Training Programme 2014

We are accredited as a Training Centre by the Health and Welfare SETA

CPD Points for Social Workers and Social Auxiliary Workers!

For Lay Counsellors: Basic Counselling Training course must be completed before any of the other courses are undertaken.

Venue:
1 Cardigan Road, corner Crescent
Parkwood
Johannesburg
www.familylife.co.za
Tel: 011 788 4784/5
Fax: 011 788 4781
All the training courses are now offered in our satellite offices. Please call or email (details are below) for further details.

**Dalene Rathnum**  
Head of The Family Life Centre’s Training Department  
Graduate from both University of Durban Westville and Unisa. Dalene has worked as a counsellor for 12 years in South Africa. She gained overseas experience whilst working in The UK for 2 years. Dalene was previously head of our Community Services Division for 2 and a half years. As from May 2013, Dalene took over as head of The Family Life Centre’s Training Department which was the post held previously by Pam Gillingham prior to becoming Director.  

**Courses may be tailor–made to organisational / Schools requirements.**  
For enquiries about the above, please contact Dalene on  
Email: **training@familylife.co.za** 011 788 4784

See the Google Maps link below:  
http://maps.google.co.za/maps?f=q&source=s_q&hl=en&geocode=&q=1+cardigan+road&ie=UTF8&hq=&hnear=1+Cardigan+Rd,+Parkwood,+Randburg,+City+of+Johannesburg,+Gauteng+2193&ll=-26.153088,28.028505&spn=0.009322,0.013797&z=16&iwloc=A
MISSION

The Family Life Centre, Families South Africa, Johannesburg aims to support individuals, families, organisations, communities and society to build, restore and sustain functional relationships.

Training courses are run throughout the year at The Family Life Centre and are appropriate for professionals and para-professionals who wish to develop their knowledge base and counselling skills.

COURSES

- ADOLESCENT COUNSELING
- ANGER MANAGEMENT
- BASIC COUNSELLING SKILLS
- COUNSELLING STEP FAMILIES
- DIVORCE & FAMILY MEDIATION
- GRIEF COUNSELLING
- HIV/AIDS COUNSELLING
- MARRIAGE COUNSELLING
- PREPARE & ENRICH (MARRIAGE PREPARATION AND ENRICHMENT)
- SOCIAL & EMOTIONAL INTELLIGENCE
- TRAIN THE TRAINER
- TRAUMA CONTAINMENT

FOR ENQUIRIES ABOUT ANY OF THE COURSES
OR TO BOOK

Please contact Chaleen on 011 788 4784 or email her on admin@familylife.co.za

PAYMENT TERMS

A 50% NON-REFUNDABLE DEPOSIT IS REQUIRED UPON CONFIRMATION TO SECURE SPACE ON THE TRAINING OF YOUR CHOICE.

THE REMAINING 50% OF PAYMENT IS DUE ON THE DATE OF TRAINING.

KINDLY FAX (011 788 4781) OR EMAIL () PROOF OF PAYMENT FOR ATTENTION: CHALEEN.
ADOLESCENTS COUNSELLING

CPD POINTS: 6

This course focuses on developing specific skills to assist adolescents through what can be a very confusing, challenging and sometimes emotionally taxing stage of life. It is most relevant to teachers, educators, and lay counselors working with youth, for example in schools and religious institutions.

Duration of course: 15hrs
Times: 08h30 – 16h00
Dates: Intake 1: To be advised
       Intake 2: 28 & 29 August (Thurs and Fri)
Cost: R 1 200.00

Karen Moross – Facilitator of The Family Life Centre’s Adolescent Counselling Training.

A graduate from The University of Witwatersrand. Karen is a veteran with The Family Life Centre’s Divorce Mediation and Education for Living Departments. Karen facilitates workshops in schools; providing teachers with basic counseling skills training which focuses on issues such as attitudes, values, stereotyping, gender issues, loss and divorce. Karen enjoys counselling and working with teenagers.

ANGER MANAGEMENT

CPD POINTS: 8

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

Duration of course: 8 hours (2 consecutive days 1 full day and 1 half day)
Times: 08h30 – 16h00 and 08h30 – 12h30
Dates: Intake 1: June 04 & 05 June (Wed and Thurs)
       Intake 2: November 13 &14 (Thurs & Fri)
Cost: R 950.00
Wilma Calvert – Facilitator of The Family Life Centre’s HIV/AIDS counselling and Anger management Training

“August marks my 10th year with The Family Life Centre. The training aspect has been my strongest point because of my teaching background. My ability to relate to anyone, irrespective of age/culture/background also helps me a great deal. My calm approach and creativity assists me to create & sustain a secure, safe environment where participants feel free and valued. HIV/AIDS particularly has been a focus point for me. Although I’ve appeared on TV, written articles, participated in radio shows, I truly enjoy training”.

