

# Sally Mackenzie

(B.Sc. O.T.; B.Sc. Psych)

## Biographical Details:

Name: Sally Fraser-Mackenzie (nee Mackenzie)  
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Tel/Fax: +27 (0) 44 384 1536  
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Born: 25 April 1974, Cape Town, South Africa  
Driving Licence: Code 08 obtained in 1992  
Identity Number: 7404250158083  
Languages: English home language and Afrikaans

## Family:

Father: Civil Engineer Lecturer at University of Cape Town (deceased 1982)  
Mother: Teacher and later Lecturer in Sociology University of Cape Town  
Sister: Nurse  
Sister: Masters in Occupational Therapy, Specialized in Children  
Brother: PhD Physiology  
Sister: Director of Travel and Environmental Magazine  
Husband: Picture Framing Business  
Children: 2 Boys

## Education:

### Primary and Secondary Education:

Junior School: Herschel School (1979 – 1983); Wynberg Girls Junior School (1984-1986)  
Senior School: Westerford High School (1987 – 1991)  
School Leaving Certificate: Cape Senior Certificate, Full Matriculation Exemption, 1991.  
B Aggregate  
Subjects Passed: (all on Higher Grade), English, Afrikaans, Mathematics, Science, Biology, and Geography

### Tertiary Education:

#### **Bachelor of Science (Honours in Occupational Therapy) December 1995**

University of Cape Town 1992 - 1995 (full time)  
Final Year Results: OT IVA: 70, OT IVB: 70, OT IVC: 66  
Title of Honours Project: A description of factors relating to the use of effectiveness of Occupational therapy Home Programmes for children with learning disabilities aged 5 to 8 years. (Merit Award obtained for Honours Project)

#### **Bachelor of Science (Honours in Psychology) May 2002**

University of South Africa 1996; 2000; 2001 (part time)

## Achievements and Involvements during University Studies (1992 – 1995):

Occupational Therapy Class Medallist (1992)  
Medical Faculty Student's Council (1993 and 1994)  
Occupational Therapy Class Representative (1993 and 1994)

Student Health and Welfare Committee and Tutoring of Geography to Previously Disadvantaged Matric Students (1993 and 1994)  
Intersivity Committee (1993)  
SAAOT Transformation Steering Committee (1994)  
Merit Award for Honours Project (1995)

### Clinical Experience:

#### As an O.T. Student:

- 1992 Association for the Physically Disabled
- 1993 Valkenberg Psychiatric Hospital Forensic Section and Industrial therapy  
Volks Neurological Hospital
- 1994 Groote Schuur Neurosurgery and Orthopaedics  
Valkenberg Psychiatric Hospital Male Admissions Wards  
Somerset Hospital Burns Unit  
McNulty House Geriatric Community Placement  
Nursing Care Centre (Brisbane, Australia) - Elective Placement
- 1995 Mannenberg People's Counselling and Training Centre Community  
Princess Alice Orthopaedic Hospital Long Term  
Valkenberg Psychiatric Hospital Long term Care  
Red Cross Children's Hospital

#### As a qualified O.T.:

##### 1996 - 1997 **Cape Town**

Valkenberg Psychiatric Hospital (Male Admissions Unit and Forensics):

This work included running an activity centre with group work for large numbers of psychotic patients, supervision of students, OTA's, SASO's, volunteers and OT students, doing talks at schools to promote mental health, lecturing O.T. students on psychosocial assessment and organizing patient functions.

Cle de Cap Old Age Home:

Part time sessions treating patients with Dementia and Parkinson's.

##### 1998 - Present **Knysna**

###### 1998 - Present

Running and managing two paediatric private practices treating children (aged 0 - 12 years), also burn patients, stroke patients, depression, anxiety (Knysna and Plettenberg Bay). Employing two other O.T.'s and a physiotherapist to work in my practices and to share the work load. In more recent years, just the Knysna practice.

###### 1998 - 2000

FAMSA (Family and Marriage Association of South Africa):

Social skills training with adolescents and training volunteers to take over the workshops and parenting workshops.

###### 1999 - 2000

Hospice:

Communication skills workshops for volunteers.

###### 2003 - 2005

Serenity Care Drug and Alcohol Rehab Centre:

Life skills and social skills training.

