

Brief Recent Sport Curriculum Vitae: Debra Geraldine Alexander (PhD) - 2019

1. Qualifications

- 2009: PhD in Neuropsychology/Sport (UWC)
- 2002: MSoc Sc in Clinical Psychology (Rhodes University)
MA in Research Psychology (UCT – 2nd year not completed)
- 1998: BSoc Sc (Hons) Degree (distinction) (UCT)
- 1997: BSoc Sc Degree (distinction in Psychology & Xhosa II) (UCT)
- 2015: Postgraduate Certification in Mindfulness Based Interventions (SU)
- 1987: Post Graduate Diploma for Educators of Adults – (UCT)
- 1983: Midwifery Diploma (distinction) – (Carinus Nursing College/Mowbray Maternity Hospital)
- 1979: General Nursing Diploma (distinction) – (Carinus Nursing College)

2. Profession / Employment

Clinical Psychologist/ Senior Lecturer:

Self Employed: Clinical, Neuropsychology and Sport Psychology Private Practice: Big Bay, West Coast, Western Cape.

Extraordinary Senior Lecturer, Stellenbosch University, Medical and Health Sciences Faculty, Department of Psychiatry.

Program Coordinator MPhil Mindfulness degree, Stellenbosch University, Medical and Health Sciences Faculty, Department of Psychiatry.

Lecturer Neuropsychology, University of the Western Cape, Psychology Department Clinical Psychology Master's Degree Programme

PREVIOUS RECENT EMPLOYMENT

Head of Department: Principal Clinical Psychologist/Senior Lecturer (2008 – February 2017): Joint appointment: Tygerberg Hospital/University of Stellenbosch, Medical and Health Sciences Faculty, Department of Psychiatry.

3. Sport Leadership / Professional Sport Experience

CURRENT POSITIONS

- International Paralympic Committee (IPC) Governing Board Member (2016 - current)
- International Triathlon Union (ITU) Executive Board Member (2012- current)
- African Triathlon Union (ATU) – 1st Vice President (2016 - current)
- South African Sport Confederation and Olympic Committee (SASCOC) Board Member (2016 - current)

- Chairperson SASCOC High Performance Commission – Team SA preparation and delivery (2017 - current)
- Lead: SASCOC Safeguarding Policy Working Group (2019)
- International Paralympic Committee – Chairperson Science and Research Working Group (2017 - current)
- International Paralympic Committee – Safeguarding Working Group (2019 - current)
- International Triathlon Union – Medical and Anti-doping portfolio (2016 -current)
- International Triathlon Union – Paratriathlon portfolio (2016 -current)

PREVIOUS POSITIONS HELD

- President National Federation of Triathlon South Africa (2009 - 2016)
- International Triathlon Union – coaching portfolio (2012 -2016)
- International Triathlon Union –paratriathlon portfolio (2012 -2016) (2010 to 2012)
- International Triathlon Union – technical portfolio (2012 -2016)
- SASCOC Medical and Anti-Doping Commission Psychology portfolio (2015 - 2016) (2009 to 2012)
- South African Rugby Union MTBI and Neurodegenerative Working Group Member (2012/13)
- SASCOC High Performance Advisory Committee Member (2013 -2014)
- IRB Junior World Championship Medical Team – Psychologist, South Africa (2012)

4. Achievements/Awards

A) Academic

UCT Dean's Merit List (1995-1998)
Nominated for Exploratio Award for innovation in nursing (1986)
Mowbray Maternity Hospital Gold Medal for Midwifery (1983)
Groote Schuur Hospital Gold Medal and Certificate of Merit (1979)
Captain Hare Gold Medal (1979)
Cape Provincial Administration Award (1979)

B) Sport

ATU Award Sport Administration (Triathlon) in South Africa and African Continent (2018, 2015)
Nomination for South African Sports Awards (Category Administration) (2013, 2015)
Winner of South African Sports Award (Category Federation of the Year) (2014)
Finalist South African Sports Awards (Category Administration) (2012)
Winner of the CEO's Most Influential Woman in Business and Government Award (Category Sport) (2012)
Protea Colours (South African Elite Triathlon Team Management) (2012)
Protea Colours (South African Elite Triathlon Team Management) (2013)
Nominated for the Western Province Sports Award – Triathlon (Category Administration) (2008)

