

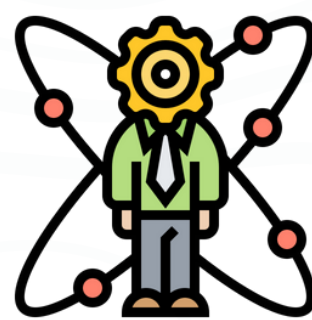


Since 1969
LifeLine Johannesburg
Serving the community



**Victim
Empowerment
Programs**

**Personal
Growth
Training**



**Mental Health
Counselling**



FREE Emotional Support Services

**Registered
Social Workers**



LifeLine

Clinical Supervision

**Trained
Volunteers**



**Inter
ventions 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.



COURSES OFFERED BY LIFELINE JOHANNESBURG

100 | SELF GROWTH

42hrs

Duration: 12 sessions, 3.5/4h per session

200 | FOUNDATION IN COUNSELLING

42hrs

Duration: 10 sessions, 3.5h per session + 7h of Extra Activities

500 | THE LIFELINE COURSE

84hrs

Duration: 22 sessions, 3.5h per session + 7h of Extra Activities

600 | INTERNSHIP

45hrs

Duration: 5 talks approx. 2.5h each, approx. 7 Mentor sessions 3h each, 5 guided calls with realtime Clients – NB: All subject to the number of Interns



42hrs

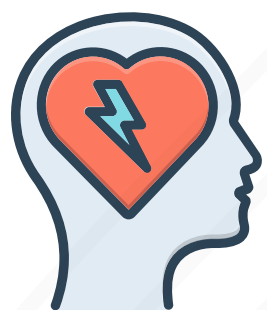
100 | SELF GROWTH

Explore the workings of your inner world

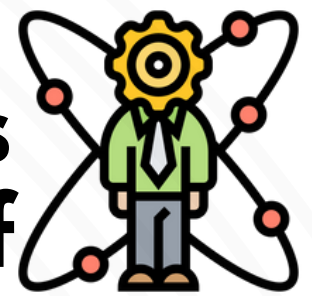
Duration: 12 sessions, 3.5/4h per session



**Fully hands-on, experiential learning
in an intimate small group setting**



**Emotional
Intelligence**



**Awareness
of the Self**

**Connect
deeply with
yourself**

Trust

**Discover
more of
who you
are**

Acceptance

**Work
towards
self-
acceptance**

Anger

SELF

Empathy

**Learn
to
identify
your
feelings**

Loss

Conflict

**Make
meaningful
connections
with others**

**Explore
how you
show up in
the world
around
you**



**Interpersonal
Communication**

Listening & Responding



Content
 Carefully curated based on decades of experience in counselling

Fully Live
 All sessions facilitated by dedicated LifeLiners

Group Setting
 Maximum of eight people per group, ideal for deep sharing

Experiential
 Discover by Listening Talking Drawing Writing

100 || Self Growth Schedule || August 2025

SESSION	DAY	DATE	TIMES (AM)	OR	TIMES (PM)
1	Tuesday	12 August 2025	09.00-12.30		18:00-21.30
2 & 3	Saturday	16 August 2025	09.00-16:00		
4	Tuesday	19 August 2025	09.00-12.30		18.00-21.30
5	Tuesday	26 August 2025	09.00-12.30		18.00-21.30
6	Tuesday	02 September 2025	09.00-12.30		18.00-21.30
7	Saturday	06 September 2025	09.00-12.30		
8	Tuesday	09 September 2025	09.00-1230		18.00-21.30
9	Tuesday	16 September 2025	09.00-12.30		18.00-21.30
10 & 11	Saturday	20 September 2025	09.00-16.00		
12	Tuesday	30 September 2025	09.00-12.30		18.00-21.30

ELIGIBILITY
 Age: Min. 23yrs
 Education: Min. matric

FORMAT
 In-person or Fully online

COST
R6000
 plus R500 registration



CANCELLATION:
 LifeLine Johannesburg reserves the right to cancel the course due to insufficient numbers up to 2 weeks before the start of the course.

