

Beneficiary Analysis

100% B-BBEE Welfare & Development

BEE – 100% Level 4 Contributor

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C/O Hobe & Freedom Way

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**Section 18a Registration**

NPO No: 002 888/ PBO no: 930006613

VAT No: 4920124478

BHF No: 090 009 0059684

October 2016

Thank you for contacting FAMSA Western Cape.

Cindy Aberdein, a registered Psychology Masters Student at Stellenbosch University, is conducting a research at our office in Observatory.

Her research title:

**Expectations of Couples Presenting for Couple Therapy**

She would like to interview you about what you expect from therapy. The interview will take 45 minutes. Cindy will then introduce you to your therapist who will be given the information relevant to supporting you as you take steps towards your relationship goals.

Please see below on page 2 information about the research.

By participating in this research, you will help FAMSA to continue to strengthen relationships, improve understanding of what couples hope to achieve when they attend for therapy and assist the researcher with completion of a Masters Degree at Stellenbosch University.

If you are willing to participate, please e-mail the researcher directly on [cindy.aberdein@gmail.com](mailto:cindy.aberdein@gmail.com) for further details.

Thank-you so much for helping us to understand what you expect from therapy. We trust that you will benefit from your help in this study. Your contribution is greatly valued.

Yours faithfully



**MAGDALEEN VAN STADEN**

Head Clinical Services: FAMSA Western Cape

BA SW (US), BA Hon (UPE), M Soc Sc (UCT)

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**Director:** Noelene Blekkenhorst **Chairman:** Vuyisile April **Treasurer:** Marieta Bosman  
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## Appendix A

### Expectations of Couples Presenting for Couples Therapy

You are invited to help us understand what South African couples expect from therapy.

We would greatly value your honest and open contribution to better understanding the expectations of couples who request couples therapy. It is hoped that an improved understanding of these expectations will make a contribution towards improving the standards of excellence every relationship therapist would hope to offer their clients.

If you are interested in helping with this study:

You will be requested to come in one hour before your therapy session. In this hour you will meet with the researcher who will conduct an interview to give you an opportunity to share your expectations of therapy. This interview will take approximately 45 minutes. Cindy will then introduce you to your therapist who, with your permission, will be given the information relevant to supporting you as you take steps towards your relationship goals. FAMSA charges will apply for your one hour therapy session following the research interview. Any information that is obtained in connection with this study and that can be identified with you will remain confidential.

Further details about the study can be mailed to you directly or accessed on the FAMSA website [www.famsawc.org.za](http://www.famsawc.org.za). Any questions you may have will be answered before your interview starts. Thank you so much for helping us to understand what you expect from therapy. We look forward to meeting with you.

Please feel free to submit any questions you may have regarding this study directly to Cindy Aberdein at [cindy.aberdein@gmail.com](mailto:cindy.aberdein@gmail.com).