BASIC COUNSELLING

CPD POINTS
Social Workers / Social Auxiliary Workers – 24

This course focuses on developing basic practical and theoretical knowledge of counselling skills.

Course contents includes:
Self-awareness, individual and family development through the life cycle, communication and conflict, problem management, marriage, divorce, single parenting, remarriage, and bereavement.

The Course is based on Egan’s counselling model.

Duration of course: 40 hours: 8 x 5-hour sessions, once a week on a Sunday
Sunday courses:
Dates: Intake 1:
May 04, 11, 18, 25 June 01, 08, 15, 22 (Sundays)
Dates: Intake 2:
Oct 12, 19, 26 Nov 02, 09, 16, 23, 30 (Sundays)
Times:
08h30 – 13h00
Duration of course: 40 hours: 9 x 4 ½ hour sessions, once a week:
Weekday Courses:
Dates: Intake: July 9, 16, 23, 30 Aug 6, 13, 20, 27
(Wednesdays)
Dates: Intake: Oct 15, 22, 29 Nov 05, 12, 19, 26 Dec 03
Times: 08h30 – 13h00
Costs: R 3 000.00

Michele Hirsch – Facilitator of The Basic Counselling Training
A graduate from The University of Witwatersrand. Michele has recently taken over our Basic Counseling Training in 2013. She has 25 years of experience as a counselor working with individuals, couples and families. She has also worked in the area of addiction. Michele has
a strong drive to assist people with reaching their full potential. Sharing her enthusiasm for her work and years of experience in counselling, Michele finds Training to be both energising and inspiring.

COUNSELLING STEP FAMILIES TRAINING
CPD POINTS: 8

This training course facilitates an understanding of the emotional process of divorce and enables the counsellor to work with clients who are struggling with the loss. Areas that are covered on the first day include the stages of divorce and the scope of physical and emotional changes involved. The second day covers aspects related to blended families and counselling strategies within this context.

**Duration of the course:** 12 hours (1 and a half days)

**Times:**
08h30 – 16h30 (1st day) and 08h30 – 12h30 (2nd day)

**Dates:**

*Intake 1:*
May 8 & 9 (Thurs and Fri)

*Intake 2:*
October 30 & 31 (Thurs & Fri)

**Costs:** R1 400.00

**Joshna Lutchman – Facilitator of Counselling Step Families**

A Graduate from The University of South Africa. Joshna 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 Programmes. Over the past 12 years Joshna has been facilitating Basic Counselling and Trauma Containment Training.

In 2013 she was appointed head of community development division.

DIVORCE AND FAMILY MEDIATION
CPD POINTS: 30

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 and lay counsellors, and allied professionals.

The course includes the legal, cultural, psychological and financial implications of divorce as well as mediation skills, counselling and conflict resolution.

**Duration of the course:** 50 hours
Claire Penfold – Head of The Family Life Centre’s Mediation Department – Divorce and Family Mediation Lead Trainer

Claire has a BA (Hons. in Psych) and LLB from The University of Witwatersrand. Claire joined our team in 2000. She sits on the board for NABFAM (National Accreditation Board of Family Mediators) as Family Life Centre is a founding member of this board - setting standards for mediators and training for SA.

GRIEF COUNSELLING TRAINING
CPD POINTS: 6

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.

Duration of the course: 10 hours (2 consecutive half days)
Times: 09h00 – 14h00
Dates: Intake 1: 15th and 16th May
Intake 2: October 16 and 17 (Thurs and Fri)
Cost: R800.00

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

Chandra is a graduate from the University of Durban Westville and post graduate at 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. Amongst the programs she facilitates are parenting skills, basic counselling skills, anti-bullying, sexuality and relationships.

HIV/AIDS
CPD POINTS
Social Workers / Social Auxiliary Workers - 10

This course provides counsellors with updated information on HIV/AIDS, pre and post test counselling skills and insight that will help empower HIV positive clients to stay as healthful as possible.

