



## Curriculum Vitae

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 South African/Swiss

### Personal Profile including career highlights, and personal information

Ros Thomas was educated in South Africa moving to Geneva Switzerland in 1989.

Key career accomplishments are:

- Experienced mental health counselor, (both private practice and institutional settings)
- Practiced university lecturer at 5 tertiary institutions (University of Witswatersrand, University of South Africa, Open University, Oxford University, Webster University)
- Trained clinical therapist in the criminal justice and mental health fields, (offender and family)
- Skilled clinical supervisor
- Practiced dissertation supervisor
- Conceptualized and established MA Counseling Program in Geneva
- Leadership of MA and BA Programs in Psychology, Sociology and Counseling
- Prepared and oversaw successful application submission for Swiss accreditation of MA Counseling Program as an ANSCo Accredited Training Organization of Professional Counseling
- Prepared and oversaw successful submission for Swiss accreditation of MA Counseling Program with the Swiss Association of Counseling (SGfB).
- Designed and implemented Webster Geneva Annual Psychology Public Lecture Series
- Developed and implemented regular annual Psychology Workshops as continuing education credit
- Co-convended first bi-annual Webster International Counseling Conference 2011 and the second in 2013
- Successfully completed doctoral and post-doctoral research with inter-disciplinary interests in the arena of support for humanitarian staff working in complex emergencies
- Delivered regular consultancies for UNICEF as a peer support training facilitator

<p><b>Education</b></p>	<p>DPhil 2008 - Departments of International Development and Psychology. University of Oxford, Oxford UK. Thesis entitled: From Stress to Sense of Coherence: Psychological Experiences of Humanitarian Workers in Complex Humanitarian Emergencies</p> <p>MA Clinical Social Work 1988 - University of the Witwatersrand, Johannesburg, South Africa. Thesis entitled: Perceptions of the Families of Offenders to Reconstruction Services Received</p> <p>BA Hons 1978 - University of Stellenbosch, Cape, South Africa</p> <p>BA 1973 - University of Stellenbosch, Cape, South Africa</p>
<p><b>Professional Experience</b></p>	<p>1991 – Present Webster University, Geneva Switzerland</p> <ul style="list-style-type: none"> <li>• 2007 - Department Head BA Psychology, Sociology and MA in Counseling Programs</li> <li>• 1998 -Deputy Department Head Psychology, Sociology and Counseling</li> <li>• Lecturer in BA Psychology and Sociology Program</li> <li>• Lecturer in Master of Arts in Counseling Program</li> <li>• Advisor to MA Counseling students</li> <li>• Recruited and managed over 14 departmental faculty members</li> <li>• Served as a member of the Webster University research committee</li> <li>• Clinical supervisor of Masters of Arts in Counseling students</li> <li>• Co-leader of Refugee Study trip to Mozambique, Zimbabwe and Malawi</li> <li>• Co-leader of Refugee Study trip to South Africa within International Relations Program</li> <li>• Co-leader of two study trips to Srebrenica, Bosnia</li> </ul> <p>2002-2008 DPhil studies in the Department of International Development University of Oxford, Oxford UK.</p> <p>2005 - UNICEF Facilitator.</p> <ul style="list-style-type: none"> <li>• Peer Support and Advanced Peer Support Training Programs, Rolle and Geneva Switzerland, Istanbul, Turkey</li> </ul> <p>1993-1996 Multinational Corporations (Philip Morris International and British American Tobacco), Geneva, Budapest, Czech Republic</p> <ul style="list-style-type: none"> <li>• Consultant on staff relocations, workshop facilitator and provision of individual therapy to employees and families</li> </ul> <p>1993 Business School of Lausanne, Switzerland</p> <ul style="list-style-type: none"> <li>• Part-time lecturer in Psychology and Sociology</li> </ul>