REFUNDS:
 If the course is cancelled by us, all monies paid by you towards the course will be fully refunded.

Once the course starts, NO refund may be issued as you have taken a place someone else could have filled.

Before course starts, refund may be possible only if we are able to fill your place

CONTACT US:
 We welcome your enquiries and will try to assist you as far as we can.
 Email: course@lifelinejhb.org.za

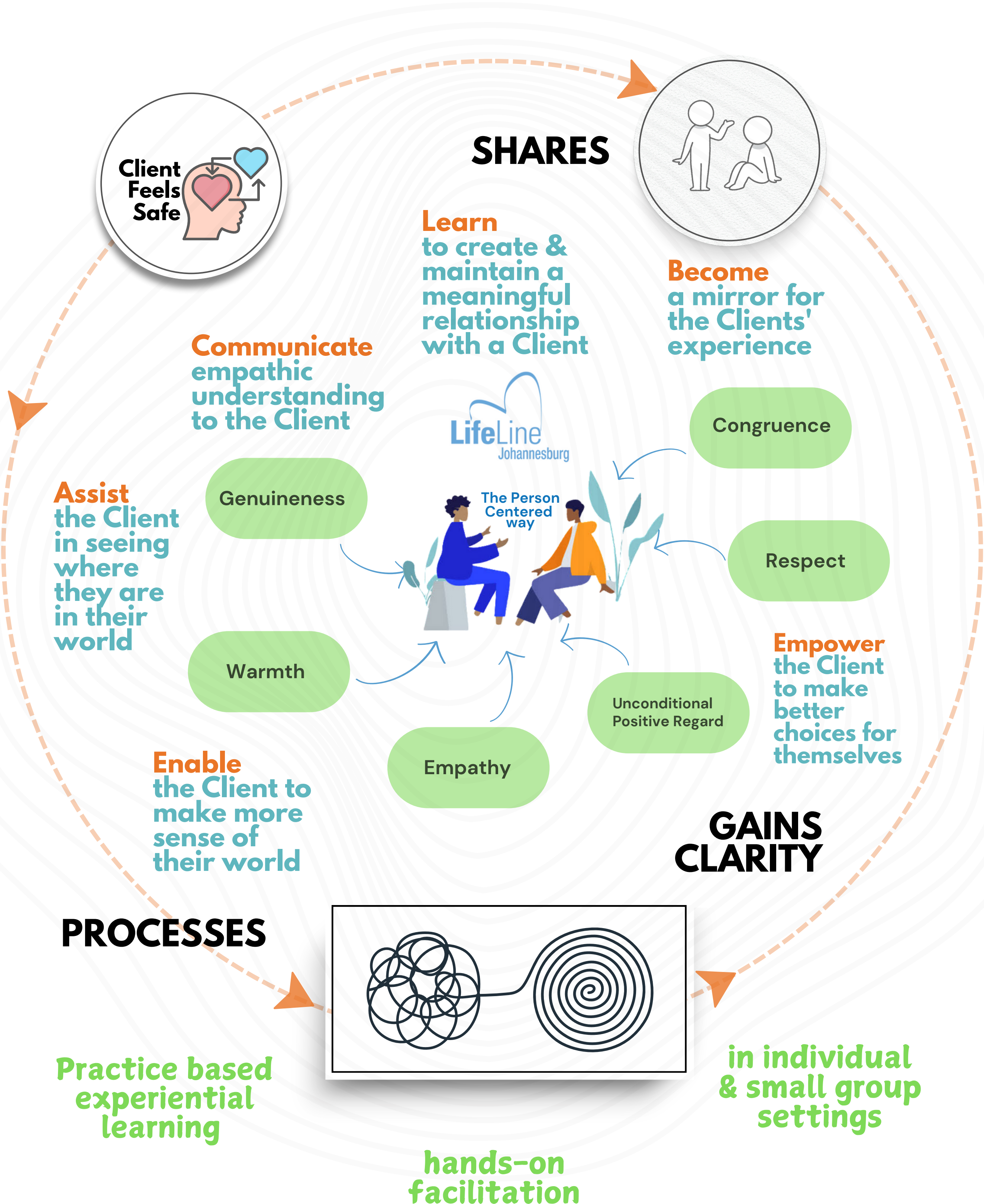
LifeLine Johannesburg
 2 The Avenue Corner Henrietta Road
 Norwood Johannesburg 2192
 011 728 1331

