

MARCELLA KATJIIJOVA

Registered Psychological Counsellor, BA Psychology, Trauma Informed Care Practitioner and Addiction Prevention trainer

A brief biography.

Marcella Katjijova is a registered Psychological Counselor with a BA in Psychology, a Trauma-Informed Care Practitioner, and an Addiction Prevention Trainer. She serves as the Head of Intergenerational Trauma and Recovery at the Ovaherero Genocide Foundation (OGF) in Namibia. As a descendant of Ovaherero genocide survivors, her work is rooted in transforming and healing the intergenerational trauma caused by colonialism and slavery.

Marcella facilitates free workshops in rural areas on generational trauma, parenting skills, addiction prevention, goal-setting, and a wide range of mental health issues. Her mission is to address challenges at the root, offering communities the tools to understand behavioral patterns and create safe spaces for healing—ultimately breaking the stigma surrounding mental health. In addition to her community work, she regularly engages with film spaces, schools, also participates on radio interviews, raising awareness of mental health challenges linked to trauma, including rape, self-harm, workplace stress, and religious trauma.

In 2025, Marcella was appointed as one of seven Reference Group members for the Global Cultural Assembly at the Humboldt Forum in Berlin. Guided by the values of dignity, continuity, and transparency, the Assembly addresses the legacies of slavery, colonialism, and cultural erasure, with a commitment to justice, dignity, and repatriation. Within this role, Marcella focuses on advancing trauma-informed care practices in museums and cultural spaces, ensuring that institutions worldwide approach artifacts and ancestral remains with cultural sensitivity and awareness—especially in relation to the communities most affected. She also advocates for the well-being of museum and institutional staff, recognizing that their mental health is equally important in this work.

I co-researched a systematic review: **"Duty-related Stressors, Adjustment, and the Role of Coping Processes in First Responders: A Systematic Review"** in the *Psychological Trauma: Theory, Research, Practice, and Policy* Journal. <https://psycnet.apa.org/doi/10.1037/tra0001258>

My mental health channels are a way to reach the community who may not be able to see a counsellor at hand but who can try to understand what mental health is. The handles are:

YouTube: https://www.youtube.com/channel/UCbcrj0GkyP_HdkmxwiXGuBw

FB PAGE: Paradigm shift with Marcella: <https://www.facebook.com/Paradigm-Shift-with-Marcella-103437424766920/?ref=settings>

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