58 years

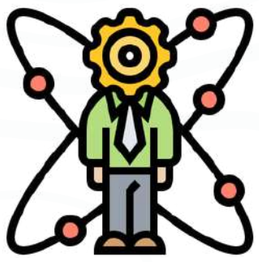
Since 1969
LifeLine Johannesburg
Serving the community

LifeLine Johannesburg



Personal Growth Training

Victim Empowerment Programs



Mental Health Counselling



FREE Emotional Support Services

Registered Social Workers



LifeLine

Clinical Supervision

Trained Volunteers





Interventions GBV



HIV Testing + Support

Social Enterprise



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

500 | THE LIFELINE COURSE — 87hrs

*includes 100 Self Growth and 200 Foundation in Counselling

Duration: 22 sessions, 3.5h per session + approx. 10h of Extra Activities

600 | INTERNSHIP PROGRAMME — 75hrs

Duration: 5 talks approx. 3h each, approx. 8 Mentor sessions 3h each, 5 real-time guided calls - NB: All subject to the number of Interns

100 | SELF GROWTH — 42hrs

Duration: 12 sessions, 3.5/4h per session

200 | FOUNDATION IN COUNSELLING — 45hrs

*NB: Mandatory requirement - Completion of 100 Self Growth course within the previous 6 months

Duration: 10 sessions, 3.5h per session + approx. 10h of Extra Skills Activities

LifeLine Johannesburg

STEPS TO BECOME A LAY COUNSELLOR

with LifeLine Johannesburg

At LifeLine Johannesburg, we take Mental Health Counselling very seriously

REQUIREMENT: ALL PERSONS ARE REQUIRED TO SIGN AN ALLEGIANCE AND UNDERTAKING OF STRICT CONFIDENTIALITY

Step 1 — SUBMIT 500 THE LIFELINE COURSE APPLICATION FORM

Step 2 — ATTEND INTRO SESSION

Step 3 — ACCEPTANCE CONFIRMATION, REGISTRATION & FEE PAYMENT

Step 4 — SUCCESSFULLY COMPLETE THE 500 THE LIFELINE COURSE

Step 5 — Readiness Interview

Step 6 — INTERNSHIP ACCEPTANCE CONFIRMATION & FEE PAYMENT

Step 7 — SUCCESSFULLY COMPLETE INTERNSHIP PROGRAMME - TALKS & MENTOR SESSIONS

Step 8 — Readiness Interview

Step 9 — SUCCESSFULLY COMPLETE INTERNSHIP PROGRAMME GUIDED CALLS

Step 10 — Readiness Interview

You are now a fully trained LIFELINE COUNSELLOR

500 | THE LIFELINE COURSE

Start the journey to become a person-centered Lay Counsellor

Duration: 22 sessions, 3.5/4h per session
+ approx. 10h of Extra Skills Activities

LifeLine Johannesburg

42hrs

Module 1 - Self 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**

45hrs

Module 2 - Foundation in 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 + approx. 10h of Extra Skills Activities

What is most personal, is most universal – Carl Rogers

FEBRUARY 2027 500 THE LIFELINE COURSE

COURSE SCHEDULE

LifeLine Johannesburg

500 | THE LIFELINE COURSE

ATTENDANCE AT ALL SESSIONS IS MANDATORY

Module 1 - Self Growth

SESSION	DAY	DATE	TIMES (AM)	OR	TIMES (PM)
1	Wednesday	10 February 2027	09.00-12.30		18:00-21.30
2 & 3	Saturday	13 February 2027	09.00-16:00		
4	Wednesday	17 February 2027	09.00-12.30		18.00-21.30
5	Wednesday	24 February 2027	09.00-12.30		18.00-21.30
6	Wednesday	03 March 2027	09.00-12.30		18.00-21.30
7	Saturday	06 March 2027	09.00-12.30		
8	Wednesday	10 March 2027	09.00-12.30		18.00-21.30
9	Wednesday	17 March 2027	09.00-12.30		18.00-21.30
10	Saturday	20 March 2027	09.00-12.30		
11	Wednesday	24 March 2027	09.00-12.30		18.00-21.30
12	Wednesday	31 March 2027	09.00-12.30		18.00-21.30

Module 2 - Foundation in Counselling

SESSION	DAY	DATE	TIMES (AM)	OR	TIMES (PM)
1	Wednesday	14 April 2027	09.00-12.30		18:00-21.30
2	Tuesday	20 April 2027	09.00-12.30		18.00-21.30
3	Wednesday	05 May 2027	09.00-12.30		18.00-21.30
4	Wednesday	12 May 2027	09.00-12.30		18.00-21.30
5	Saturday	15 May 2027	09.00-12.30		
6	Wednesday	19 May 2027	09.00-12.30		18.00-21.30
7	Wednesday	26 May 2027	09.00-12.30		18.00-21.30
8	Wednesday	02 June 2027	09.00-12.30		18.00-21.30
9	Wednesday	09 June 2027	09.00-12.30		18.00-21.30
10	Wednesday	23 June 2027	09.00-12.30		18.00-21.30

