



Glynnview

MULTI PROFESSIONAL PRACTICE
for a better future

2026

GMPP Symposium

Interface between Medicine & Psychiatry

15th Annual Symposium

Date: 25th - 26th July 2026

Venue: Radisson Hotel & Conference Centre,
3rd Ave, Bredell AH, Kempton Park



2026

GMPP Symposium

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Welcome Letter

Dear Colleagues, Friends, and Distinguished Delegates,

It is with great pleasure that I welcome you to the 15th Annual Symposium of our multiprofessional mental healthcare practice. Your presence reflects a shared commitment to advancing knowledge, strengthening collaboration, and improving the lives of those entrusted to our care.

This year's symposium explores a longstanding theme of profound significance: the interface between psychiatry and medicine. As our understanding of the human brain continues to evolve, the traditional boundaries between medical disciplines are becoming increasingly interconnected. Mental health can no longer be viewed in isolation from physical health, just as advances in medicine cannot ignore the intricate relationships between the brain, body, and lived human experience. Our gathering provides an opportunity to examine these intersections with scientific curiosity, clinical wisdom, and intellectual humility.

A central focus of this year's programme is the ethical landscape that accompanies rapid scientific progress. Breakthroughs in neuroscience, neuroimaging, genetics, artificial intelligence, and precision medicine offer unprecedented opportunities to understand, diagnose, and treat mental illness. Yet with these advances come important questions about autonomy, equity, privacy, justice, and the responsible application of emerging technologies. As clinicians, researchers, and healthcare professionals, we share the responsibility of ensuring that innovation remains firmly grounded in compassion, respect for human dignity, and ethical practice.

The complexity of mental illness reminds us that no single profession holds all the answers. The future of mental healthcare depends upon meaningful collaboration between psychiatrists, physicians, psychologists, other medical specialists, nurses, occupational therapists, dietitians, speech therapists, social workers, pharmacists, neuroscientists, and many other professionals whose expertise enriches patient care. By learning from one another and working across disciplines, we create a more comprehensive understanding of health and deliver care that is truly centred on the individual.

We stand at an extraordinary moment in the history of neuroscience. Discoveries that once belonged to the realm of imagination are steadily becoming clinical reality. As we deepen our understanding of neural networks, neuroplasticity, inflammation, the gut-brain axis, biomarkers, and the biological foundations of behaviour, we move closer to more precise, personalised, and effective treatments. At the same time, we are reminded that scientific progress is most meaningful when it serves humanity—reducing suffering, restoring hope, enhancing quality of life, and enabling individuals to flourish.

The future of mental healthcare will not be defined solely by technological innovation, but by our collective ability to integrate scientific excellence with empathy, ethical leadership, and multidisciplinary partnership. Together, we have the opportunity not only to transform clinical practice but also to contribute to a healthier, more resilient society. In doing so, we participate in one of medicine's greatest aspirations: advancing human wellbeing and expanding our understanding of what it means to be fully human.

I hope that this symposium inspires thoughtful discussion, challenges established perspectives, fosters new collaborations, and encourages ideas that will shape the future of neuroscience and mental healthcare for generations to come.

Thank you for joining us. I wish you an engaging, stimulating, and rewarding symposium.

