

# *Training*

## BASIC COUNSELLING AND LIFE SKILLS

At FAMSA Outeniqua, our Basic Counselling Training focuses on equipping individuals with the essential skills required to support others in times of emotional need. The training is based on the experiential learning model, which encourages participants to engage in practical experiences and learn through reflection and application. The development and practice of newly acquired skills are integral to the training process.

The programme is presented over eight days, divided into two blocks of four days each. Full attendance of all eight days is required in order to receive a certificate of completion.

- Block 1 focuses on core counselling competencies such as active listening, empathy, and personal development.
- Block 2 delves into practical counselling techniques and how they can be applied in real-world scenarios.

Upon completion of the Basic Counselling Training, participants may further their development by enrolling in Trauma Debriefing Training, which equips individuals with tools to support those affected by traumatic experiences.

### Life Skills Training

We also offer Life Skills Training, which is typically provided upon request to organisations, businesses, and community groups. These sessions are tailored to meet the specific needs of each group and may include the following topics:

- Trauma and children
- Mindfulness
- Psychological first aid in the workplace
- Conflict Management
- Anger Management
- Stress Management
- Communication Skills
- Team Building
- Resilience Development
- HIV/AIDS Awareness and Support
- Parenting Support
- Understanding Depression
- Addressing Domestic Violence

These training programmes are designed to promote emotional well-being, enhance interpersonal effectiveness, and build stronger, more resilient communities.



### Get in Touch

[george@famsa.org.za](mailto:george@famsa.org.za)

044 874 5811

68 Meade Street, George, 6529

Monday - Thursday 8:00 - 16:00

Friday 8:00 - 13:00