	<p>1992-1994 Open University (OU), Milton Keynes UK</p> <ul style="list-style-type: none"> <li>• Lecturer and tutor Social Sciences Foundation Course and Third World Development.</li> </ul> <p>1991-2002 Private therapeutic practice in Geneva</p> <p>1984-1988 University of Witwatersrand, Johannesburg SA</p> <ul style="list-style-type: none"> <li>• Lecturer School of Social Work</li> <li>• Clinical Supervisor</li> </ul> <p>1981-1983 University of South Africa (UNISA) Pretoria SA</p> <ul style="list-style-type: none"> <li>• Coordinator and lecturer of distance learning programs</li> </ul> <p>1978-1981 NICRO (National Institute for Crime Prevention and Rehabilitation of Offenders) Cape Town SA</p> <ul style="list-style-type: none"> <li>• Senior Social Worker and Supervisor</li> <li>• Work with the offender and the family</li> <li>• Managed night Shelter for Homeless in Inner City Cape Town</li> </ul> <p>1976-1978 Inner London Probation Service, London UK</p> <ul style="list-style-type: none"> <li>• Ancillary Worker with awaiting trial prisoners in Inner London</li> </ul> <p>1974-1976 Cape Mental Health Society, Cape Town</p> <ul style="list-style-type: none"> <li>• Social Worker with mentally ill and mentally handicapped</li> <li>• Co-ordination of home-based psychiatric care</li> </ul>
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<b>Professional Development</b>	<p>2015 2 Day Somatic Experiencing (SE) course in November 2015 UK with Giselle Gennilard.</p> <p>2014-2015 Associate Coaching Course. Six months training programme. 90 Hours of approved Coach Specific Training Hours (ACSTH)</p> <p>2012- present. Researcher – Improving the Health of the International Organisation Workforces in Geneva Switzerland )WHO, Global Fund, UN Aids and UNHCR)</p> <p>2011- 2012 Hospice training - Accompanying the Dying Part 1 -10 Geneva</p> <p>2010-2011 Eye Movement Desensitization and Reprocessing Training (EMDR Masterclass Part 1, 2 and 3) Dr Michael Patterson London.</p> <p>2009 Mindfulness Based Cognitive Behavior Therapy – Rahele Malanca, Geneva</p> <p>2009 Systemic Training - Dr Scott Miller Echichens Vaud</p> <p>2009 Practical Humanitarian Team Defusing after a Critical Event - Centre for Humanitarian Psychology Geneva</p> <p>2008 Helping aggressive Children and their Families - Dr Jean Dumas Geneva</p> <p>2008 Trauma and the Body - Tim Dunne Geneva</p> <p>2008 Leader - Advanced Peer Support Training - Unicef Turkey</p> <p>2007 Leader - Advanced Peer Support Training - Unicef Morges Vaud</p> <p>2007 Leader - Peer Support Training - Unicef Geneva</p> <p>2006 Leader - Peer Support Training - Unicef Geneva</p> <p>2001 Cognitive Behavior Therapy – Dr Christine Padesky USA</p>
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<p><b>Teaching experience at Webster</b></p>	<p>Undergraduate:  PSYC 1100 Introduction to Psychology (Part 1)  PSYC 1200 Introduction to Psychology (Part 2)  PSYC 2030 Human Growth and Development,  PSYC 2250 Adolescent Psychology  PSYC 2950 Psychology of Adulthood and Aging  PSYC 3000 Issues: Marriage and Family  PSYC 3900 Introduction to Counseling  PSYC 4900 Senior Seminar: Advanced Counseling  SOCI 1100 Introduction to Sociology  SOCI 2000 Crime and Society  SOCI 2000 Issues: Psychosocial Aspects of Migration and Refugees  SOCI 2175 Social Movements  SOCI 2475 Sex and Gender  SOCI 4375 Criminology</p> <p>Graduate:  COUN 5020 Foundations of Counseling: The Helping Relationship,  COUN 5160 Issues: Cognitive Behavior Therapy,  COUN 6000 Counseling Learning Practicum  COUN 6500 Internship</p>
<p><b>Professional Memberships</b></p>	<p>SGfB - Schweizerische Gesellschaft für Beratung/Swiss Association for Counselling  ISSP - International Society of Political Psychology Membership ID 16091  EMDR Association United Kingdom and Ireland  ACA American Counseling Association Membership ID: 6360816</p>
<p><b>Publications</b></p>	<p>Thomas, R. (2016) <i>Psychological Stress: Aid Workers in Complex Humanitarian Emergencies</i>. LAP LAMBERT Academic Publishing, D-66111 Saarbrücken, Germany. <a href="http://www.lap-publishing.com">www.lap-publishing.com</a></p> <p>Thomas, R, Jachens, L., Mihalca, L. (2016) &amp;. <i>Staff Well-being and Health in the UNHCR Report</i>. UNHCR Geneva.</p> <p>Jachens, L., Thomas, R. (2016).Global Fund qualitative study on workplace wellbeing. Organizational Report. Global Fund, Geneva.</p> <p>Jachens, L., Houdmont, J., &amp; Thomas, R., (2016). (Awaiting decision) Effort-Reward Imbalance and Hazardous Alcohol Consumption among Humanitarian Aid Workers. <i>Journal of Studies in Alcohol and Drugs</i>.</p> <p>Jachens, L., Mihalca, L. &amp; Thomas, R. (2015). <i>Work, Health and Well-being Report</i>. OCHA. Geneva</p> <p>Thomas, R and Henning, A. (2013) “<i>Counseling in Switzerland</i>” in</p>