Warm regards,



MD
Glynnview Multi Professional Practice

2026

GMPP Symposium

15th Annual Symposium



Date: 25th - 26th July 2026

Venue: Radisson Hotel & Conference Centre,
3rd Ave, Bredell AH, Kempton Park

Academic Programme

Saturday, 25th July 2026

CPD

HPCSA Accredited

CEU points: 9 | Ethics points: 6

08h00 – 08h45	Registration & Arrival Tea/Coffee		Speakers
	PLENARY SESSION 1		Chair: Gerhard Grundling
Venue	Ekurhuleni 1 & 2		
08h45 - 09h00	Welcome		Gerhard Grundling
09h05 - 09h30	Anxiety disorder and the vagal nerve		Kobus Roux
09h30 - 10h00	Immune mediated inflammatory disease (IMID) & psychiatry		Yashna Mohangi
10h00 - 10h30	The orchid & the mirror: Intimate perfection, mental health, and the modern women-A pelvic surgeon's perspective		Elize Wethmar
10h30 - 11h00	Breath & Brain: The interface between respiratory disease and psychiatry		Kuven Naidu
11h00 – 11h30		Refreshment Break	Ekurhuleni 4 & 5
WORKSHOPS			
Venue	Ekurhuleni 1 & 2	Kwa-Thema	
11h30 - 13h00	Workshop 1 Speakers: Rina Hyams Duncan Laurenson Kobus Roux Chair: Shalani Reddy	Workshop 2 Speakers: Hayley Falck Daniel Greenslade Samantha Holle Chair: Claudia Schaft	
	Management addiction	From couch to climax: Tackling sexual transference & dysfunction	
13h00 - 14h00	Lunch Break		Ekurhuleni 4 & 5
14h00 - 15h30	Workshop 3 Speakers: Sean Chetty Pauline du Plessis Chair: Nikhil Nowbath	Workshop 4 Speakers: Frans Korb Barbara Makumbi Chair: Dimpho Molise	
	Pain in the mix	An approach to the management of obesity in practice Gut brain axis	
15h30 - 16h00	Refreshment Break		Ekurhuleni 4 & 5
16h00 - 17h30	Workshop 5 Speakers: Eugene Allers Gerhard Grundling Chair: Nomakorinte Tsoke		
	Update on management of depression from A to Z		
17h30	Close		
18h30	Speakers' Dinner		

Sunday, 26th July 2026

07h30 – 08h30	Registration & Arrival Tea/Coffee	
	PLENARY SESSION 2 - ETHICS	Chair: Priscilla Vythilingum
Venue	Ekurhuleni 1 & 2	
08h30 - 09h00	Medical gas lighting	Ruben Naidoo
09h00 - 09h30	Dr AI & ethics	Jayseelan Naidu
09h30 - 10h00	The legal landscape of confidentiality in South Africa	Eugene Allers
10h00 - 10h30	Boundary transgressions & dual relationships	Gerhard Grundling
10h30 - 11h00	Refreshment Break	
	PLENARY SESSION 3 - ETHICS	Chair: Grace Lehnerdt
Venue	Ekurhuleni 1 & 2	
11h00 - 11h30	Beyond the diagnosis: Patient advocacy and mental health in SA	Ruthann Amoore Neil Amoore
11h30 - 12h30	Advocacy: A moral dilemma for doctors in a sinking ship	Mvuyiso Talatala
12h30	Close & Departure: Gerhard Grundling	



Eugene Allers

Dr Eugene Allers is a psychiatrist in private practice working at the Glynnview Hospital. He is the convenor for the drafting of the National SASOP/PsychMg care pathways and is involved in digitalization of psychiatric practices incorporating AI in electronic health records and outcomes databases.



Ruthann Amooore

With approximately 25 years of experience in private practice in Benoni, Mrs Ruthann Sedgwick Amooore has worked extensively with children and adults presenting with speech, language, literacy and auditory processing difficulties across educational, medical and psychiatric settings.

Her qualifications include:

- BA Speech and Language Therapy – University of the Witwatersrand (2000)
- BA Honours Psychology – University of South Africa (2010)
- MA Speech Pathology – University of the Witwatersrand (2014)

She is currently completing a certification course through the British Dyslexia Association, further advancing her expertise in the assessment and support of individuals with dyslexia and related learning difficulties.

Ruthann has a particular interest in Dyslexia, Dysgraphia and neurological cognitive-communication disorders. Until March 2024, she was actively involved in a non-profit educational centre in Benoni supporting learners with Down syndrome and Autism Spectrum Disorder. She has also worked extensively within acute medical settings and currently forms part of the multidisciplinary professional team at Glynnview Psychiatric Hospital.

In addition to her clinical work, Ruthann lectured and tutored final-year students at the Speech and Hearing Clinic at the University of the Witwatersrand from 2010 to 2019. Her teaching areas included Group Therapy, Traumatic Brain Injury, Stroke and Dementia.

Ruthann is also a founder member of Brainstorm, a professional support group established more than 15 years ago to support individuals living with brain injuries, stroke and other neurological conditions. The initiative was developed to provide ongoing education and connection for both patients and their families navigating the challenges associated with neurological impairment.