42hrs

200 | FOUNDATION IN COUNSELLING

Learn the building blocks of the Person-Centred Approach

Duration: 10 sessions, 3.5h per session + 7h of Extra Activities



Build the basics
of a career in the
helping profession

Be of service to
our community
that is in need

Group Setting
Maximum of 8
people per group

Experiential
Learn to
counsel by
practising
in different
formats

200 || Foundation in Counselling || August 2025

SESSION	DAY	DATE	TIMES (AM)	OR	TIMES (PM)
1	Thursday	16 October 2025	09.00-12.30		18:00-21.30
2	Tuesday	21 October 2025	09.00-12.30		18.00-21.30
3	Saturday	25 October 2025	09.00-12.30		
4	Tuesday	28 October 2025	09.00-12.30		18.00-21.30
5	Tuesday	04 November 2025	09.00-12.30		18.00-21.30
6	Tuesday	11 November 2025	09.00-12.30		18.00-21.30
7	Tuesday	18 November 2025	09.00-1230		18.00-21.30
8	Tuesday	25 November 2025	09.00-12.30		18.00-21.30
9	Saturday	29 November 2025	09.00-12.30		
10	Tuesday	02 December 2025	09.00-12.30		18.00-21.30

Roleplaying
Reflecting
Giving &
Receiving
Feedback

ELIGIBILITY
Completed
100 Self Growth
Course

FORMAT
In-person or
Fully online

COST
R6000



CONTACT US:
We welcome your enquiries and will try to assist you as far as we can.

course@lifelinejhb.org.za

LifeLine Johannesburg
2 The Avenue Corner
Henrietta Road
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011 728 1331

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Before course starts, refund may be possible only if we are able to fill your place.

500 | THE LIFELINE COURSE

Start the journey to become a
person-centered Lay Counsellor

Duration: 22 sessions, 3.5/4h per session
+ 7h of Extra Activities



42hrs

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, 3.5/4h per session



• **84 hours**

Course Code 500

**THE LIFELINE
COURSE**

• **Experiential**

42hrs

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-Centred 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 Extra activities

What is most personal, is most universal – Carl Rogers

READINESS INTERVIEW

to continue the journey...



approx.
33hrs

Module 3 - 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 focused 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 focused roleplays to integrate the theme, which may also include listening to recordings of real-time Client calls.

Duration: 5 talks, approx. 2.5h each +
approx. 7 Mentor sessions 3h each
NB: All subject to number of Interns



• **45 hours**
Course Code 600
**COUNSELLING
SKILLS -
INTERNSHIP**
• **Hands - on**

approx.
11hrs

Module 4 - 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.