	<p>Hohenshil, T. H., Amundson, N. E. and Niles, S. G. Counseling around the world: an international handbook book. American Counseling Association. Alexandria, VA</p> <p>Thomas, R and Henning, A. (2012) <i>Counseling in Switzerland: Past, Present and Future</i>. <u>Journal of Counseling and Development</u> October 2012, Volume 90, Number 4. pp. 505- 509. US</p> <p>Thomas, R. (2009) Managing Cultural Transitions. <i>Facing the Psychological Impact of Humanitarian Crisis</i> 14th International Humanitarian Conference Centre International de Conférence, Genève</p> <p>Thomas, R. (2008) "From Stress to Sense of Coherence: Psychological Experiences of Aid Workers in Complex Humanitarian Emergencies." Oxford University, 2008. DPhil Thesis</p> <p>Thomas, R. (2007) "From Stress Reaction to Sense of Coherence: Positioning Psychological Experiences of Humanitarian Workers in Complex Emergencies." Paper presented for publication through <i>Sociological Conference Social Connections: Identities, Technologies, Relationships</i>, London UK</p> <p>Thomas, R. (2005) <i>"Caring for those who Care - Aid Worker Safety and Security as a Source of Stress and Distress: A Case for Psychological Support"</i> in Bowie, V., Fisher, B. S. and Cooper, C. L. (Eds.) <i>Workplace Violence: Issues, trends, strategies</i>. Devon, Willan Publishing, 2005</p> <p>Thomas, R. (2004) <i>"Security and the Aid Worker. A Case for Psychological Support."</i> <u>Refugee Survey Quarterly</u>. (2004): 23(4), 152-167. doi:10.1093/rsq/23.4.152</p> <p>Thomas, R. (1996) <i>"Report on International Relocations within Multinationals in Switzerland."</i> Lausanne, Switzerland: Multinational Company, 1996</p> <p>Thomas, R. (1988) "Perceptions of Families of Offenders Who Receive Reconstruction Services." MA Thesis. University of Witwatersrand, SA</p>
<p>----- <b>Selected Presentations</b></p>	<p>February 2016 Humanitarians working under extreme stress. Towards the World Humanitarian Summit. 21st International Humanitarian Conference (IHC) February 18-19, 2016</p> <p>October, 2015 Healing at the crossroads of the little story of the patient and the big story of history. Intergenerational trauma. A Century of Crimes against Humanity. <u>Open Wounds: Centennial Speaker Series</u>. Webster University, Geneva</p>

	<p>April 2015 Presentation of research results to the Human Resources Division of Global Fund, Geneva.</p> <p>June 2014 Presentation to WIPO Management Committee on information about the Mental Health Research Project</p> <p>2014 Presentation of research results to the MEC (Management Executive Committee) of Global Fund.</p> <p>2014 Presentation of research results to the international Staff Welfare team of UNHCR at the UN headquarters.</p> <p>October 2013 - Self-care in people working under extreme stress. Working Towards Dignity. 20 years of fighting conflict-related sexualised violence. Medica Zenica and Medica Mondiale, Zenica, Bosnia and Herzegovina (Invited)</p> <p>July, 2012- Working Integratively with Humanitarian Workers. Co-constructing a Space between Affect Regulation and Existential Meaning-making. Psychology Serving Humanity. XXX International Congress of Psychology, 2012. Cape Town South Africa</p> <p>June 2012 - Stress Narratives of Humanitarian Workers in Conflict UNHCR Geneva. (Invited)</p> <p>March 2012 - Making Meaning of Difficult Experiences and Regulating Affect. Global Mental Health Briefing. Supporting Humanitarian Staff; Lessons from Research and Practice. NGO Forum for Health, World Council of Churches, Geneva 2012 (Invited)</p> <p>September 2010 - Space to Create a Wider Frame for Integrative Counseling with Humanitarian Workers. Keynote Speaker, EAC Annual Conference, Lugano 2010 (Invited)</p> <p>October 2009 – Factors that promote Resilience in Humanitarian Workers. <i>HR Forum</i> International Federation of the Red Cross (IFRC) Annual Meeting, Geneva 2009 (Invited)</p> <p>July 2009 - Stress narratives of humanitarian workers in conflict. <i>Overcoming Political Violence, Injustice, and Deprivation: Perspectives from Political Psychology</i> 2009 ISPP Annual Meeting, Dublin, Ireland</p> <p>April 2009 - Humanitarian worker stress - in complex emergencies <i>MA Counseling Professional Orientation and Ethics Group</i> Webster University Leiden Holland</p>
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	February - 2009 Managing Cultural Transitions. <i>Facing the Psychological Impact of Humanitarian Crisis</i> 14th International Humanitarian Conference Centre International de Conférence, Genève (CICG)
<b>Languages</b>	English, Afrikaans French (Intermediate)
<b>Community Involvement and Interests</b>	<ul style="list-style-type: none"> <li>• Volunteer at La Maison de Tara, the inaugural Hospice in the Canton of Geneva, Switzerland</li> <li>• Member of the Webster Humanitarian Association (WHA)</li> <li>• Initiated links between the Westlake United Church Trust South Africa, the Webster Humanitarian Association and genocide affected women in Bosnia through sale of button necklaces</li> <li>• Reading</li> <li>• Outdoors, sports – skiing, hiking and horse riding</li> </ul>