



TOPIC: Pathways to healing: Reclaiming the 'personal' in interpersonal violence

Date: Thursday 21 August 2025
Time: 10h00-12h00
Venue: Equality Unit, Simon Nkoli House, 39 Victoria Street
Facilitator: Dr. Jill Ryan

To RSVP and book your place email Grizelda Adams: grizeldaa@sun.ac.za
Please also advise of any accessibility needs you require
Tea and coffee will be served

Sometimes instead of going big, looking at systems of violence and oppression, we need to come home, turning the lens inward. Interpersonal violence speaks to intentional use of violence on a person or group of people, and can be seen in families, communities or institutional settings such as schools or the workplace and unfortunately has become

common place to experience these due to increased rates of violence in our society. In this session, we take an introspective journey unpacking barriers we encounter which hinder us in our quest for change, but also reclaim parts of us which embody radical resolve and unwavering resilience in our pursuit to live fully and freely.



Dr. Jill Ryan is our coordinator for gender non-violence at the Equality Unit, under Learning and Teaching. She holds a bachelor's degree in psychology (BPsych), with her postgraduate education completed through the Centre for Interdisciplinary Studies of Children, Family, and Society (formerly Child and Family studies), all of which were based at the University of the Western Cape. Her research interests are on family violence and intergenerational transmission of domestic violence, with other projects including health promotion, health decision-making, vaccine hesitancy, and family well-being.