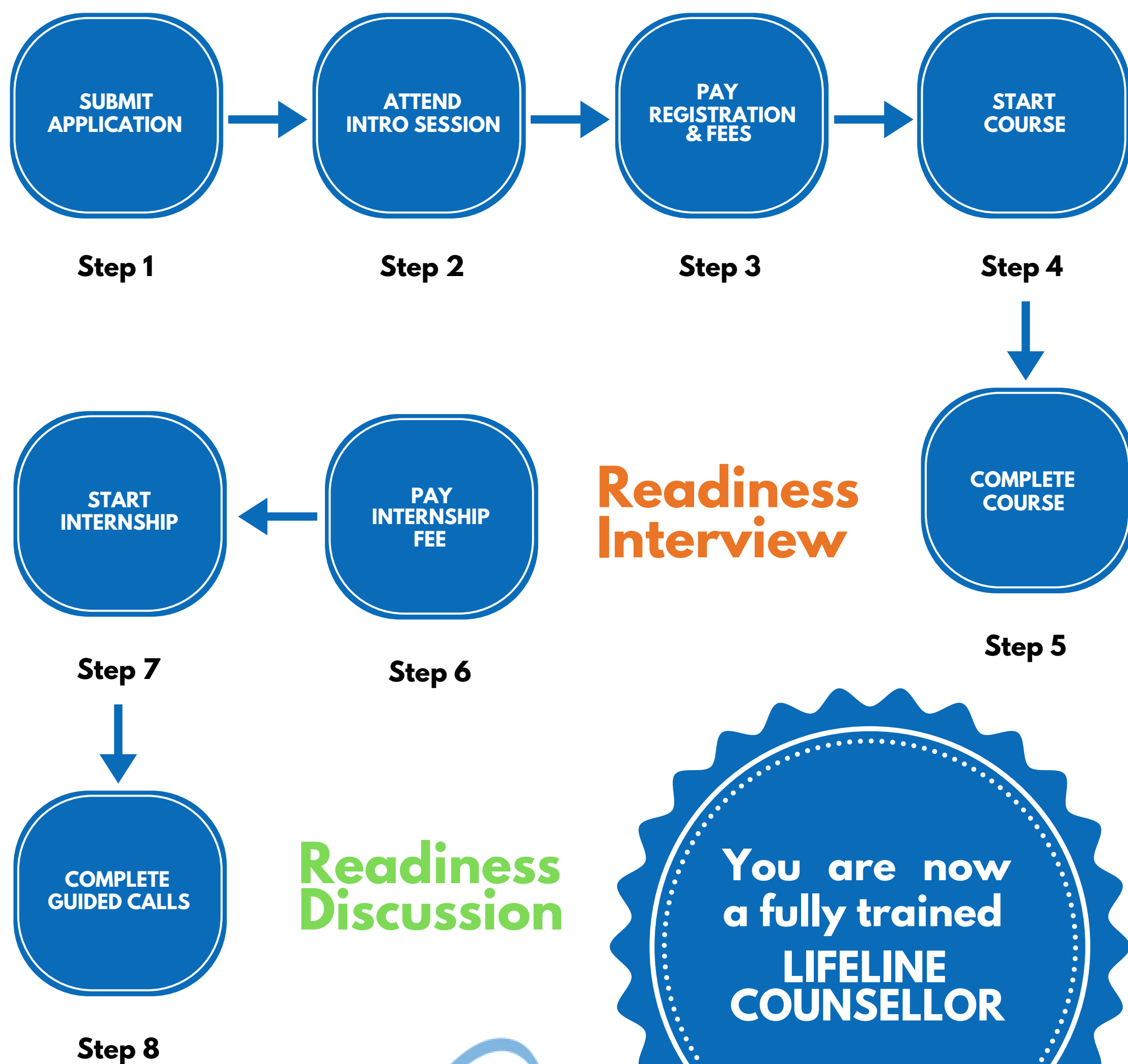
Duration: 5 Clients with a combination of live one-on-one guidance & debriefing & debriefing of recorded calls.
NB: All subject to the number of Interns

STEPS TO BECOME A LAY COUNSELLOR

with LifeLine Johannesburg



**At LifeLine Johannesburg, we take
Mental Health Counselling very seriously**



FURTHER COURSE INFO



> Facilitators

Trained in-house
Experienced LifeLine
Counsellors
Clinically supervised weekly

> Course Content

Crafted by experts in the field
Constant input from a team of
Facilitators
Fined tuned by decades of
implementation

> Course Format

Small groups of 6 to 8 persons
Choice of Morning or
Evening sessions
In-person weekly OR
OnLine via Zoom

> 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

Course Fees

REGISTRATION: R500

**THE LIFELINE COURSE
R8400**

FEE WAIVER: When the
full fee is settled on or
before the 08th of July
2025, registration fee of
R500 is waived**

INTERNSHIP R4500

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 to the Internship.