5. Presentations and Publications

Presentations at International, National, Local Conferences and Workshops

- 2019: South African Sports Medicine Association Conference (SASMA) Sports Physician's mental health: Patient dies – what about me? (October, Cape Town – South Africa)
- 2019: South African Sports Medicine Association Conference (SASMA) Panel Discussion – “A Quest for Health and Performance” next steps to shape the future (October, Cape Town – South Africa)
- 2019: South African Sports Medicine Association Conference (SASMA) How to get a basic standard of care in SA let alone innovation for the development/performance enhancement in athletes with disability. (October, Cape Town – South Africa)
- 2019: IPC Vista Conference – opening and closing remarks and award winner introduction (September, Amsterdam, The Netherlands).
- 2019: 6th Cape Town International Sport and Peace Conference – Parallel session – Sport, Peace and Community Well-being.
- 2019: South African Transplant Sport Association (Western Cape) – Keynote address at Protea Colours Awards Ceremony
- 2019: Jose Foundation and SASCOC: Safeguarding in Sport Conference (Panel member in Panel Session – IPC Position on International Movement to Safeguard Children and Vulnerable Persons in Sport) – (Hogan Lovell, Johannesburg, May)
- 2019: Jose Foundation and SASCOC: Safeguarding in Sport Conference (Keynote speaker – Safeguarding the Mental Health of Athletes) – (Hogan Lovell, Johannesburg, May)
- 2018: African Paralympic Committee: Increasing female leaders in South African National Paralympic Committees (Workshop Facilitator) (SASCOC – Johannesburg, October)
- 2018: African Paralympic Committee: Increasing female leaders in African National Paralympic Committees (Workshop 2 Facilitator) (SASCOC – Johannesburg, August)
- 2018: African Paralympic Committee: Increasing female leaders in African National Paralympic Committees (Workshop 1 Facilitator) (SASCOC – Johannesburg, May)

- 2017: ALEXANDER D, Shuttleworth-Edwards A. Interaction effects reveal cognitive effects in late adolescent rugby playing scholars. International Neuropsychology Society Conference, June 2017 Cape Town, South Africa. (Paper presentation)
- 2016: ALEXANDER D, Shuttleworth-Edwards A, KIDD M, Malcolm CM. Concussions in Youth rugby: A Prospective investigation of enduring Neurocognitive and Academic effects on Players versus Noncontact Sports Controls. 11th World Congress on Brain Injury, March 2-5, 2016, The Hague, Netherlands. (Paper presentation)
- 2015: ALEXANDER D, Shuttleworth-Edwards A, KIDD M, Malcolm CM. Long-term outcome of Neurocognitive and Academic Performance of Early Adolescent Rugby Players versus Non-Contact Sport Controls. 39th Annual Brain Injury Rehabilitation Conference: Practical Solutions to Real World Problems: April 15-17, 2015 Williamsburg, Virginia USA. (Paper presentation - invited).

Publications

- 2019: ALEXANDER DG, VERMAAK A, BROOK N, REDHEAD C. SASCOC Safeguarding Policy.
- 2018: ROSSOUW J, YADIN E, ALEXANDER D, SEEDAT S. Prolonged Exposure Treatment and Supportive Counselling for Posttraumatic Stress Disorder in Adolescents: task-shifting, randomized controlled trial. British Journal of Psychiatry. (Peer Reviewed – published).
- 2018: ROSSOUW J, YADIN E, ALEXANDER D, SEEDAT S. Prolonged Exposure Treatment and Supportive Counselling for Posttraumatic Stress Disorder in Adolescents; a Third World, Task Shifting, Community-Based Sample, including experiences of stakeholders: Study Protocol for a comparative randomized controlled trial. BMC psychiatry. (Peer Reviewed – published).
- 2016: ALEXANDER D, SHUTTLEWORTH-EDWARDS A, KIDD M, Malcolm CM. Concussions in Youth rugby: A Prospective investigation of enduring Neurocognitive and Academic effects on Players versus Noncontact Sports Controls. 11th World Congress on Brain Injury, March 2-5, 2016, The Hague, Netherlands. (Abstract published).
- 2016: ROSSOUW J, SEEDAT S, YADIN E, ALEXANDER D, MBANGA I, JACOBST, ROSSOUW, W. Feasibility Study of Prolonged Exposure Treatment for Posttraumatic Stress Disorder with Adolescents in A Third World, Task Shifting, Community-Based Environment, Comparative Trial with Supportive Counseling. Trials Journal (Peer reviewed -published).
- 2015: ALEXANDER D, SHUTTLEWORTH-EDWARDS A, KIDD M, MALCOLM CM. Long-term outcome of Neurocognitive and Academic Performance of Early Adolescent Rugby Players versus Non-Contact Sport Controls. 39th Annual Brain Injury Rehabilitation Conference: Practical Solutions to Real World Problems: April 15-17, 2015 Williamsburg, Virginia USA. (Abstract published).
- 2015: ALEXANDER D, SHUTTLEWORTH-EDWARDS A, KIDD M, MALCOLM CM. *Long-term outcome of Neurocognitive and Academic Performance of Early Adolescent Rugby Players versus Non-Contact Sport Controls.* Brain Injury Journal (peer reviewed - published).
- 2015: NEWMAN G, ALEXANDER D, MAGGOTT C. Meet and Beat: The effects of group drumming on staff members in a child and adolescent psychiatric unit. South African Journal of Psychology (peer reviewed - published).

