



Trauma Counselling

Presented by the Centre for Contextual Ministry, University of Pretoria

The **Trauma Counselling** short course will enable you as pastor or counsellor to deal with the process of recovery and healing after a traumatic experience. We live in a traumatised society and the church and/or pastoral counsellor is often the only “immediate” resource available for support and guidance. The course focuses on understanding the nature and impact of trauma, with a specific emphasis on trauma counselling as well as care for the caregiver.

Course content

Day 1: Understanding the nature and impact of trauma

- Weaving stories of trauma
- Understanding the impact of crisis and trauma on the individual and family

Day 2: Trauma counselling

- Describing and implementing trauma counselling
- Defusing and debriefing
- Post-traumatic stress disorder (PTSD)
- Finding meaning in trauma

Day 3: Care for the caregiver

- Keeping the fire burning: a program for caregiver restoration
- Assignment:
 1. Discuss the theory and practice of trauma counselling based on a case study
 2. Write three verbatim reports on pastoral conversations. (One must be a follow up conversation and at least one must be a conversation related to trauma.)

Learning outcomes

After successfully completing this course, you will be able to discern the impact of traumatic experiences on people and at least give initial pastoral care and guidance, and – when necessary – be able to refer to more specialised help.

Who should enrol?

This course is ideal for pastors and other leaders in communities who are interested and/or involved in addressing individual and community trauma.

Course fees

Please contact us for course fees.

Course fees must be paid in full 14 days prior to course start dates. Proof of payment can be submitted to enrolments@enterprises.up.ac.za.

Admission requirements

Prospective delegates should at least have National Senior certificate (Grade 12) and/or prior knowledge or work experience in place.

Accreditation and certification

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Registration and enquiries

Client Information Centre

Tel: +27 (0)12 434 2500
Fax: +27 (0)12 434 2505
Email: info@enterprises.up.ac.za

Course leader

Dr Stephan de Beer
Director: Centre for Contextual Ministry
Tel: +27 (0)12 420 4951
Email: stephan.debeer@up.ac.za

Shifting knowledge to insight