Outside of her professional role, Ruthann is married to Neil Amooore and is the proud mother of a lively nine-year-old daughter, who keeps family life dynamic and entertaining.



Neil Amooore

Mr Neil Amooore is a Clinical Psychologist with nearly three decades of experience across psychiatric, military, addiction and community mental health settings. He maintains a private practice in Benoni and serves as a consultant psychologist at Life The Glynnview Psychiatric Hospital, where he is actively involved in the assessment and treatment of patients within multidisciplinary psychiatric teams.

Prior to qualifying as a psychologist, Neil worked as a journalist for a national newspaper, an experience that fostered a lifelong interest in communication, public engagement and advocacy. His professional career has included service as a psychologist with 6 Medical Battalion Group of the South African National Defence Force (SANDF), extensive work within inpatient drug and alcohol rehabilitation programmes and the development and leadership of adventure- and wilderness-based therapeutic interventions for traumatised adolescents and young adults.

Neil has published on substance-use disorders, contributed to professional bodies and committees within the mental health field and presented at numerous professional conferences. He is currently pursuing a Master of Divinity degree, reflecting his ongoing interest in the relationship between psychological wellbeing, meaning, values and holistic care. His particular interests include patient advocacy, addiction treatment, trauma and evidence-based mental healthcare within the South African context.



Sean Chetty

Professor Sean Chetty is Executive Head of the Department of Anaesthesiology and Critical Care at Stellenbosch University and Tygerberg Hospital, South Africa. He is an academic anaesthesiologist, clinician scientist, and educator with research interests in pain medicine, peri-operative care, patient safety, critical care, and medical education. He has published and presented widely in these fields and is actively involved in postgraduate training, curriculum development, and research supervision.

Prof Chetty serves in leadership roles within several national and international professional organisations, including the World Federation of Societies of Anaesthesiologists (WFSA), the Critical Care Society of Southern Africa (CCSSA), and the South African Society of Anaesthesiologists (SASA). His current work focuses on improving patient outcomes, advancing equitable access to safe anaesthesia and pain care, and strengthening academic and professional development in anaesthesiology across Africa.



Pauline Du Plessis

Dr Pauline Du Plessis is an anaesthesiologist in private practice. She also runs the Pain Management Unit at the Olivedale hospital. At this unit she specifically treats chronic and acute on chronic pain. After she obtained her Anaesthetic qualification, she worked at the chronic pain clinic at Helen Joseph and Donald Gordon hospitals. She did a fellowship in interventional pain practice (FIPP) in Budapest in 2010. Her special interests are interventional pain management and opioid analgesia.



Hayley Falck

Mrs Hayley C. Falck is a Clinical Psychologist who completed her MA Clinical Psychology degree (Cum Laude) at the University of South Africa (UNISA). Additionally she is registered as an Independent Psychometrist. She works within private practice as well as at the Glynnview Psychiatric Hospital, and is also the Director of Psychometry Services. Her professional interests lay within the realms of family and couples therapy, individual and group therapy, as well as play therapy and EMDR; with a special focus on the relationships and social constructions between individuals, groups, and cultures.



Daniel Greenslade

Mr Daniel Greenslade graduated with both his Masters in Psychology and Masters in Neuropsychology from Wits University, being part of the cohort of the first ever Neuropsychology Master's degree in South Africa. He has been in private practice for 9 years now, being in Benoni for 7 of those years. He practices in the Glynnview psychiatric hospital as part of the GMPP, as well as his private practice. Other than his passion for neuropsychology, he's happiest when underwater.



Gerhard Grundling

Mr Gerhard Grundling is a Clinical Psychologist in private practice in Benoni and also practicing at the Glynnview Hospital.



Samantha Holle

Ms Samantha Holle is a Counselling Psychologist who completed her MA Counselling Psychology degree at the University of Pretoria. Her private practice has been operating for more than 21 years. She has been involved in the Glynnview Psychiatric Hospital for over 22 years. Samantha is on the board of Directors at the Glynnview and manages the group therapy programme. Samantha is currently appointed as President of Counselling Psychology of South Africa (CPSA).



