



The Family Life Centre

FAMSA

Families South Africa

Johannesburg

NPO 001 074

THE FAMILY LIFE
CENTRE

Training Programme 2018

For further information:

Dalene - training@familylife.co.za

Bookings:

Wendy - prepare@familylife.co.za

Reception: (011) 788 4784

Introduction: Training Programmes

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 Auxillary Social Workers. Please enquire at bookings.

Training courses run throughout the year and 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. However, a 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 and Bullying etc.”

Courses may be tailor-made to address the individual requirements of your Organisation, Faith Based Organization, Company or School.

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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.

Email proof of payment to prepare@familylife.co.za or fax to (011) 788 4781 for attention: Wendy

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 indicate 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.*

1. Divorce and Family Mediation Training:

CPD Points: 25

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
- 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: 1, 2, 3 & 8, 9, 10 March (Thurs - Sat) + 13, 14, 16 & 20, 21, 23 September (Thurs, Fri & Sun)

Cost: R6 900.00

2. Advanced Legal Training for Mediators:

CPD Points: 0

Facilitated by Claire Penfold

Open to delegates who have completed an Accredited Mediation Course.

Course Outcomes:

- Understand relevant legislation, terminology and case law relating to divorce and family mediation, making them more well-rounded mediators
- This course is also a requirement of a non-legally trained mediator aiming to become accredited

Duration: 15 Hours

Time: 8:30 – 16:00

Dates:

- Intake 1: 24, 25 May (Thurs & Fri)
- Intake 2: 18, 19 October (Thurs & Fri)

Cost: R2 400.00

3. Advanced Psychology Training for Mediators

CPD Points: 0

Facilitated by Melindi van Rooyen

Open to delegates who have completed an Accredited Mediation Course.

Course Outcomes:

- Understand psychological aspects of dealing with clients and their children in separation and divorce situations
- They will have a deeper knowledge of the effects of divorce on adults and children, attachment theory, personality disorders, among others
- This course is an accreditation requirement for mediators who do not hold a degree in psychology or social work

Duration: 15 Hours

Times: 8:30 – 16:00

- 3, 4 May (Thurs & Fri)

- 11, 12 October (Thurs & Fri)

Cost: R2 400.00

4. Anger Management Training:

CPD Points: 10

Facilitated by Wilma Calvert

This course provides counsellors 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

Duration: 8 hours (2 consecutive half days)

Time: 8:30 – 12:30

Dates:

- Intake 1: 10, 11 May (Thurs & Fri)

- Intake 2: 14, 15 November (Wed & Thurs)

Cost: R2 100.00

5. Basic Counselling Training:

CPD Points: 16

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, marriage, divorce, single parenting, remarriage and bereavement.

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, marriage, divorce, step-families, loss, grief and referral skills;
- Acquire a deeper understanding of one's self

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

Time: 08:30 – 13:30

- **Saturdays:** Wilma Calvert and Joshna Lutchman (Facilitator)

- Intake 1: 21, 28, April 5, 12, 19, 26 May & 2, 9 June

- Intake 2: 11, 18, 25 August & 1, 8, 15, 22, 29 September

- **Wednesdays:** Heidi Reynolds (Facilitator)

- Intake 1: 9, 16, 23, 30 May & 6, 13, 20, 27 June

- Intake 2: 22, 29 August; 5, 12, & 19, 26 September; 3, 10 October

Cost: R 5 200.00

6. Couple Counselling:

CPD Points: 6

Facilitated by Diane Fine

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.

Duration: 15 hours

Time: 8:30 – 16:00

Dates

- Intake 1: 14, 15 March (Wed & Thurs)

- Intake 2: 21, 22 November (Wed & Thurs)

Cost: R 2 800.00

7. Adolescent Counselling:

CPD: 4

Facilitated by Karen Moross

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 or religious institutions.