###### 2002 - Present

Lecturing to fellow Occupational Therapists at a post graduate level (Sensory Integration, Dyspraxia, Alert Programme, Sensory versus Behaviour)

###### 2005 - Present:

Supervising OT university students and qualified OT's who come and spend time at the practice.

## Additional Education:

### Courses Attended:

1993 Diploma in Therapeutic Massage (part time evening course)  
1993 St Luke's Hospice Volunteers Training Course (Counselling in death, dying and bereavement)  
1994 Aids Policy Formulation  
1994 Music Therapy Seminars  
1994 Communication with Children through Music  
1994 Art as a Form of Healing (Art Therapy)  
1994 Authority and Leadership Intensive Course  
1998 First Aid Level 1  
1999 Play Therapy Course  
1999 Filial Therapy workshop  
1999 Developmental Touch therapy  
1999 Short Term Therapy Techniques with Oppositional and Defiant Children and Adolescents Workshop  
2000 Sensory Integration Theory Course  
2000 Sensory Integration Test Mechanics Course  
2001 Sensory Integration Test Interpretation Course  
2002 Alert Programme in Paediatrics  
2002 Sensory Integration Treatment Course  
**Southern Californian Sensory Integration Test (SCSIT) Certified**  
2003 SI Congress "In touch with SI worldwide – under Africa Skies"  
2004 Brain Gym Course  
2004 Group Work in Paediatric Occupational Therapy  
2005 SAISI AGM and Workshop "New Directions in Sensory Integration"  
2006 SAISI AGM and Workshop "Evolving into the Future"  
2006 Specialized Techniques for Measuring Sensory Integration  
2006 Implication and Interpretation of the Sensory Integration and Praxis test (SIPT)  
**Sensory Integration and Praxis Test (SIPT) Certified**  
2007 Diagnosis and Treatment of Babies (0 - 3 years)  
2007 SAISI AGM and Workshop "Nurturing our Roots"  
2005 - 2008 Organized Quarterly Sensory Integration Meetings in the Region Keeping up to Date with Developments and Journals  
2005 - 2008 Organized Monthly Multi-disciplinary Meetings in the Region with Discussion Topics and Book Reviews  
2009 SAISI AGM and Workshop "A Mosaic of Clinical Concepts"  
2010 Introduction to Sensory Integration (Port Elizabeth)  
2010 Introduction to Narrative Therapy  
2010 Ethical Considerations of Evaluating Procedures  
2010 SAISI AGM  
2010 Advanced Treatment Course included Fidelity Measures  
2010 DIR/Floortime Introductory Workshop  
2011 SAISI AGM and Workshop "Legends and Dreams"  
2011 Early Identification, Assessment and Treatment of Young Children at Risk of Mental Health Disorders  
2011 The Greenspan DIR/Floortime Approach – Online Course  
2011 DIR/Floortime Case Study Workshop  
2011 Emotional Processing in Children  
2012 SAISI AGM and Workshop "SI in Diverse Populations"  
2013 SAISI AGM and Workshop  
2013 Communication Skills that Enhance Clinical Performance  
2014 Social and Occupational Performance in ASI (SAISI AGM and workshop).  
2014 Sensory Processing and School Achievement  
2015 Sensory Rich Therapy

### Courses presented by myself to O.T./Professional Colleagues:

2003 Sensory Integration Treatment Course (Cape Town)  
2004 Fine and Gross Motor Coordination (Knysna)  
2004 Sensory Integration Treatment Course (Pretoria)  
2006 Sensory Integration Treatment Course (Johannesburg)  
2007 Alert Programme for Children and Adolescents (Knysna)  
2007 Alert Programme for Children and Adolescents (Jeffrey's Bay)  
2008 Sensory Integration Treatment Course (Pretoria)  
2009 SAISI AGM, Sensory or Behaviour (Pretoria)  
2009 Sensory or Behaviour Workshop (George)  
2009 Sensory Integration Treatment Course (Johannesburg)  
2010 Sensory Integration Treatment Course (Bloemfontein)  
2011 Professional Minds Workshop – Practical Strategies for SI and Dyspraxia (Johannesburg)  
2011 SI and EQ (Emotional Intelligence) Workshop (Durban) for SAISI  
2011 SI and EQ workshop (Knysna, Plettenberg Bay)  
2012 SI and EQ workshop (Cape Town) for UCT and SAALED  
2012 SI and EQ workshop (Johannesburg) for SAALED  
2012 SI and EQ workshop (Pretoria) University of Pretoria and Meerhof School  
2012 Ethical considerations in Sensory Integration (Knysna) for SAISI  
2012 SI and EQ workshop (Knysna, Welkom, East London, Vryheid)  
2013 SI and EQ workshops (Namibia, Botswana, Johannesburg, East London, Knysna, Plettenberg Bay)  
2014 Clinical Observations workshop (for SAISI, Knysna)  
2014 SI, EQ, Ethics workshops (Namibia, Upington)