Rina Hyams

Dr Rina Hyams Studied at the University of Pretoria. Been in private practice in Pretoria East till 2019. Fields of interest are geriatrics, chronic pain management, travel medicine, preventative medicine, and psychiatry. The latter led to joining the GMPP at Glynnview psychiatric hospital in 2019. This became the exclusive focus, with lately also the ARC rehabilitation centre.

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**2026 GMPP
Symposium**

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Frans Korb

Dr Frans August Korb is a specialist psychiatrist and received the following university qualifications: B.Sc. (Hons) (UFS), M.A. Clinical Psychology (Wits), M.B. Ch.B. (UCT), M.Med. Psychiatry (Wits).

He has a particular interest in adult mood and anxiety disorders, as well as adult ADHD. He is currently in full-time private practice in Sandton and also consults for Life Healthcare Nkanyisa at both Baneng Care Centre and Waverley Care Centre.

Since 2007, Dr Korb has been an invited annual lecturer in psychopharmacology at the Department of Psychology at the University of Johannesburg. He served as an examiner for the CMSA FCPsych Part I examinations from 2002 to 2021. Dr Korb has been actively involved with the South African Depression and Anxiety Group (SADAG) since its inception in 1994, serving on the board and previously as board chairman.

He has extensive experience in clinical research, having participated in numerous clinical trials for various pharmaceutical companies. His industry experience includes roles as a medical advisor for CNS and anti-inflammatories at Pfizer Laboratories (1999–2000) and Eli Lilly and Company (2000–2009). He also served as a global medical advisor based at the Lilly Area Medical Centre in Vienna, Austria.

Over the years, Dr Korb has contributed to several professional organizations, including the Associated Scientific and Technical Societies of South Africa (AS&TS), the Southern African Association for the Advancement of Science (S2A3), the South African Society of Psychiatrists (SASOP), Founder Member of PsychMG, and the South African Medical Association (SAMA).

He currently serves as editor of Mental Health Matters, a journal for general practitioners, and sits on the editorial board of Neuron SA. He has published widely in peer-reviewed journals and the mainstream press and is a regular contributor to radio and television discussions on mental health topics.

In recognition of his contributions, Dr Korb was awarded Certificates of Merit by the Southern African Association for the Advancement of Science in 1989 and 1992.



Duncan Laurenson

MBChB, PG Diploma Addictions Care (UCT)

Special interest in Substance Use Disorders

25 years experience in various settings: Akeso Kenilworth Clinic & Akeso Stepping Stones.

Initiated Opiate Substitution Programmes in various South African urban and rural settings

Developed IT software to track patient outcomes in mental health.



Grace Lehnerdt

Dr Grace Lehnerdt holds a diploma in Mental Health and HIV Management and she is currently completing a diploma in Public Health. Dr Lehnerdt is interested in the interface between medication, physical health and psychiatry. I have experience in rural psychiatry in Mpumalanga and worked as a GP at Glynnview for a year and a half. She has recently been accepted to the University of KwaZulu-Natal as a psychiatric registrar to further her clinical training in psychiatry.



Barbara Makumbi

Dr Barbara Makumbi is a specialist Medical Gastroenterologist with dedicated expertise in inflammatory bowel disease (IBD), endoscopy and liver medicine. She completed her training at the University of Witwatersrand. Dr Makumbi's practice is at Life the Glynnwood.



Yashna Mohangi

Dr Yashna Mohangi is a Specialist Psychiatrist in private practice at Glynnwood and Glynnview Hospitals in Benoni. She completed her undergraduate medical training at the University of KwaZulu-Natal and specialist psychiatric training through the University of Pretoria, obtaining both her FCPsych (SA) and MMed Psychiatry qualifications. Her career spans the public, military, and private healthcare sectors, providing her with a unique perspective on mental healthcare delivery across diverse clinical environments.

Dr Mohangi currently serves as the Convenor of the SASOP East Rand Subgroup and is an Observer on the Board of Directors of the Psychiatric Management Group (Psych MG). She has published in academic journals and remains actively involved in academic, educational, and multidisciplinary psychiatric initiatives.

Her clinical and academic interests include psychotic disorders, schizophrenia, early intervention in psychosis, and neuromodulation therapies.