PLUS approx. 10h of Extra Skills Activities outside of session times

PLEDGE : Saturday 03 July 2027

600 | INTERNSHIP PROGRAMME

(Provisional Dates)

Module 3 - Advanced Counselling Themes

Starts July 2027 & Ends September 2027 dates TBC

Module 4 - Guided Calls

GUIDED CALLS to be scheduled as required
September 2027 to November 2027

READINESS INTERVIEW

to continue the journey...

approx. 39hrs

600 | INTERNSHIP PROGRAMME
Module 3 - Advanced Counselling Themes

What: Delve deeper into the process of LifeLine person-centred counselling by gaining further knowledge in some of the themes that confront our Counsellors, including but not limited to HIV, AIDS & Dread Diseases, GBV/Rape, Loss/Bereavement, Addiction and Trauma etc.

How: A programme focused on a specific theme per week presented as a talk by an expert/s in the field. This is followed in a few days by a session with Mentors hosting group discussions and focused roleplays to integrate the theme and entrenching the LifeLine person-centred counselling skills. Formal training regarding the role of a Counsellor with LifeLine, protocols, administration and ethics surrounding a counselling relationship is included.

Duration: 5 talks, approx. 3h each +
approx. 8 Mentor sessions 3h each
NB: All subject to number of Interns

READINESS INTERVIEW

to continue the journey...

MENTORING

- 75 hours

Course Code 600

COUNSELLING SKILLS - INTERNSHIP PROGRAMME

- Hands - on

approx. 36hrs

Module 4 - Guided Live Calls

Interns do a number of real-time guided calls.

Duration: Approx. 5 real-time guided calls. Experienced Guide's provide feedback and debriefing for all calls and Mentors provide ongoing support throughout the Guide Call process.
NB: All subject to the number of Interns

READINESS INTERVIEW

to become a LifeLine Counsellor...

FURTHER COURSE INFO

LifeLine Johannesburg

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
Fine-tuned by decades of implementation

Course Format

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

Eligibility

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

Contact us

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

LifeLine Johannesburg
51 Dalene Road
Bramley North
Johannesburg 2090

011 728 1331
course@lifelinejhb.org.za

Course Fees

500 I THE LIFELINE COURSE
R9 300
plus R500 non-refundable Registration Fee

Early Bird Option:
When the full fee is settled on or before the 4th of January 2027, the Registration Fee of R500 is waived

Payment Plan Option:
R10 350
plus R500 non-refundable Registration Fee

600 I INTERNSHIP PROGRAMME
R4 650
Payment Plan Option:
R4 785

42hrs

100 | SELF GROWTH

Explore the workings of your inner world

Duration: 12 sessions, 3.5/4h per session

LifeLine Johannesburg

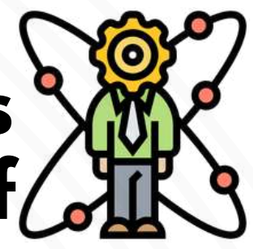
Fully hands-on, experiential learning in an intimate small group setting



Emotional Intelligence

Discover more of who you are

Awareness of the Self



Connect deeply with yourself

Work towards self-acceptance



Trust

Acceptance

Anger

Empathy

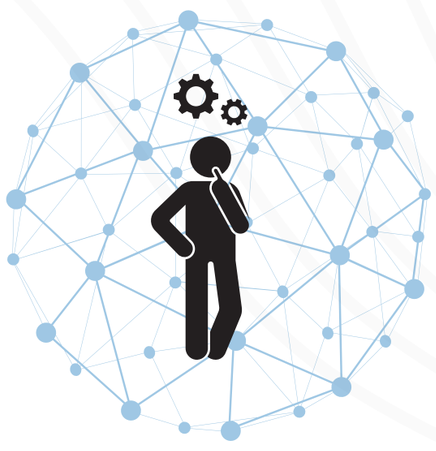
Loss

Conflict

Learn to identify your feelings

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 II Self Growth Schedule II February 2027

SESSION	DAY	DATE	TIMES (AM)	OR	TIMES (PM)
1	Wednesday	10 February 2027	09.00-12.30		18:00-21.30
2 & 3	Saturday	13 February 2027	09.00-16:00		
4	Wednesday	17 February 2027	09.00-12.30		18.00-21.30
5	Wednesday	24 February 2027	09.00-12.30		18.00-21.30
6	Wednesday	03 March 2027	09.00-12.30		18.00-21.30
7	Saturday	06 March 2027	09.00-12.30		
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9	Wednesday	17 March 2027	09.00-12.30		18.00-21.30
10	Saturday	20 March 2027	09.00-12.30		
11	Wednesday	24 March 2027	09.00-12.30		18.00-21.30
12	Wednesday	31 March 2027	09.00-12.30		18.00-21.30