You WILL NOT be eligible to do the course if you will miss any of Sessions 1, 2 and 3 of 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 6-8 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.

*NB: When you apply, 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. If it has not been 2 years yet, we request you to please postpone doing the course until later.

*NB: When you apply, please enclose a letter from your Sponsor supporting it.

FREQUENTLY ASKED QUESTIONS



➤ What certification do I get for completing the course?

On successful completion of the Personal Growth, Introduction to Counselling 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 completing the Personal Growth module in case you do not continue onto the Introduction to Counselling module.

➤ 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 the 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 2025 THE LIFELINE COURSE

COURSE
SCHEDULE



THE LIFELINE COURSE
ATTENDANCE AT ALL SESSIONS IS MANDATORY

Module 1 - Personal Growth

SESSION	DAY	DATE	TIMES (AM)	OR	TIMES (PM)
1	Tuesday	12 August 2025	09.00-12.30		18:00-21.30
2 & 3	Saturday	16 August 2025	09.00-16:00		
4	Tuesday	19 August 2025	09.00-12.30		18.00-21.30
5	Tuesday	26 August 2025	09.00-12.30		18.00-21.30
6	Tuesday	02 September 2025	09.00-12.30		18.00-21.30
7	Saturday	06 September 2025	09.00-12.30		
8	Tuesday	09 September 2025	09.00-1230		18.00-21.30
9	Tuesday	16 September 2025	09.00-12.30		18.00-21.30
10 & 11	Saturday	20 September 2025	09.00-16.00		
12	Tuesday	30 September 2025	09.00-12.30		18.00-21.30

Module 2 - Intro to Counselling

SESSION	DAY	DATE	TIMES (AM)	OR	TIMES (PM)
1	Thursday	16 October 2025	09.00-12.30		18:00-21.30
2	Tuesday	21 October 2025	09.00-12.30		18.00-21.30
3	Saturday	25 October 2025	09.00-12.30		
4	Tuesday	28 October 2025	09.00-12.30		18.00-21.30
5	Tuesday	04 November 2025	09.00-12.30		18.00-21.30
6	Tuesday	11 November 2025	09.00-12.30		18.00-21.30
7	Tuesday	18 November 2025	09.00-1230		18.00-21.30
8	Tuesday	25 November 2025	09.00-12.30		18.00-21.30
9	Saturday	29 November 2025	09.00-12.30		
10	Tuesday	02 December 2025	09.00-12.30		18.00-21.30

PLEDGE : Saturday 06 December 2025

INTERNSHIP
(Provisional Dates)

Module 3 - Advanced Counselling Themes

Starts mid-January 2026 & Ends end-March 2026 dates TBC
NB: All subject to the number of Interns

Module 4 - Guided Calls

GUIDED CALLS to be scheduled as required

Intro Sessions
February 2025

	Date	Day	Time
1	25 June 2025	Wednesday	10am to 12noon
2	25 June 2025	Wednesday	6pm to 8pm
3	01 July 2025	Tuesday	10am to 12noon
4	01 July 2025	Tuesday	6pm to 8pm

Kindly note that all Info sessions
happen online via Zoom

AUGUST 2025 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. The 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 Intro 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 INTRO SESSION**

Intro Sessions August 2025

	Date	Day	Time
1	25 June 2025	Wednesday	10am to 12noon
2	25 June 2025	Wednesday	6pm to 8pm
3	01 July 2025	Tuesday	10am to 12noon
4	01 July 2025	Tuesday	6pm to 8pm

**Kindly note that all
Intro Sessions happen
online via Zoom**

KINDLY CONTACT US FOR ANY FURTHER INFORMATION NEEDED: course@lifelinejhb.org.za 011 728 1331