Course Outcomes:

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

Duration: 15 Hours

Time: 8:30 – 16:00

Dates: - Intake 1: 18, 19 April (Wed & Thurs)

- Intake 2: 8, 9 November (Thurs & Fri)

Cost: R2 800.00

8. 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

Duration: 10 hours (2 consecutive half days)

Time: 9:00 – 14:00

Dates (Thurs & Fri):

- Intake 1: 3, 4 May

- Intake 2: 4, 5 October

Cost: R2 100.00

9. HIV/AIDS Counselling Training:

CPD Points: 8

Facilitated by Wilma Calvert

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.

Course Outcomes:

- Describe HIV/AIDS From a medical perspective;
- Define ways of transmission;
- Describe the various ways of prevention;
- Gain a theoretical and practical understanding of pre and post-test counselling and explore issues relating to specific contexts within which the counselling occurs;
- Understand their limitations and when to refer;
- To gain insight into themes, issues, feelings that HIV positive persons might confront;
- To develop further skills in empathy and reflective listening.

Duration: 16 hours (2 consecutive full days)

Time: 8:30 – 16:30

Dates: - Intake 1: 12, 13 March (Mon & Tues)

- Intake 2: 6, 7 September (Thurs & Fri)

Cost: R2 800.00

10. Prepare and Enrich Training:

CPD Points: 6

Facilitated by Claudia Abelheim

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 (Thurs & Fri): Intake 1: 22, 23 March Intake 2: 17, 18 May
Intake 3: 26, 27 July Intake 4: 30, 31 August
Intake 5: 29, 30 November

Cost: R2 500.00

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11. Train the Trainer & Group Facilitation:

CPD Points: 6

Facilitated by Wilma Calvert

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.

Course Outcomes:

- Gain a theoretical and practical understanding of training skills and trainer development
- Gain necessary skills for training small or large groups and promote an understanding of group dynamics
- Apply the principles of adult learning in a training context
- Apply different training methods practically
- Produce effective learning materials
- Understand the elements of co-facilitation
- Describe the elements of evaluation

Duration: 22 hours (3 consecutive full days)

Time: 08:30 – 16:00

Dates: 18, 19 & 20 July (Wed, Thurs & Fri)

Cost: R2 900.00

12. Trauma Containment: CPD Points Pending

Facilitated by Dalene Rathnum & 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

Duration: 16 hours (2 consecutive full days)

Time: 8:30 – 16:30

Dates (Wed & Thurs):

- Intake 1: 21, 22 February

- Intake 2: 10, 11 October

Cost: R2 800.00

Training Facilitators:

Claire Penfold:

Divorce and Family Mediation Lead Trainer

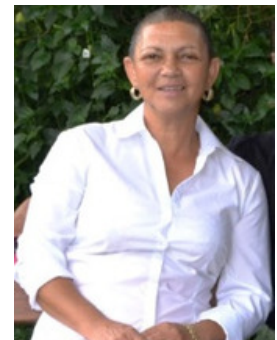
Claire has a BA (Hons. in Psych) and LLB from The University of Witwatersrand. Claire joined our team in 2000. Claire headed the Divorce and Family Mediation Department at Family Life for over 10 years. Claire is a proficient legal and counselling mediator which allows her a unique advantage in having holistic viewpoints and experience as a mediator.



Wilma Calvert:

Facilitator for HIV/AIDS counselling, Anger management & Train the Trainer programme

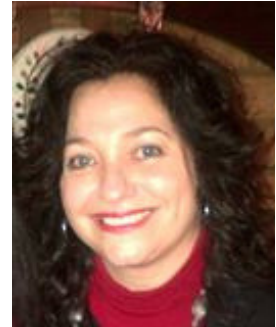
August marks my 14th year with The Family Life Centre. The training aspect has been my strongest point because of my teaching background. My ability to relate to anyone, irrespective of age/culture/background also helps me a great deal. My calm approach and creativity assists me to create & sustain a 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" - Wilma



Training Facilitators:

Melindi van Rooyen

Facilitator for Advanced Legal Training and Advanced Psychology Training



Melindi obtained her BA in Social Work at the North West University. In addition to this qualification, she completed her Honours in Psychology through UNISA in 2002, as well as her LLB in 2012, also through UNISA. Melindi has been a Social Worker for more than 11 years with the Department of Correctional Services, CMR and FAMSA. She articled as an attorney started her own Mediation and Family Social work practice in 2013. Melindi is also a well-respected speaker, presenting the topic “Co –mediation between Lawyers and Therapists” at the 59th International annual Conference of the ICCFR in Boston, USA in 2012. In 2015 she was invited to speak at the 62nd Annual International Conference of the ICCFR in Berlin, Germany on “Child Care and Contact – Changing times, impacts of time on family life”. In 2016, she presented “Standards for Family and Divorce Mediators – International and National” at the Annual Conference for the South African Association of Mediators (SAAM). In 2017, she facilitated the workshop “ Maintenance and Accrual” at the Annual Conference for SAAM.