Book Chapters Published

- 2018: MITCHELL C, ALEXANDER D, Cognitive Behavioural Therapy and Behaviourism Chapter 29 in RA Emsley, WP Pienaar and S Seedat, Textbook of Psychiatry (4th Ed.) 2018 SA: Mental Health Information Centre.
- 2018: ALEXANDER D, HENDRICKS ML, An overview of psychotherapeutic approaches and different applications of psychotherapy Chapter 28 in RA Emsley, WP Pienaar and S Seedat, Textbook of Psychiatry (3rd Ed.) 2015 SA: Mental Health Information Centre.
- 2015: MITCHELL C, ALEXANDER D, Cognitive Behavioural Therapy and Behaviourism Chapter 29 in RA Emsley, WP Pienaar and S Seedat, Textbook of Psychiatry (4th Ed.) 2018 SA: Mental Health Information Centre.
- 2015: ALEXANDER D, HENDRICKS ML, An overview of psychotherapeutic approaches and different applications of psychotherapy Chapter 28 in RA Emsley, WP Pienaar and S Seedat, Textbook of Psychiatry (3rd Ed.) 2015 SA: Mental Health Information Centre.

Alexander

Dr Debra Geraldine Alexander (PhD) Manifesto

Why should I be elected as first or SECOND Vice-President?

I am a strong leader and team player. I lead by example, ethically, with vision, competence, courage, determination and integrity.

As an accomplished sports administrator (serving on International, Continental and National Boards), Clinical Psychologist and Academic (Stellenbosch University, Medical and Health Sciences Faculty), I bring a unique combination of leadership, health, research, education, management, communication, people knowledge, skills and expertise to the Board of SASCOC. (See attached CV for details of previous leadership positions held, including President of Triathlon South Africa)

I currently serve on the following Boards: The International Paralympic Committee (IPC) Governing Board; the International Triathlon Union (ITU) Board, the African Triathlon Union Board as 1st Vice President; South African Olympic and Paralympic Committee (SASCOC) Board and the Triathlon South Africa Board as an ex-officio member.

I currently chair the SASCOC High Performance Commission and the IPC Science and Research Working Group. I also serve on the ITU Paratriathlon Committee and the ITU Medical Committee. I initiated and created the SASCOC Safeguarding policy with other NF representatives and external stakeholders. I am also the MPhil Mindfulness Programme Coordinator at the Stellenbosch University, Medical and Health Sciences Campus.

My passion for empowering athletes to achieve sporting excellence comes from years of clinical and sport-specific work with athletes and numerous Sport the Para Sport communities focussing on development, well-being, excellence, safety, fairness and equal opportunities for all.

What will I stand for?

I stand for improving the recognition and value of the SASCOC brand through my commitment to athletes first, ethical leadership and good governance. I will ensure that athletes are at the heart of everything we do from NOC and NPC level, down to the confederations, federations and clubs.

I will contribute to the leadership of the SASCOC Board, the business management, corporate governance and development of all aspects of sport through, amongst others, assisting with continuous evaluation and maintenance of organizational structures that enable the organization to: a). develop all sports and produce world class athletes; b). promote healthy, safe, fair and world class events; c). prepare a Team South Africa that we as a nation can be proud of; d). grow public interest; e). ensure sustainability of the organization and respect for each other and the environment; f). encourage and increase South African athlete participation around the world; g). advance communities by leaving a legacy of involvement, inclusion and equal opportunities for all and; h). build sustainable funding.

Additionally, I stand for the creation of opportunities for participation, growth, and performance excellence; athlete health and safety; fairness in terms of classification and competition; a culture of research, knowledge sharing and professional education, open discussion, robust debate, good governance and strong, decisive, courageous leadership.

My strengths in support of my specific contributions are: my passion for developing individuals; uniting people from diverse backgrounds; improving organizations; encouraging a collaborative culture; advancing and nurturing relationships; my compassion, positive approach to life, honesty, accountability and respect for others and the environment.

27 February 2020


