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# *The Family Life Centre’s 2021 Training Programme*

Venue: *1 Cardigan Road corner Crescent, Parkwood, Johannesburg.*

For further information or to book:

Reception: Phone *011 788 4784*

Joshna Lutchman *061 497 4766 also available on WhatsApp*

Email: [*training@familylife.co.za*](mailto:training@familylife.co.za)

**Introduction:**

The Family Life Centre is accredited by The Health and Welfare SETA as a Training Centre. CPD Points, for selected courses, will be awarded to Social Workers and/or Auxiliary Social Workers.

Training courses run throughout the year are also appropriate for health professionals and para-professionals who wish to develop their knowledge base and counselling skills.

Training is suitable for Educators, Tertiary Students, Human Resource Managers and Lay Counsellors. Basic Counselling Training course must be completed before any of the other courses are undertaken.

**Feedback from a community based organization:**

“The Family Life Centre designs personalized training programmes and workshops for Schools, Human Resource Departments, Faith Based Organizations etc. at their request.

Some of these Training Programmes / Workshops have included: Basic Counselling, Stress Management, Emotional Intelligence, Dealing with Grief Bullying, Trauma Containment, Couple Counselling. We have introduced dealing with Covid 19 and the impact thereof.

***Courses may be tailor-made to address the individual requirements of your Organisation.***

***We pride ourselves in the quality of the mini workshops we provide either face to face or online. This is in according with the client’s wishes.***

**Payments:**

A **50% non-refundable deposit** is required upon confirmation to secure a space in the training of your choice. The remaining 50% of payment is required on the date of the training.

Please Email proof of payment to: [finance@familylife.co.za](mailto:finance@familylife.co.za).

Banking Details:

Bank: Nedbank

Branch: Northern Gauteng

Branch Code: 146905

Account No.: 146 9016 397

Account Type: Cheque Acc.

**To avoid confusion Please use your surname and name of course on proof of payment**

**\*Please note that final confirmation of training dates are made 2 weeks prior to the start of the programme. Preliminary bookings will be taken until final confirmation can be made. Courses are subject to cancellation or rescheduling in accordance with our minimum number of participants.**

**\**All safety precautions will be adhered to with regards to the Covid Pandemic.***

**Index**

**Page**

|  |  |  |
| --- | --- | --- |
| **Adolescent Counselling** |  | **4** |
| **Anger Management** |  | **5** |
| **Basic Counselling Skills** |  | **6** |
| **Couple Counselling** |  | **7** |
| **Divorce and Family Mediation** |  | **8** |
| **Grief Counselling** |  | **9** |
|  |  |  |
| **Prepare & Enrich (Marriage Prep & Enrichment)** |  | **10** |
|  |  |  |
| **Trauma Containment** |  | **11** |
|  |  |  |
| **Facilitators** |  | **12** |

1. **Adolescent Counselling:**

**CPD Points: 4**

This course focuses on developing specific skills to assist adolescents through what can be a confusing, challenging and emotionally taxing stage of life. It is most relevant to teachers, educators, and lay counsellors working with youth in schools, religious institutions or any other fields.

**Course Outcomes: (by the end of the course participants will be enabled to)**

* Gain knowledge and skills to support adolescents through this stage of development; and explore critical issues including: peer groups, depression, cyber bullying, self-mutilation and suicide.
* Explore Counselling methods and relevant theories applicable to working with adolescents.

Details:

Duration: 15 Hours

Time: 8:30 – 16:00

Dates:

**Cost: R3 080.00**

**4. Anger Management Training:**

**CPD Points: 3**

This course provides counsellors and support workers with knowledge and skills to work with clients who need anger management.

**Course Outcomes:**

* A theoretical and practical understanding of working with clients who need anger management;
* Understand limitations and when to refer;
* Insight into and how to recognise triggers, signs of anger and how to manage anger using stress management skills and calming techniques
* Gain an understanding of Emotional Intelligence;
* Explore strategies for managing difficult situations pertaining to anger through psycho-education role plays;
* Understand anger and the physical effects on the body including the biological stress response

Details:

Duration: 8 hours (2 consecutive half days)

Time: 8:30 – 12:30

Dates:



**Cost: R2 310.00**

**5. Basic Counselling Training:**

**CPD Points: 11**

This course focuses on developing basic practical and theoretical knowledge of counselling skills; it is based on Egan’s Counselling Model. This includes: Self-awareness, individual and family development through the life cycle, communication and conflict, problem management.

**Course Outcomes:**

* Acquire the knowledge of concepts and skills required for basic support counselling;
* Acquire a basic knowledge of human and family development, healthy family life.
* Acquire a deeper understanding of one’s self

Details: Duration: 40 hours - 8 x 5 hour sessions, once a week

Time:9h00am – 2h00pm

* **Saturdays**:
* **Week Days**: Joshna Lutchman
* Dates: 10th, 12th, 17th,19th, 24th,26th,31st, and 2nd September 2021
* Time 9- 2pm

**Cost: R 5 720.00**

1. **Couple Counselling:**

**CPD Points: 6**

This course focuses on theoretical and practical skills for couple counselling, including: theories on relationships, relationship breakdowns, intervention strategies and specific skills for use when working with couples.