### Regular Courses Presented to Parents, Teachers and Fellow Professionals:

2002 - Present  
    Parent Enrichment Courses (Johannesburg, Knysna, Plettenberg Bay)  
2001 - 2012  
    Sensory Motor Strategies for the Home and Classroom (Sensory Integration) (Cape Town, Knysna, Plettenberg Bay, Sedgefield, George)  
2006 - 2012  
    Baby Sign Language Workshops (Knysna, Johannesburg, Sedgefield)  
2003 - 2012  
    Organized monthly Support Groups for Parents of Children with Special Needs in Knysna

### Publications:

2002 A Set of Five Books for Children:  
    “Sensitive Squelch’s Hide Out” - A story about a frog with Sensory Defensiveness  
    “Frumpy Gets in a Knot” - A story about an elephant with Motor Planning Difficulties  
    “Asteracea’s B’s and D’s” - A story about an owl with Perceptual Difficulties  
    “Nyabile’s Sports Day” - A story about a giraffe with Bilateral Integration Difficulties  
    “Verget’s Monkey Problems” - A story about a monkey with Low Muscle Tone  
2010 DVDs:  
    “Sensory Integration”  
    “Sensory Integration Equipment”  
2011 Children’s School and Home Apperception Tool:  
    For building Emotional Intelligence (EQ in a Box)  
2012 EQ in a Box (Second Edition):  
    For building Emotional Intelligence

2011 A Set of Nine Stories for Children:

The African Collection - Shorts stories about ADD, Autism, CP, SPD, Low Tone, Bilateral Integration Difficulties, Motor Planning, Dyslexia and Sensory Defensiveness.

Books Reviewed In:

2002 (Vol 12, 2) SAISI Newsletter with Interview

2003 (Vol 11, 5) Occupational Therapy News (UK publication)

2003 (Vol 22, 2) SAALED News (South Africa Association of Learning and Educational Difficulties)

SAISI News Publication:

2002 Vol 12 (2) Occupational Therapy Intervention with a Child with Half a Brain - A Case Study

2004 Vol 14 (3) Sensory Diet

2005 Vol 15 (1) Book reviews

2005 Vol 15 (3) Activity Ideas

2005 Vol 15 (3) Book reviews

2007 Vol 17 (2) Book reviews

2007 Vol 17 (3) Sign Language for Hearing Babies

2009 Vol 19 (3) Sensory versus Behaviour

2009 Vol 19 (3) Tips for Trips

2009 Vol 19 (3) Book Reviews

2010 Vol 21 (3) Book Reviews

INSTOPP (Institute for O.T.'s in Private Practice) Publication:

2005 Vol 1 Sensory Diet

2005 Vol 1 The Effects of Parenting Styles (child rearing practices) on the Development of Pro-social Behaviour of Children in Early and Middle Childhood.

2005 Vol 1 An Inspiring Story – OT making a difference to someone's life over a long time and at others times a vast difference in a short time

2005 Vol 4 Ritalin and Drug Abuse Debate

2006 Vol 2 Statistics on a Small Town Learning Disability Practice

Board and Committee Involvement:

2005 - Present

SAISI Board (South Africa Institute of Sensory Integration) - Faculty Treatment, Marketing and Networking, and Southern Cape Branch Representative

2006 - 2008

Oakhill Board of Governors (Local Private School) - Portfolio: Bursaries

2006 - 2007

INSTOPP Board (Institute of Private Practitioners) - Local Area Representative

2004 - 2008

OTASA Standing Committee (Occupational Therapy Association of South Africa) – SAISI and INSTOPP Representative

2004 - 2007

SAALED (South African Association of Learning and Educational Difficulties) Southern Cape Branch Committee

Awards:

2003 Personal Service Award (Knysna Chamber of Business)