

50 years

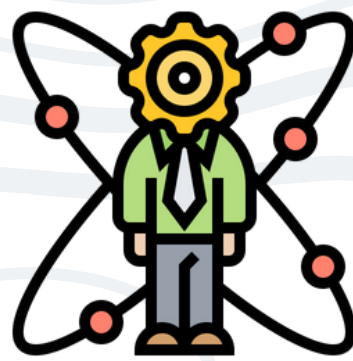
# Since 1969 LifeLine Johannesburg

Serving the community



Victim Empowerment Programs

Personal Growth Training



Mental Health Counselling



**FREE Emotional Support Services**

Registered Social Workers



LifeLine

Trained volunteers

Clinical Supervision



Interventions GBV



Social Enterprise

HIV testing + support



<https://www.lifelinejhb.org.za>

LifeLine Johannesburg is a community based, non-profit organization (NPO) Annually, we average over 30 000 contacts with clients through our various projects and programmes



Journey to become a  
**LIFELINE  
COUNSELOR**



42h

## Module 1 - Personal Growth

**What:** Explore Self-concept and how the Self relates – as you are guided to go deeper and discover ways of navigating trust, acceptance, empathy, anger, loss and conflict that are woven into your everyday interactions with the world around.

**How:** Discover some pivotal ways of conceptualising the Self and embodying that learning within an experiential framework – Drawing, Writing, Walking, Talking and Listening. This process happens while being safely held within a group, as you also learn to hold space for the other.

**Duration: 12 Sessions, 3.5h per session**



• **84 hours**

**COUNSELLING  
SKILLS - BASIC**

• **Experiential**

42h

## Module 2 - Introduction to Counselling

**What:** Explore ways of building trust with the other, allowing a story to unfold, listening to understand and closing the engagement – built on a foundation of Rogerian values that underpin the Person-Centered Approach.

**How:** Learning to reflect, understand context and frames of reference along with the nuances of a counselling relationship by practising, practising and more practising in the form of sharing within a group and roleplays with others of varying degrees of familiarity.

**Duration: 10 Sessions, 3.5h per session + 7h of roleplaying**

**What is most personal, is most universal – Carl Rogers**

# READINESS INTERVIEW

to continue the journey...



31h

## Module 1 - Advanced Counselling Themes

**What:** Delve deeper into the process of counselling by gaining further knowledge in some of the themes that confront counsellors, including but not limited to GBV, Trauma etc. Understand the nuances of contexts that may not be encountered casually in day-to-day lives.

**How:** A series focussed on a specific theme per week presented as a talk. This is followed in a few days by a session with a mentor hosting a group discussion and focussed roleplays to integrate the theme, which may also include listening to recordings of real-time client calls.

**Duration: 5 to 7 talks, 2.5h each +  
5 to 7 mentor sessions 2h each**

• 41 hours

COUNSELLING  
SKILLS -  
INTERNSHIP

• Hands - on



10h

## Module 2 - Guided Live Calls

Interns are allocated real-time clients, with a guide present for the counselling session who then provides invaluable feedback to both the intern and their mentor. The calls are also debriefed and reviewed in groups hosted by a mentor to allow for effective learning. A formal introduction into the role of a counsellor with LifeLine, protocols, ethics surrounding a counselling relationship etc are also discussed.

**Duration: 5h of one-on-one guidance +  
minimum of 3 mentor sessions, 2h each**

Listening is plenty of doing - Esther Perel

# FURTHER COURSE INFO



## ➤ Facilitators

Trained in-house  
Experienced LifeLine  
Counsellors  
Clinically supervised weekly

## ➤ Course Content

Crafted by an expert social worker  
Constant input from a team of  
facilitators  
Finetuned by decades of  
implementation

## ➤ Course Format

Small groups of 6 to 9 persons  
Choice of Morning or Evening sessions  
In-person weekly @LifeLine, Norwood  
(OR) Hybrid – Online(Zoom) +  
Saturdays in Person

## ➤ Eligibility

Must be 23 years or older  
Must have at least Matric  
Must attend ALL sessions

## Contact us

We welcome your  
enquiries and will try and  
assist you as far as we  
can

LifeLine Johannesburg  
2 The Avenue Cnr  
Henrietta Road  
Norwood  
Johannesburg 2192

011 728 1331  
[course@lifelinejhb.org.za](mailto:course@lifelinejhb.org.za)

## Cost of Course

Counselling Skills  
Basics- R7500  
[Registration – R500 plus  
Course Fee – R7000]

Payment Plan Available

Please speak to us if you  
only wish to do the  
Personal Growth Module

Counselling Skills  
Internship – R3000

# FREQUENTLY ASKED QUESTIONS



## > Can I miss or swop sessions?

As we work experientially, it is impossible to replicate or catch up any missed sessions. The group works closely together, and a group member's absence is a loss for the group.

