

## COURSE DETAILS

Because learning is most effective when it occurs through involvement and experience, you will be assigned to a small group which will be facilitated by two LifeLiners. The course is based on participation, group discussion and experiential learning. The course is running once a week for 13 weeks and is divided into 2 parts, both of which are essential.

Part 1 is designed to facilitate personal growth and aimed at developing:

- ◆ Your acceptance and understanding of yourself and others.
- ◆ Deepening your understanding of life and spiritual awareness.
- ◆ Improving your communication skills

Part 2 is aimed at teaching counselling skills by:

- ◆ Learning how to apply your part 1 learning
- ◆ Learning the LifeLine Southern Africa counselling method.
- ◆ Learning how to counsel specific common problems.
- ◆ Practising your skills in group work.

Course Notes are included in the fee. They cover a variety of subjects and give theory and background material relating to the topics discussed. They are not a substitute for the lecture material.

### **Conditions:**

- ◆ If you need to be considered for voluntary work, you need to demonstrate commitment by missing not more than 2 sessions of the entire course, non-attendance is disruptive to the growth of the group and may result in expulsion from the course.
- ◆ To attend the course you must be over 21-yrs old
- ◆ The training course is not recommended for anyone suffering from severe stress. If you are presently in therapy, please let us have your therapist's consent in writing.
- ◆ You need to be able to read, write and understand English well.
- ◆ Zulu speakers who are not proficient in English may be directed to our Community Peer Counselling course.

*Participation in and continuation on this course is at the discretion of the training committee. All trainees will be required to attend a pre-course interview.*

### **Volunteer Duties:**

- ◆ 8 hours email counselling duty per month, filling slots convenient to you.
- ◆ Face to Face counselling upon completing probation
- ◆ Commitment to the ethics and pledge of confidentiality
- ◆ membership fee is R60 per annum

### **Volunteer privileges:**

- ◆ Free membership for first 12 months
- ◆ 3 months on-the-job training from peers
- ◆ Access to all counsellor development workshops
- ◆ Invitation to annual National and bi-annual International conferences
- ◆ Transferable membership to sister centres in South Africa, Namibia and Botswana.
- ◆ Friendship and support.

**Cost:**

- ◆ Part 1: R600 & Part 2: R600 including VAT.
- ◆ **Full payment is required prior to commencement of the course.**
- ◆ Course certificate will not be awarded if the course has not been paid for in full.
- ◆ **Bank Details:** Bank : Standard Bank
- ◆ **Acct Name:** LifeLine Pietermaritzburg
- ◆ **Acct No :** 052067254
- ◆ **Branch Code :** 057525
- ◆ **Ref :** Your Name/Personal Growth

**Dates:**

**Evening Course**

Pre-course interviews take place on 8<sup>th</sup>, 09<sup>th</sup>, 10<sup>th</sup> February between 9am-15h00  
Starts on 16<sup>th</sup> February 2016, 19h00-22h00

**Afternoon Course**

Pre-course interviews take place on 15<sup>th</sup>, 16<sup>th</sup>, 17<sup>st</sup> May between 9am-15h00  
Starts on 25<sup>th</sup> May 2016, 16h00-19h00

**Morning Course**

Pre-course interviews take place on 22<sup>th</sup>, 23<sup>th</sup>, 24<sup>th</sup> August between 9am-15h00  
Starts on 1<sup>st</sup> September 2016, 9h00-12h30

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**LifeLine & Rape Crisis Personal  
Growth & Counselling Skills  
Course**

**2015**