



## 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](mailto: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

Enterprises University of Pretoria (Pty) Ltd is wholly owned by the University of Pretoria. As a public higher education institution, the University of Pretoria functions in accordance to the Higher Education Act 101 of 1997. Enterprises University of Pretoria offers short courses on behalf of the University and these short courses are not credit-bearing, and do not lead to formal qualifications on the National Qualifications Framework (NQF) – unless stated otherwise. Delegates who successfully complete a short course and comply with the related assessment criteria (where applicable) are awarded certificates of successful completion and/or attendance by the University of Pretoria.

### Registration and enquiries

#### Course coordinator

Modjadji Masola

Tel: +27 (0)12 434 2566

Fax: +27 (0)86 636 7879

Email: [theology@enterprises.up.ac.za](mailto:theology@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](mailto:stephan.debeer@up.ac.za)

*Shifting knowledge to insight*