If you miss more than 2 sessions during both Modules 1 & 2, you WILL NOT be eligible for selection as a counsellor.

You WILL NOT be eligible to do the course if you will miss any of Sessions 1,2 and 3 for the Personal Growth part of the course.

If you choose the morning group and miss a session, you cannot make it up in the evening session. Also, once you choose in-person or online, you cannot change. You remain part of the small 6-9 person group for the duration of the course.

## > Will I be forced to share?

We take great care to create a safe and appropriate space and while the greatest growth comes from fully engaging in the group no one is ever forced to participate. Trainees are encouraged to experiment with their own reactions and responses to others, as well as to learn better and more effective ways of communicating.

## > I am seeing a psychiatrist/therapist, can I do the course?

YES. If you are currently in therapy or have recently completed psychotherapy or are receiving psychiatric treatment, please discuss your plans to do this course with your social worker/psychologist/ psychiatrist. Please enclose a letter of recommendation from them regarding your plans to participate.

## > I am a recovering addict, can I do the course?

YES. If you have been "clean" for at least 2 years. Please enclose a letter from your sponsor supporting it. If it has not been 2 years yet, we request you to please postpone doing the course until later.

# FREQUENTLY ASKED QUESTIONS



## ➤ **What certification do I get for completing the course?**

On completion of the Personal Growth and Internship phases of The LifeLine Course, you will receive a certificate which indicates that you have been trained as a LIFELINE LAY COUNSELLOR.

You may also request a Certificate after completion of the Personal Growth Phase, in case you do not continue onto the Internship.

## ➤ **Which professional body can I register with, after completing The LifeLine Course?**

Please note that this is **not a Professional** Degree. Qualifying as a professional counsellor requires a University Degree. This means that registration with a professional body is not an option at the moment.

However, we are exploring possible registration with other wellness support organisations.

## ➤ **What SAQA level does the course carry?**

The LifeLine course was initiated more than 50 years ago in order to train lay counsellors to be absorbed into LifeLine Johannesburg Organisation. Over a period of time, as it gained a reputation for being life changing, the course has been opened up to whoever wants to acquire counselling skills and subsequently to those on a journey of personal growth.

Thus, historically accreditation was not sought – The LifeLine course does not carry SAQA or CPD/CPU points and is not accredited by SETA

However, under current circumstances we are looking to get the course accredited in the near future.

**Please note we are only able to provide references for Honours and Masters psychology applications once you have completed our intern programme and have been an active counsellor at LifeLine Johannesburg for a minimum of one year.**

## AUGUST 2024 THE LIFELINE COURSE

# COURSE SCHEDULE



### Info Sessions August 2024

	Date	Time
1	30 May 2024	09:00 – 11:00
2	30 May 2024	18:00 – 20:00
3	03 June 2024	09:00 – 11:00
4	03 June 2024	18:00 – 20:00

**Kindly note that all Info sessions happen online via Zoom**

### Payment Dates August 2024

Payment	Date	Amount
Registration / Early Bird	10 June 2024	R500 / R6500
Once Off Payment	15 July 2024	R7000
Payment Plan		
Signed AOD/PP	10 June 2024	
First Instalment	30 June 2024	R2500
Second Instalment	30 July 2024	R2500
Third Instalment	30 August 2024	R2000
Counselling Skills Internship: On Acceptance into Internship	1 <sup>st</sup> week of December	R3000