Duration of the course: 16 hours (2 consecutive full days)
Times: 08h30 – 16h30
Dates: 
Intake 1: April 10 and 11 (Thurs and Fri) 
Intake 2: October 23 and 24 (Thurs and Fri) 
Cost: R1300.00 

Wilma Calvert – Facilitator of The Family Life Centre’s HIV/AIDS counselling,

Information about the facilitator follows Anger Management 

MARRIAGE COUNSELLING 
CPD POINTS: 8

This course focuses on theoretical and practical skills for marital counselling as well as theory on marriage and marital breakdown, intervention strategies and specific skills for use when working with couples. It also covers the unconscious fit and stages of marriage. 

Duration of course: 20 hours 
08h30 – 16h00 

Intake 1: March 27 and 28 (Thurs and Fri) 

Times: 
08h30 – 16h00 

Intake 2: November 06 and 07 (Thurs and Fri) 

Cost: 
R 1 400.00 

Dana Labe -Facilitator of The Family Life Centre’s Couple / Marriage Counseling Training 

Dana is a skilled group facilitator and trainer. Between 1995 and 2001 she worked as a guest lecturer on the Rhodes University Clinical Psychology Masters’ Program; teaching couple therapy to trainee psychologists. 

Dana has a special interest in couple therapy and has had more than 20 years’ experience in both long and short term clinical work with adults and adolescents. Dana has published in the fields of Domestic Violence, Rape Counselling and HIV Counselling.

PREPARE / ENRICH 
CPD POINTS: 8

This 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. 

The programme focuses on 12 relationship aspects and heightens the couple’s awareness and understanding of the relationship as a whole.

Duration of the course: 12 hours (2 half days)
**SOCIAL & EMOTIONAL INTELLIGENCE**

**CPD POINTS:** Pending

This workshop will assist you in gaining skills that will enhance your emotional literacy and develop stronger interpersonal relationships.

This course focuses on developing specific skills to assist adolescents through what can be a very confusing, challenging and sometimes emotionally taxing stage of life. It is most relevant to teachers, educators, and lay counselors working with youth, for example in schools and religious institutions.

**Duration of the course:** 16 hours (2 consecutive full days)

**Times:** 08h30 – 16h30

**Dates:** May 28 and 29 (Wed and Thurs)

**Cost:** R1 400.00

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**Alessandra Newton – Facilitator of The Family Life Centre’s Social and Emotional Intelligence Training**

Alessandra has been working in the following fields for three decades both with F.L.C and previously in London: Counselling - Individuals, couples, adolescents and families.

She has been a valued member of The Education for Living team where she has been working with schools providing workshops on Sex Education and life skills from grades three through to Matric, each being age appropriate.
Alessandra has worked with parents of adolescents as well as facilitating “The Parenting Teenagers”, “Single Parents” and “Step Parenting” groups. She has provided workshops for teachers and corporates on stress management.

**TRAIN THE TRAINER & GROUP FACILITATION**

**CPD POINTS: Pending**

This training program focuses on training skills and training development. The 3 day training equips new trainers with effective facilitation skills, provides necessary tools for training small or large groups and promotes an understanding of group dynamics.

**Duration of the course: 20 hours (3 consecutive days)**

**Times:** 08h30-16h00  
**Dates:** May 21, 22 and 23 (Wed, Thurs and Fri)  
**Cost:** R1 400.00

Wilma Calvert – Facilitator of The Family Life Centre’s HIV/AIDS counselling, Anger management Training and Train the Trainer

*Information about the facilitator follows Anger Management*

**TRAUMA CONTAINMENT**

**CPD POINTS: 8**

We use a combined model which assists the traumatised person to contain and master a specific event so minimising contamination of their entire lives. (A specific training course is offered to Human Resource personnel in 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.)

**Duration of the course: 16 hours (2 consecutive full days)**

**Times:** 08h30 – 16h30  
**Dates:** *Intake 1: 23rd and 24th April*  
*Intake 2: September 04 and 05 (Thurs and Fri)*  
**Cost:** R1 400.00

Dalene Rathnum and Joshna Lutchman are joint Facilitators of The Family Life Centre’s Trauma Containment Training (See information about Dalene Head of Training on page 2 of The Training Program)
*Joshna Lutchman:* A Graduate from The University of South Africa. Joshna worked for 10 years in the field of physical disabilities with individuals, families and communities.

She joined The Family Life Centre’s Lenasia South providing: Individual, Couple and Family Training within the schools, Support Groups and Programms. Over the past 12 years Joshna has Basic Counselling Training and Trauma

In 2013 she was appointed Head of Our

Please note that final confirmation of training dates will be made 2 weeks prior to the start of the training programme. Preliminary bookings will be taken until final confirmation can be made. Courses may be cancelled and rescheduled in accordance with the minimum numbers of participants.