Training Facilitators:

Diane Fine:

Facilitator for Couple Counselling Training

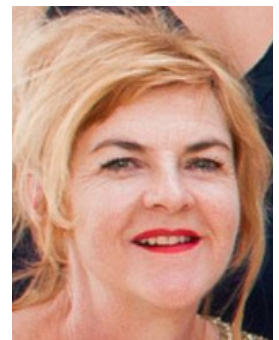
Diane graduated from UCT with a specialisation in Psychiatric Social Work and has worked in related fields for the past 36 years. From 1988 to 1997, Diane offered individual, couple, family therapy, and supervision at the Family Life Centre. Recently, Diane has worked in the communities, she is involved in organisational development projects and has been instrumental in establishing a training centre specialising in training for counsellors in the HIV/Aids field.



Karen Moross:

Facilitator of Adolescent Counselling Training

A Masters 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 counselling skills training which focuses on issues such as attitudes, values, stereotyping, gender issues, loss and divorce. In September 2015 Karen presented her thesis on Cyber Bullying in Italy. In July 2016, she presented at the ICP 2016 conference in Yokohama, Japan. Karen explored perceptions of cyberbullying as experienced by adolescents.



Training Facilitators:

Chandra Valab:

Facilitator of 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.



Claudia Abelheim:

Facilitator for Marriage Preparation and Marriage Enrichment

Claudia graduated with a Master's degree in Educational Psychology from The University of Witwatersrand. After qualifying, Claudia continued with counselling for individuals, couples and families at The Family Life Centre, as well as in private practice. In 2013 Claudia launched the Child and Adolescent Assessment Service at The Family Life Centre. In 2014 Claudia joined our Marriage Preparation and Marriage Enrichment Department. This coincided with the introduction of the Customised Version of Prepare/Enrich. In 2015 Claudia headed up our Education for Living Department.



Training Facilitators:

Joshna Lutchman:

Facilitator for Basic Counselling Training & 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.



Heidi Reynolds:

Facilitator for Basic Counselling Training and Talking to...

Tweens and Teens

Heidi has 20 years of experience working with Individuals, Couples and Families, the main focus in her practice is on families and relationships, including Case Management, Supervised Contact, Mediation and Facilitation, Parenting Plans, Parental Rights and Responsibilities Agreements. In the NGO environment Heidi has worked with: The 702 Crisis Centre, The Crisis Support Centre, POWA (People Opposing Women Abuse), READ, R.O.C.S and Raising Roots. She currently works as a counsellor and facilitator of parenting programmes at the Family Life Centre.



Training Facilitators:

Dalene Rathnum

Head of The Family Life Centre's Training Department

Dalene has a BA (Hons. in Psych) and BA (Hons. in Social Work) from both University of Durban Westville and Unisa. Dalene has worked as a counsellor for 17 years in South Africa. Dalene was head of our Community Services Division for two and half years. As from May 2013, Dalene took over as head of The Family Life Centre's Training Department.



Thuli Bottoman

Facilitator for Basic Counselling Training

Thuli is a seasoned Counsellor with 25 years of experience in Counselling individuals, couples and families. She has successfully run support groups, including HIV Positive groups. Thuli has had extensive experience in working with the media and has given professional input for journalists with magazine and newspaper articles, appeared on Radio and Television Stations. Thuli has over 16 years' experience facilitating Basic Counselling Training, HIV/Aids Counselling and Anger Management Skills for various groups. Participants have included fellow professional Social Workers, Auxiliary works and Community Based Organizations.