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Dimpho Molise

Dr Dimpho Molise Psychiatrist in private practice serving Benoni and Vereeniging. Obtained qualifications (MBChB 2013, MMed Psychiatry 2024) from University of the Free State and a fellow of the Colleges of Medicine (SA). Special interest in depression, anxiety and psychotic disorders.



Ruben Naidoo

Dr Ruben Naidoo is a Specialist Anaesthesiologist, Chronic Pain Physician, and Ethicist based in Illovo, Johannesburg. He holds a Master's degree in Anaesthesiology from Stellenbosch University. He further completed a Postgraduate Diploma in Interdisciplinary Pain Management at the University of Cape Town. Expanding into the ethical and legal dimensions of medicine, he obtained an LLM in Medical Law and Ethics from the University of Edinburgh.

Dr Naidoo is the Chief Clinician at the Oxford Pain Clinic, where he leads a multidisciplinary approach to complex pain care. He previously served on the National PainSA Council, contributing to national advocacy and policy in pain management. He was the Chairperson of the 2026 PainSA National Congress. His work integrates biological, psychological, and socio-ethical frameworks to advance equitable pain care. He has a strong academic and teaching background, with ongoing contributions to research and education in anaesthesiology, pain medicine and ethics. He serves as an examiner for the College of Anaesthesiologist Part 1 pharmacology examinations in South Africa. Outside of medicine, he is an avid long-distance runner and recently completed his first ultramarathon at the 2026 Two Oceans Marathon.



Kuven Naidu

Dr Kuven Naidu is a specialist physician based at The Glynnwood Hospital in Benoni, Johannesburg. With a strong focus on internal medicine, clinical research, and medical education, he plays an integral role in advancing physician-led care in South Africa. He serves as a director of FCPSA (Communications & Congresses), a board member and senior advisor (Health Projects) to the Harvard university Alumni Association of South Africa, as well as the convenor of the FCPSA congress since 2024. Dr Naidu is actively involved in multiple international clinical trials, with particular interests in cardiometabolic, respiratory, and perioperative medicine. A published researcher, speaker, and Harvard-trained clinician, he has completed postgraduate training in both clinical research and applied biostatistics through Harvard Medical School and is committed to protocol-driven, evidence-based care that improves patient outcomes and supports multidisciplinary collaboration.



Jayseelan Naidu

Dr Jayseelan Naidu graduated as a specialist physician from the Witwatersrand circuit and is currently working at Life the Glynnwood hospital as part of East Rand Physicians. He has an avid interest in general medicine in particular Hypertension, COPD, Diabetes and heart failure. He is a principal investigator for clinical trials.

He was awarded his EMBA in Jan 2026 and has started an EHealth company with a special focus on electronic health records with the aim of reducing clinician admin burden and improving patient care.



Nikhil Nowbath

Dr Nikhil Nowbath completed his psychiatry training in Pretoria, after doing his undergraduate degree in the Western Cape. He has a holistic approach to psychiatry, with an interest in cannabis and schizophrenia. Outside of work he enjoys braaing, reading fantasy, and football.



Shalani Reddy

Dr Shalani Reddy is dedicated to providing comprehensive, compassionate mental health care to individuals from all walks of life. She believes that just as physical health is essential to overall well-being, mental health deserves equal attention, care, and respect. Dr Reddy is committed to creating a calm, supportive space where patients feel safe to engage in open and meaningful conversations. Her approach is patient-centred, focusing on understanding each individual's unique experiences and tailoring treatment to meet their specific needs.



Kobus Roux

Dr Kobus Roux is a psychiatrist in private practise in Benoni since 2000. Dr Roux was chairman of PsychMg Board 2022-2025. Dr Roux completed MPharmMed in 2012.



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Claudia Schaft

Mrs Claudia Schaft is a physiotherapist and qualified at UP in 1996. She is a board member of the GMPP and also the treasurer of the mental health special interest group of the SA Society of Physio Therapy. Mrs. Schaft spends much of her time at Glynnview hospital and has a special interest in persistent pain management and educating patients on lifestyle interventions. She also has an out patient practice based in Benoni.



