



## Training Brochure 2022

This training booklet contains information about the training courses offered by The Family Life Centre including course dates and fees. Should you require more information on our courses, please contact our training department on [training@familylife.co.za](mailto:training@familylife.co.za)

**Tel: 011 788 4784**

**1 Cardigan RD, Parkwood, Johannesburg, 2193**

## **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 and are 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, and 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.***

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# 1. Adolescent Counselling:

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: 2 days

Total Hours: 12 Hours

Time: 09:00am – 15:00pm

Dates: **PLEASE SEE THE ATTACHED SCHEDULE ON YOUR EMAIL OR VISIT OUR WEBSITE FOR UPDATED DATES.**

**Cost: R3 327.00**

 **The Family Life Centre**  
Over 70 years of service  
FAMSA

**2022**

**Training Programmes**

**ADOLESCENT COUNSELLING TRAINING**

**Dates: (NEW DATES)**  
21st & 22nd June 2022

**Time:**  
9:00am - 15:00pm

**VENUE:**  
The Family Life Centre  
1 Cardigan Rd  
Parkwood

**For information, contact:**  
Joshna Lutchman  
011 788 4784  
training@familylife.co.za  
And Patricia Poole  
patricia@familylife.co.za

## 2. Anger Management Training:

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: 2 Days

Total hours: 8 hours

Time: 09:00 – 13:00

Dates: **PLEASE SEE THE ATTACHED SCHEDULE ON YOUR EMAIL OR VISIT OUR WEBSITE FOR UPDATED DATES.**

**Cost: R2 495.00**

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And Patricia Poee  
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**2022**

**Training Programmes**

<b>ANGER MANAGEMENT TRAINING</b>	
<b>Dates: (NEW DATES)</b>  15th & 16th November 2022	<b>Time:</b>  9:00am - 13:00pm

### 3. Basic Counselling Training:

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: 8 days

Total hours: 40 hours (8 x 5 hour sessions)

Dates: **PLEASE SEE THE ATTACHED SCHEDULE ON YOUR EMAIL OR VISIT OUR WEBSITE FOR UPDATED DATES.**

- Time: 9h00am – 2h00pm

**Cost: R 6 178.00**

**The Family Life Centre**  
FAMS

2022

**Training Programme**

**BASIC COUNSELING SKILLS TRAINING**

**NEW DATES:**  
2 & 3 August 2022  
10 & 11 August 2022  
16 & 17 August 2022  
23 & 24 August 2022

**Time:**  
9:00am - 14:00pm

**TOTAL DURATION:**  
40 HOURS

**VENUE:**  
The Family Life Centre  
1 Cardigan Rd  
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patricia@familylife.co.za

## 4. Couple Counselling:

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: 2 Days

Total hours: 12 hours

Time: 9h00am – 15:00am

Dates: **PLEASE SEE THE ATTACHED SCHEDULE ON YOUR EMAIL OR VISIT OUR WEBSITE FOR UPDATED DATES.**

**Cost: R 3 327.00**

**The Family Life Centre**  
NPO 001 074  
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**2022**

**Training Programmes**

**COUPLE COUNSELLING TRAINING**

**Dates: (NEW DATES)**  
8th & 9th March 2022

**Time:**  
9:00am - 15:00pm

**VENUE:**  
The Family Life Centre  
1 Cardigan Rd  
Parkwood

**For information, contact:**  
Joshna Lutchman  
011 788 4784  
training@familylife.co.za  
And Patricia Poee  
patricia@familylife.co.za

**COMPLETED**



## 5. Grief Counselling Training:

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: 2 consecutive half days

Total hours: 10 hours

Time: 9:00 – 14:00

Dates: **PLEASE SEE THE ATTACHED SCHEDULE ON YOUR EMAIL OR VISIT OUR WEBSITE FOR UPDATED DATES.**

- Intake 1:

**Cost: R2 495.00**

 <p>NPO 001074</p> <p>2022</p> <p><b>Training Programmes</b></p>	<p><b>VENUE:</b> The Family Life Centre 1 Cardigan Rd Parkwood</p> <p><b>For information, contact:</b> Joshna Lutchman 011 788 4784 training@familylife.co.za And Patricia Pooe patricia@familylife.co.za</p>
<p><b>GRIEF COUNSELLING TRAINING</b></p>	
<p><b>Dates: (NEW DATES)</b></p> <p>12th &amp; 13th April 2022</p>	<p><b>Time:</b></p> <p>9:00am - 14:00pm</p>

## 6. Prepare and Enrich Training:

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: 2 consecutive days

Total hours: 10 hours

Time: 9:00 – 14:00

Dates: **PLEASE SEE THE ATTACHED SCHEDULE ON YOUR EMAIL OR VISIT OUR WEBSITE FOR UPDATED DATES.**

**Cost: R3 267.00**

**The Family Life Centre**  
NPO 001074  
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**2022**  
**Training Programmes**

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**PREPARE & ENRICH TRAINING**

**Dates: (NEW DATES)**  
**Intake 2:**  
6th & 7th September 2022

**Time:**  
9:00am - 14:00pm

## 7. Trauma Containment

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: 2 consecutive days

Total hours: 16 hours

Time: 09:00 – 16:00

Dates: **PLEASE SEE THE ATTACHED SCHEDULE ON YOUR EMAIL OR VISIT OUR WEBSITE FOR UPDATED DATES.**

- Intake 1:

**Cost: R3 327.00**

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2022

**Training Programmes**

**TRAUMA CONTAINMENT TRAINING**

**Dates: (NEW DATES)**  
5th & 6th July 2022

**Time:**  
9:00am - 16:00pm

**VENUE:**  
The Family Life Centre  
1 Cardigan Rd  
Parkwood

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