her wisdom on the possibilities for collaboration between Western and Traditional medicine. She has featured on Idlozi and Holistica magazine and is a regular guest on Bloem radio.

**Dr. Kendi Muchungi** holds a PhD in Computational Neuroscience and a master's degree (Distinction) Management and Information Systems from University of Surrey, United Kingdom. She also holds a Bachelor of Science degree in Computer Science from the Africa Nazarene University, Nairobi, Kenya and a Postgraduate Diploma in Advanced Web Development in E-Business from Humber College, Canada. Prior to joining Aga Khan University, Dr. Muchungi honed her expertise as the Communications and Technology Lead, and the Monitoring, Evaluation and Learning team member with the Transforming Employability for Social Change in East Africa (TESCEA) Project through the Department for International Development, United Kingdom. In her last engagement, she was a Lecturer and Programme Leader at the Africa Nazarene University, where she is working on introducing new pedagogies for curriculum efficacy in a technology-centric environment. In addition, Dr. Muchungi is the co-founder of Nikola Energy, a waste-to-energy start-up founded in 2017, focused on conservation of resources to ensure financial inclusion and personal empowerment of the marginalized. Dr. Muchungi's current role is Manager, Education, Technology, and Partnerships at the Aga Khan University and intervention scientist within the Brain and Mind Institute. BMI's mandate is to promote the mental health agenda by actively seeking out collaborations within The Aga Khan Development Network and without to promote awareness and the destigmatization of mental health in a stepped approach. Dr. Muchungi's diverse expertise in emerging technologies, science, instructional design, and development of pragmatic solutions is well suited to support this project. She maintains extensive regional networks and partnerships to facilitate community sensitization campaigns, with culturally appropriate messaging and materials.



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## ORAL PRESENTERS



FANNY NADIA  
DISSAK DELON  
CAMEROON



ODETTE DZEMO KIBU\*  
CAMEROON



ENGIDA GEBISO\*  
ETHIOPIA



ZAWADI KIMARI  
KENYA



SANDRA JUMBE  
MALAWI



TITLOPE ODUNAIYA\*  
NIGERIA



AAKIFAH ISAAK  
SOUTH AFRICA



MOHHADIAH RAFIQUE\*  
SOUTH AFRICA



MARY BITTA  
USA



LISSETH LONDON  
USA

\*Early career researchers who have also been awarded an Emerging Researcher Travel Grant to present their work at the AGMHI conference.

## EMERGING RESEARCHER TRAVEL GRANT WINNERS



MPHO LAME HUBONA  
BOTSWANA



TOUKO AROLE DARWIN  
CAMEROON



CHALACHEW KASSAW  
ETHIOPIA



RACHEL ADANKI MARTEY  
GHANA



FAITH KAMAU  
KENYA



ANGELINE TENGE  
KENYA



THEODORA KHOFI  
MALAWI



CHINSISI MAKWERO  
MALAWI



PEACE OREGBESAN  
NIGERIA



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## REGISTRATION

Registration for the 8<sup>th</sup> annual AGMHI Conference is open until **30 September 2025**.

Registration fees are listed in **USD** and **ZAR** and based on a sliding scale determined by [country income classifications](#). Registered conference participants will have access to all conference-related events, including networking functions.

Category	Low	Low-Middle	Upper- Middle	High
<b>Non-Trainees</b>	\$100 ~R 1,735	\$150 ~R 2,600	\$200 ~R 3,470	\$250 ~R 4,340
<b>Trainees</b> (i.e., undergraduate & postgraduate students, registrars/residents, and fellows)	\$50 ~R 870	\$75 ~R 1,300	\$100 ~R 1,735	\$125 ~R 2,170

For more information and to register: <https://event.fourwaves.com/agmhi2025/>

Email: [agmhi@ukzn.ac.za](mailto:agmhi@ukzn.ac.za)

Website: [agmhi.org](http://agmhi.org)