**Course Outcomes:**

* Understand some of the major theoretical concepts underpinning marriage counselling, drawing on various theoretical paradigms;
* Acquire knowledge of couple counselling techniques based on a number of theories through didactic input and experiential learning processes e.g. interactive group discussions and role plays.

Details:

Duration: 15 hours

Time: 9h00 am – 15:00am

Dates: 20th & 21st July

**Cost: R 3 080.00**

1. **Divorce and Family Mediation Training:**

**CPD Points: 18**

Facilitated by Claire Penfold

This course offers Mediation skills and strategies for family and divorce mediation. This is a 50 hour course for attorneys, advocates, social workers, psychologists, social and corporate counsellors, clergy, volunteers, lay counsellors and allied professionals. The course includes the legal, cultural, psychological and financial implications of divorce and includes: mediation skills, counselling and conflict resolution.

**Course Outcomes:**

* Gain theoretical knowledge and practical skills in the following aspects of the mediation process:
* Self-Awareness; Ethical Considerations; Co-mediation;
* Mediation Skills and Strategies/Power Imbalances;
* Effects of Divorce on Adults and Children; Financial Implications of Divorce;
* Legal Aspects of Marriage and Divorce, including cultural customs and traditional practices;
* Writing a Memorandum of Understanding;
* Ethical Issues; Co-Mediation

Duration: 50 hours

Time: 8:30 – 17:30

Dates:

**Cost: R7 590.00**

1. **Grief Counselling Training:**

**CPD Points: 5**

Facilitated by Chandra Valab

The grief counselling training focuses on learning to understand one’s own experience of loss, the stages and process of mourning, and the role of the counsellor in enabling clients to work through the grief and mourning process.

**Course Outcomes:**

Understand the critical aspects of grief and the grieving process including types of loss; symptoms of grief; tasks of mourning; determinants of grief; impact of a sudden loss; secondary loss issues; phases of grief; the stages children go through when grieving, childhood developmental stages in relation to grief and supporting the bereaved child; guidelines and various theories of grief counselling; the importance of rituals in grieving.

* Acquire self-awareness in relation to grief.
* Gain insight into cultural diversity and bereavement norms

Details:

Duration: 10 hours (2 consecutive half days)

Time: 9:00 – 14:00

Dates:

* Intake 1:

**Cost: R2 310.00**

**10. Prepare and Enrich Training:**

**CPD Points: 6**

This internationally recognised training is for counsellors and clergy who work with premarital or married couples. Prepare/Enrich offers counsellors tools that facilitate the couple’s awareness of their relationship strengths and growth areas by focusing on 12 aspects of relationships.

**Course Outcomes:**

* Acquire knowledge and skills in the following exercises, which are also the goals of the 4-session programme:
* Explore strength and growth areas; Strengthen communication skills
* Identify and manage major stressors
* Resolve conflict using the Ten Step Model
* Develop a more balanced relationship; Explore family of origin issues
* Discuss financial planning and budgeting
* Establish personal, couple and family goals

Duration: 10 hours (2 half days)

Time: 9:00 – 14:00

Dates: 13th & 14th July

* Intake
* Intake 1:

**Cost: R3 025.00**

**11. Trauma Containment**

**CPD Points : 6**

Facilitated by Joshna Lutchman

We use a combined model which assists the traumatised person to contain and master a specific event to minimise contamination of their entire lives. A specific training course is offered to Human Resource personnel in the industry, which focuses on defusing the initial trauma. The course covers counselling and communication skills, development of self-awareness and an understanding of trauma and the containment process.

**Course Outcomes:**

* Gain a theoretical and practical understanding of stress and trauma
* Enhance trauma counselling and containment skills

Details:

Duration: 16 hours (2 consecutive full days)

Time: 8:30 – 16:30

Dates: 29th & 30th June

* Intake 1:

**Cost: R3 080.00**

**Facilitators:**

**Joshna Lutchman -** *Facilitator for the Basic Counselling Training and Train the Trainer*

A Graduate from the University of South Africa, Joshna has worked for 10 years in the field of physical disabilities with individuals, families and communities.

She joined The Family Life Centre’s Lenasia South Team in 2002 providing: Individual, Couple and Family Counselling, Skills Training within the schools, Support Groups and Parenting Programs.

Over the past 12 years, Joshna has been facilitating our Basic Counselling Training and Trauma Containment. In 2013 she was appointed Head of Our Communities.

**Chandra Valab -** *Facilitator of The Family Life Centre’s Grief Counselling Training.*

Chandra is a graduate from the University of Durban Westville with a post graduate qualification from Unisa. She has been working as a counsellor for over 30 years. Chandra has worked with Trauma, Grief and Oncology and has counselled individuals, couples and families. Some of the programs she facilitates include: parenting skills, basic counselling skills, anti-bullying, sexuality and relationships.