ELIGIBILITY
Age: Min. 23yrs
Education:
Min. Matric Certificate

FORMAT
In-person or
Fully online

COST
R6700
plus R500 non-refundable Registration Fee

Early Bird Option:
When the full fee is settled on or before the 4th of January 2027, the Registration Fee of R500 is waived

Payment Plan Option:
R6975
plus R500 non-refundable Registration Fee

LifeLine Johannesburg

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 will 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
51 Dalene Road
Bramley North
Johannesburg
2090

011 728 1331

45hrs

200 | FOUNDATION IN COUNSELLING

Learn the building blocks of the Person-Centred Approach

Duration: 10 sessions, 3.5h per session + approx. 10h of Extra Skills Activities



SHARES



Learn to create & maintain a meaningful relationship with a Client

Become a mirror for the Client's experience

Communicate empathic understanding to the Client

LifeLine Johannesburg

Congruence

Genuineness



Respect

Warmth

Unconditional
Positive Regard

Empathy

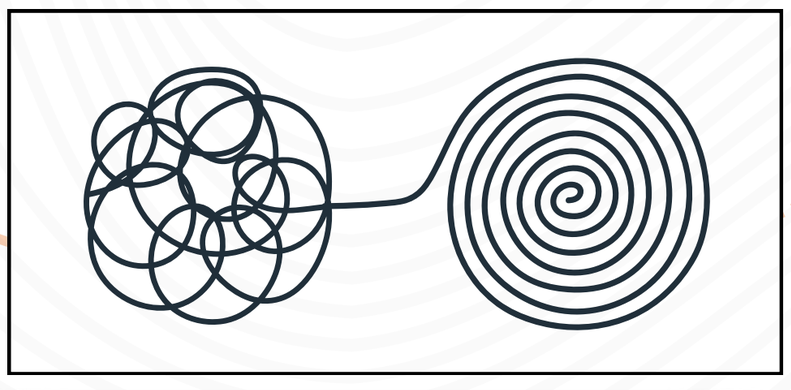
Assist the Client in seeing where they are in their world

Empower the Client to make better choices for themselves

Enable the Client to make more sense of their world

GAINS CLARITY

PROCESSES



Practice based experiential learning

in individual & small group settings

hands-on facilitation

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

Roleplaying
Reflecting
Giving &
Receiving
Feedback

200 || Foundation in Counselling || February 2027

SESSION	DAY	DATE	TIMES (AM)	OR	TIMES (PM)
1	Wednesday	14 April 2027	09.00-12.30		18:00-21.30
2	Tuesday	20 April 2027	09.00-12.30		18.00-21.30
3	Wednesday	05 May 2027	09.00-12.30		18.00-21.30
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8	Wednesday	02 June 2027	09.00-12.30		18.00-21.30
9	Wednesday	09 June 2027	09.00-12.30		18.00-21.30
10	Wednesday	23 June 2027	09.00-12.30		18.00-21.30

PLUS approx. 10h of Extra Skills Activities outside of session times

PLEDGE : Saturday 03 July 2027

ELIGIBILITY
Completed 100 Self Growth Course
(max. 6 months prior)

FORMAT
In-person or Fully online

COST
R6700
Payment Plan Option: R6945

LifeLine Johannesburg

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 will 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.

course@lifelinejhb.org.za

LifeLine Johannesburg
51 Dalene Road
Bramley North
Johannesburg
2090

011 728 1331

CANCELLATION:

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

FEBRUARY 2027 COURSES

COURSE PAYMENT

LifeLine Johannesburg

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 provide our service to the public, 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 have filled.
- If you cancel the course before it starts, we only refund your payment if we can fill your place with another person. The R500 Registration Fee, where applicable, is non-refundable.

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 a group Intro Session, followed by a brief one-on-one session. After that, acceptance of your application will be confirmed and you will be required to pay the Registration Fee, where applicable, followed by the course fee on the stipulated dates.

KINDLY NOTE THAT YOU MAY NOT PAY FOR THE COURSE BEFORE ATTENDING AN INTRO SESSION AND RECEIVING FORMAL NOTIFICATION OF YOUR ACCEPTANCE FROM LIFELINE JOHANNESBURG

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

FREQUENTLY ASKED QUESTIONS

LifeLine Johannesburg

> 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 7 hours (2 sessions or parts thereof) in both Modules 1 & 2, you WILL NOT be eligible for selection for the Internship Programme.

You WILL NOT be eligible to do the course if you will miss any of Sessions 1, 2 and 3 of the Module 1 Self 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 entire 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 therapist/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

LifeLine Johannesburg

What certification do I get for completing the course?

On successful completion of the 500 The LifeLine Course, you will receive a certificate of completion and on successful completion of the 600 Internship Programme, 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 100 Self Growth module in case you do not continue on to the 200 Foundation in 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, we are looking to get the course accredited in the future.

Please note that we are only able to provide references for Honours and Masters Psychology applications once you have successfully completed our 600 Internship Programme and have been an active Counsellor at LifeLine Johannesburg for a minimum of one year. This means counselling for a minimum of 5 hours per month and attending a minimum of 8 Supervision Group sessions during the year.