

# The Secret History: The Journey of a Participatory Training Method to Address Obstetric Violence and Build Empathetic Care

## Workshop Description

The workshop will include a combination of oral presentation, film and discussion.

I will describe the history of the Secret History training method: the rationale for its development in South Africa, which has high levels of obstetric violence embedded within maternity care settings; the theory underpinning the method, including the work of Augusto Boal's Theatre of the Oppressed<sup>1</sup>; a full description of the method including the showing of a short film of a workshop conducted with South African doctors, nurses and midwives.

The evidence for non-specific engagement elements for addressing common perinatal mental disorders in low- and middle-income countries will be discussed drawing on the compelling findings of the systematic review and meta-analysis of Singla et al (2017)<sup>2</sup>. Training in these elements for non-specialist frontline workers will be discussed with respect to the Secret History and other training methods.

The work of various adaptations of the Secret History method will be described, including use for sex worker advocacy, use in Kenya, Malawi, Germany, Sudan, UK and the US.

Potential future adaptations, including virtual platforms and for use to address racism will be discussed as well the identified problems and potential solutions for developing suitable evaluation methods.

<sup>1</sup>Boal, A. (1979). Theatre of the oppressed. London, UK: Pluto.

<sup>2</sup>Singla, D. R., Kohrt, B. A., Murray, L. K., Anand, A., Chorpita, B. F., & Patel, V. (2017). Psychological treatments for the world: lessons from low-and middle-income countries. *Annual review of clinical psychology*, 13, 149-181.

## Workshop Start Time

US - Pacific	US - Mountain	US - Central	US - Eastern	BRT (Brasilia)	BST (British Summer Time)	CEST (Central European Summer Time)	SAST (South Africa Standard Time)	IST (India Standard Time)	JST (Japan Standard Time)	AEST (Australian Eastern Standard Time)	AEDT (Australian Eastern Daylight Time)
Mon 6:00 AM	Mon 7:00 AM	Mon 8:00 AM	Mon 9:00 AM	Mon 10:00 AM	Mon 2:00 PM	Mon 3:00 PM	Mon 3:00 PM	Mon 6:30 PM	Mon 10:00 PM	Tue 12:00 AM	Mon 1:00 AM

## Registration Fee

**\$75**

## Target Audience

All disciplines involved in frontline worker training for perinatal mental health or those involved in addressing various forms of oppression in the health sector or educational environment.

## Presented by

**Simone Honikman, MD, MPhil**

Simone is a medical doctor with clinical experience in psychiatry, paediatrics, obstetrics and

gynaecology and HIV medicine. In 2002, she founded and still directs the Perinatal Mental Health Project, currently located at the University of Cape Town. She has collaborated in several global mental health research consortia and has published journal papers and book chapters on maternal mental health. She develops multi-media resource materials for international audiences and is involved in policy writing and guideline development for perinatal mental health in South Africa. She is a current Marcé International board member, lifelong Ashoka Fellow and contributes to several World Health Organisation initiatives.