Mvuyiso Talatala

Dr Mvuyiso Talatala is the Clinical Head of Department of Psychiatry at Chris Hani Baragwanath Academic Hospital, Johannesburg, and a lecturer in the Department of Psychiatry at the University of the Witwatersrand. He is a council member of the College of Psychiatrists and a Senate member of the Colleges of Medicine of South Africa. Dr Talatala has served as the president of the South African Society of Psychiatrists (SASOP) from 2014 to 2016 and a chairperson of the Board of Directors of the Psychiatry Management Group (PsychMg) from 2011 to 2015. He is now a consultant to the SASOP Board of Directors and to the PsychMg Board of Directors. He is the President of the African Association of Psychiatrists.

Dr Talatala has presented in local meetings and national and international congresses. He has published in local and international journals. He has been involved in mental health advocacy work for the most part of his career. Dr Talatala has a degree in ethics, the Master of Arts in Applied Ethics for Professionals from the University of the Witwatersrand.



Nomakorinte Tsoke

Dr Nomakorinte Tsoke is an early career Psychiatrist who qualified undergrad at WSU in Mtata and went on to specialize in the University of the Free State where she obtained her MMed and FC Psych from CMSA. Currently practising in private and enjoys learning, she has a special interest in Child and Adolescent mental health.



Priscilla Vythilingum

Dr Priscilla Vythilingum completed both her undergraduate and postgraduate medical training at the University of the Witwatersrand. She obtained her MBBCh degree and subsequently completed a Fellowship in Psychiatry as well as a Master of Medicine (MMed) in Psychiatry. She is currently in private practice in Benoni and is affiliated with Glynnview Hospital. Dr Vythilingum has a special interest in psychotherapy and neuropsychiatry. She is committed to providing patient-centred care and supporting individuals in achieving improved mental health and wellbeing.



Elize Wethmar

Dr Elize Wethmar is a Gynaecological Oncologist practising in Benoni, South Africa. She holds qualifications including MBChB, MMed (O&G), FCOG (SA), FMAS, DMAS, MPhil, and a Certificate in Gynaecological Oncology. She is the Founder and Chairperson of the East Rand Multispecialty Oncology Board (ERMSOB), where she promotes collaboration between healthcare professionals involved in cancer care.

Her clinical interests include gynaecological oncology, complex pelvic surgery, women's health, and the relationship between physical and mental wellbeing. She has a particular interest in multidisciplinary cancer care and the integration of specialist services to improve patient outcomes. She is affiliated with ESGO, IGCS, SASGO and SASOG.

Dr. Wethmar is committed to advancing collaboration across healthcare disciplines and contributing to the development and improvement of women's health and oncology care in South Africa.



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GMPP Symposium



CPD ACCREDITATION SCANNING

The GMPP Symposium academic programme has been accredited with 9 CEU Points and 6 Ethics Points. In order to ensure that certificates are correctly issued please note that delegate badges will be scanned throughout the congress programme. It is the delegate's responsibility to ensure that their badges are with them at all times and are scanned at the designated times below.

Scanning Times:			
Saturday, 25th July	Scan 1	08h00 - 08h45	During the registration process
	Scan 2	13h00 - 14h00	At the registration desk
Sunday, 26th July	Scan 1	07h30 - 08h30	At the registration desk
	Scan 2	10h30 - 11h00	At the registration desk

CPD CERTIFICATES

Please take note of the following changes effective as of the 1 February 2022:

HPCSA CPD certificates will no longer be issued to HPCSA professionals. A template will be completed after each activity by the service provider of the event /activity and sent through to the HPCSA for capturing of points.

The new process will then automatically upload the accredited CPD event /activity points to the HPCSA medical professionals profile. You may log into your personal profile to access your CPD points.

The new process is meant to alleviate the burden on professionals to keep track of certificates and allows automatic update of your CPD points directly to the HPCSA. The new process has no administrative burden on the medical professional but rather on the service provider, providing the CPD activity.



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SAVE-THE-DATE

2027 GMPP Symposium

17th - 18th July 2027

Radisson Hotel & Conference Centre,
3rd Ave, Bredell AH, Kempton Park



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Symposium Organiser

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