



**FAMILY LIFE CENTRE
TRAINING PROGRAMME
FOR 2008**

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MISSION

Family Life Centre aims to promote and maintain mutually satisfying relationships for individuals, families, marriages and communities for all people by:

- § providing preventive and therapeutic services by professional personnel, and
- § endeavouring to influence social policy, the development of programmes and the mobilisation of resources.

Through workshops, counselling and training, **Family Life Centre** provides the necessary knowledge and skills required by the community to assist in coping with life and relationship issues.

TRAINING AND EDUCATIONAL SERVICES

Training courses are offered throughout the year at **Family Life Centre** to professionals and para-professionals who wish to increase their skills.

BASIC COUNSELLING TRAINING:

**(Duration: 40 hours: (Saturday – 8 x 5-hour sessions, once a week)
(Monday – 10 x 4 hour sessions, once a week)**

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, bereavement, information on HIV/AIDS.

Saturday Courses:

1. Starts January 26, ends March 15.
2. Starts September 6, ends October 25

Times: 08h00 – 13h00

Cost : R1 400.00

Monday Courses:

1. Starts February 18, ends April 23

Dates: February 18 & 25

March 3, 10, 17 & 31

April 7, 9, 14, 23

PLEASE NOTE: APRIL THE 9th & 23rd ARE WEDNESDAYS

2. Starts July 14, ends September 22.

Times: 08h00 – 12h00

Cost: R1 400.00

ADVANCED COUNSELLING SKILLS COURSE

(Duration: 16 hours – 4 x 4 hour sessions)

This course focuses on enriching and building one's basic counselling skills, enabling counsellors to enhance their work with individuals and couples

1. Starts May 12, ends June 11.

Times: 08h00 – 12h00

Cost : R710.00

MARRIAGE COUNSELLING TRAINING:

(Duration of course: 24 hours - 3 consecutive days)

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.

1. February 27, 28, 29.

2. August 27, 28, 29.

Times : 08h00 – 16h00 .

Cost : R770.00

DIVORCE COUNSELLING TRAINING:

(Duration of the course: 12 hours - 1½ days)

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 include the stages of divorce and the scope of physical and emotional changes involved.

1. March 12, 13.
2. September 18, 19.

Times : 08h30 – 12h30 (first day) 08h00 – 16h00 (second day)

Cost : R425.00

GRIEF COUNSELLING TRAINING :

(Duration of the course : 10 hours - 2 consecutive half days)

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.

1. April 16, 17
2. October 16, 17.

Times : 08h00 - 13:00

Cost : R425.00

TRAUMA CONTAINMENT TRAINING :

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

We use a structured 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.)

1. February 21, 22.
2. November 6, 7.

Times : 08h30- 16h30

Cost : R695.00

BASIC MEDIATION TRAINING :

(Duration of the course : 50 hours)

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. This training has been accredited by the South African Association of Mediators (S.A.A.M.). The course includes the legal, cultural, psychological and financial implications of divorce as well as mediation skills, counselling and conflict resolution.

1. February 6, 7, 8, 13, 14, 15
2. October 19, 20, 21, 22, 23, 24, 26

Enquiries : Claire Penfold , Jeanette Levin.

Cost : R2 240.00

ANGER MANAGEMENT

(Duration of course: 8 hours – 2 consecutive half days)

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

1. June 5, 6
2. October 9, 10

Times: 08h30 – 12:30

Cost : R425-00

PREPARE/ENRICH TRAINING :

(Duration of the course : 8 hours – 2 consecutive half days)

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.

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|---------------------------|----------------------|
| 1. January 23, January 24 | 4. July 16, July 17. |
| 2. March 5, March 6. | 5. September 3, 4. |
| 3. May 28, May 29. | 6. November 12,13 . |

Times: 08h30 – 12h30.

Cost : R540-00

PREPARE/ENRICH COUNSELLOR WORKSHOPS :

(Duration of the course: 2 ½ hours)

This workshop provides existing prepare/Enrich counsellors with refresher training and to update their knowledge and use of the programme.

Dates: To be confirmed

Cost: R135-00

TRAIN THE TRAINER & GROUP FACILITATION TRAINING :

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

Training skills and trainer development. This 2 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.

May 7, 8.

Times : 08h30-16h30

Cost : R505. 00

CHILDMINDERS TRAINING

(Duration of the course : 16 hours – 8 x 2-hour sessions, once a week)

This comprehensive child-care course offers domestic workers, and child-minders at pre-schools the following skills: self-confidence as a childminder, understanding child development, effective communication between employee and employer, common childhood illnesses, nutrition, discipline, time management.

CPR and First Aid Training available on request (minimum requirement 20 people)

Cost of CPR & First Aid Training to be confirmed

1. Starts January 29, ends March 18.
2. Starts August 5, ends September 23

Times : 14h00- 16h00.

Cost : R630.00

SOCIAL & EMOTIONAL INTELLIGENCE :

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

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

1. May 14, 15.

Times : 08h30 – 16h30

Cost : R695.00

HIV/AIDS

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

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.

1. May 22, 23
2. September 11, 12,

Times: 08h30 – 16h30

Cost : R770-00

ADOLESCENT COUNSELLING

(Duration of course: 8 hours – 2 half days)

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 counsellors working with youth for example in schools and religious institutions.

1. July 10, 11.
2. September 29, 30

Times: 08:30 – 12:30

Cost : R425-00

CONTACT DETAILS:

Wendy for : Prepare/Enrich Training and Counsellor Workshops
Phone 0117884784 between 08h00 – 13h00 to book

Jeanette for : Training
Phone 0117884784 between 08h30 – 15h30

PLEASE NOTE THAT FINAL CONFIRMATION OF TRAINING DATES WILL ONLY BE MADE 3 WEEKS PRIOR TO THE START OF THE TRAINING PROGRAMME. WE RESERVE THE RIGHT TO MAKE SUCH CHANGES IN ACCORDANCE WITH COMPANY POLICY REGARDING MINIMUM NUMBERS OF TRAINEES. PRELIMINARY BOOKINGS WILL BE TAKEN UNTIL FINAL CONFIRMATION CAN BE MADE.

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4. July 16, July 17.

Cost : R540-00