## COUNSELLING SKILLS BASICS

**ATTENDANCE AT ALL SESSIONS IS MANDATORY**

### Module 1 - Personal Growth

### Module 2 - Intro to Counselling

SESSION	DAY	DATE	TIMES (AM)	OR	TIMES (PM)	SESSION	DAY	DATE	TIMES (AM)	OR	TIMES (PM)
1	Wednesday	31 July 2024	09.00 –12.30		18.00-21.30	1	Tuesday	08 October 2024	09.00-12.30		18:00-21.30
2 &3	Saturday	03 August 2024	09.00- 16.30			2	Tuesday	15 October 2024	09.00-12.30		18.00-21.30
4	Wednesday	07 August 2024	09.00-12.30		18.00-21.30	3	Saturday	19 October 2024	09.00-12.30		
5	Wednesday	14 August 2024	09.00-12.30		18.00-21.30	4	Tuesday	22 October 2024	09.00-12.30		18.00-21.30
6	Wednesday	21 August 2024	09.00- 12.30		18.00-21.30	5	Tuesday	29 October 2024	09.00-12.30		18.00-21.30
7	Saturday	24 August 2024	09.00- 12.30			6	Tuesday	05 November 2024	09.00-12.30		18.00-21.30
8	Wednesday	28 August 2024	09.00-12.30		18.00-21.30	7	Tuesday	12 November 2024	09.00-12.30		18.00-21.30
9	Wednesday	04 September 2024	09.00-12.30		18.00-21.30	8	Tuesday	19 November 2024	09.00-12.30		18.00-21.30
10	Wednesday	11 September 2024	09.00-12.30		18.00-21.30	9	Saturday	23 November 2024	09.00-12.30		
11	Saturday	14 September 2024	09.00-12.30			10	Tuesday	26 November 2024	09.00-12.30		18.00-21.30
12	Wednesday	18 September 2024	09.00-12.30		18.00-21.30						

## COUNSELLING SKILLS INTERNSHIP

(Provisional Dates)

### Module 1 - Adv Counselling themes

SESSION	DAY	DATE	TIMES
Intern1	Saturday	07 December 2024	09.00 –11.30
Mentor1	Tuesday	10 December 2024	18.00- 20.00
Intern2	Saturday	11 January 2025	09.00 –11.30
Mentor2	Tuesday	14 January 2025	18.00- 20.00
Intern3	Saturday	25 January 2025	09.00 –11.30
Mentor3	Tuesday	28 January 2025	18.00- 20.00
Intern4	Saturday	08 February 2025	09.00 –11.30
Mentor4	Tuesday	11 February 2025	18.00- 20.00
Intern5	Saturday	22 February 2025	09.00 –11.30
Mentor4	Tuesday	25 February 2025	18.00- 20.00
Intern6	Saturday	08 March 2025	09.00 –11.30
Mentor6	Tuesday	12 March 2025	18.00- 20.00

### Module 2 - Guided Calls

GUIDED CALLS to be scheduled as needed

**The LifeLine Course**  
Personal Growth • Counselling Skills

## AUGUST 2024 THE LIFELINE COURSE

# COURSE PAYMENT



## Why do I have to pay for a course when I want to volunteer?

- The LifeLine Course is a costly and resource intensive course to facilitate. We require the funds to run the course successfully. Course is priced at a competitive rate compared to other personal growth and counselling skills courses.
- LifeLine is a Public Benefit Organisation an NPO (Non-Profit Organisation) and a NGO (Non-Governmental Organisation). Since we do not get a subsidy from Government to keep our service to the public going, we need to raise our own funds. One of the ways in which we do this, is by running this course.

## I have changed my mind about doing the course. Can I get a refund?

- We do not refund any part of the course fee if you cancel whilst the course is running, because you have taken a place that someone else could fill.
- If you cancel the course before it starts, we only refund your payment if we can fill your place.

## When do I pay to secure my place?

- Once you have fully read, filled in and signed the application form, you will be invited to attend an info session, followed by a brief one-on-one session. After that, you will be required to pay the registration fee followed by the course fee on the stipulated dates.

**KINDLY NOTE THAT YOU MAY **NOT** PAY FOR THE COURSE BEFORE ATTENDING AN INFO SESSION**

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**KINDLY CHECK COURSE SCHEDULE FOR INFO SESSION & FEE DATES**

## PAYMENT OPTIONS

**EARLY BIRD FEE : R6500**  
(When full fee is paid on the date of Registration)

**REGISTRATION FEE (Compulsory): R500**

**ONCE OFF PAYMENT : R7000**

**If you are unable to pay Once-off, a payment Plan is available where you pay the fee in**

**3 INSTALMENTS: R2500 1st&2nd, 2000 3rd instalment**

## Payment Dates - August 2024

Payment	Date
Registration	10 June 2024
Once Off payment	15 July 2024
Payment plan	
Signed Acknowledgement of Debt/ Payment Plan	10 June 2024
First Instalment	30 June 2024
Second Instalment	30 July 2024
Third Instalment	30 August 2024
Internship: On acceptance into the Internship Phase	1 <sup>st</sup> week of December