



## COUNSELLING MATTERS TRAINING

# NEWSLETTER

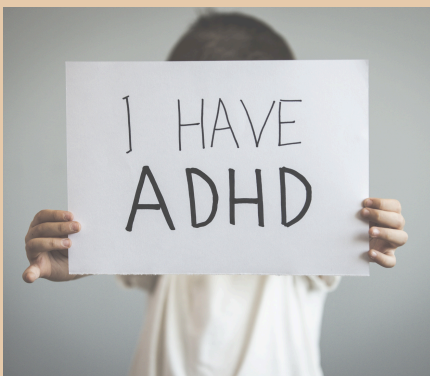
### ADHD – WORKING WITH CHILDREN & TEENS IN THE COUNSELLING ROOM



This workshop offers insights into ADHD in children, tweens, and teens, focusing on understanding the disorder and its impact on various aspects of a child's life. It covers ADHD diagnosis, emphasising the importance of recognising co-occurring conditions like anxiety or learning disabilities, which are crucial for effective support. Participants will learn strategies to improve executive function skills in children with ADHD, as well as effective parenting techniques to create a supportive home environment. The workshop will also discuss collaborating with schools, making informed decisions about medication, and managing the role of technology in children's lives. Additionally, the workshop will address how hormonal changes during the teenage years can affect ADHD symptoms, offering guidance on supporting teens through this period. The goal is to equip teachers, caregivers, and parents with the knowledge and tools to effectively support children with ADHD, helping them succeed both academically and personally.

LIVE RECORDING AVAILABLE FOR PURCHASE

**HPCSA 4 CLINICAL CPD POINTS**  
**SACSSP 3 CPD POINTS**



### CBT SKILLS WITH CHILDREN – 3 HOUR WORKSHOP WITH MARISKA KLEYNHANS



This exciting course on Cognitive-Behavioral Therapy (CBT) Skills when counselling children, a transformative learning experience tailored for counsellors seeking to enhance their proficiency in working with young clients. This course will equip you with an understanding of CBT principles as applied to children, addressing the unique challenges and opportunities presented in therapeutic interventions with this age group. Through a combination of practical exercises, and case studies, participants will delve into the developmentally sensitive application of CBT techniques, exploring strategies to foster emotional regulation, resilience, and positive behavioral change in children.

Join us in creating a nurturing space for young minds to thrive, as we embark on this journey to integrate CBT skills into your counseling toolkit.

LIVE RECORDING AVAILABLE FOR PURCHASE

**HPCSA 3 CLINICAL CPD POINTS**



### CREATIVE INTERVENTIONS FOR TEENAGERS



Are you working with teenagers and looking for innovative ways to connect with them? This online counselling course is designed to equip therapists, teachers, counsellors, and youth workers with over 10 creative interventions to effectively engage with teenagers. No artistic skills are required—just a willingness to learn how to communicate on a deeper level.

The course will also address strategies for working with resistant teens, providing practical tools to foster trust and cooperation. Whether you're in a classroom, counselling room, church, or any setting where teenage minds are at the forefront, these interventions will help you break down barriers and encourage meaningful interaction.

Join us to discover how creativity can transform the way you work with teenagers, opening up new pathways for growth and understanding.

An extensive manual with all the interventions are included!

LIVE RECORDING AVAILABLE FOR PURCHASE

**HPCSA 7 CLINICAL CPD POINTS**





# COUNSELLING MATTERS TRAINING

## PAC 2.0 ADVANCED COUNSELLING SKILLS



### 2-Day Online Workshop

Ready to take your counselling skills to the next level?

Join us for PAC 2.0 — a practical, hands-on training designed for professionals who've completed foundational work and want to grow in confidence and depth.

Across two days, we'll explore a wide range of advanced topics, including:

- Advanced reflective skills
- Working with resistance
- Sophisticated questioning techniques
- Micro-skills for emotional regulation
- Interpretation and hypothesis testing
- Managing transference and countertransference
- Contracting and collaborative goal setting
- Case conceptualisation basics
- Strengths-based and resilience-focused interventions
- Mindfulness and body-based awareness
- Brief interventions and de-escalation techniques
- Creative tools: using metaphor, story, image, and drawing.
- much more!

This workshop is ideal for counsellors, therapists, social workers, and mental health professionals wanting to deepen their skills and feel more confident during counselling sessions.

**LIVE RECORDING AVAILABLE FOR PURCHASE AFTER WORKSHOP**

**HPCSA 12 CLINICAL CPD POINTS**

## ESSENTIALS OF WORKING WITH CHILDREN & CREATIVE INTERVENTIONS FOR CHILDREN



### Morning: The Essentials of working with Children

This one-day workshop is tailored to equip you with the essential knowledge and skills necessary to navigate the unique dynamics of counselling young minds. Covering crucial areas such as ethical and legal considerations, effective communication strategies with children, the incorporation of playful techniques, and best practices for involving and providing feedback to parents, this workshop is a comprehensive guide to fostering a positive and impactful therapeutic relationship with children. We will delve into the do's and don'ts when working with this demographic, ensuring that your approach is not only effective but also ethically sound. Join us for a day of learning, collaboration, and skill-building as we collectively strive to make a positive difference in the lives of the young individuals we have the privilege to serve

### Afternoon: Creative Interventions for Children

Introducing creative methods to child clients 10+ NEW practical creative interventions for a variety of situations in the counselling room How to adapt creative interventions to fit a variety of situations and topics Includes a step-by-step booklet and worksheets No creativity or artistic ability needed



**LIVE RECORDING AVAILABLE FOR PURCHASE**

**HPCSA 3 CLINICAL & 5 ETHICAL CPD POINTS**  
**SACSSP 3.5 CPD POINTS**

## THE A – Z OF THE TEENAGE CLIENT



### PART 1:

- DEVELOPMENT OF THE TEENAGE BRAIN
- THE ROLE OF HORMONES
- UNDERSTANDING PUBERTY
- STRESS AND THE TEENAGE BRAIN
- UNDERSTANDING TEENAGE EMOTIONS
- SEXUALITY (PORNOGRAPHY ETC.)
- SCREEN ADDICTION
- ROLE OF SLEEP
- DISCIPLINE
- ROLE OF MOM AND DAD
- RED FLAGS

### PART 2:

- AGES OF CONSENT
- ESTABLISHING A REPORT
- NEEDS OF A TEENAGE CLIENT
- WORKING WITH A RESISTANT TEENAGER
- CASE STUDIES
- SELF HARM & SUICIDE
- SUICIDE ASSESSMENT TOOL

**LIVE RECORDING AVAILABLE FOR PURCHASE AFTER WORKSHOP**

**R1950pp**  
**Online**

**24 & 25 JULY 2025**  
**1 & 2 OCTOBER 2025**

**HPCSA 8 CLINICAL & 3 ETHICAL CPD POINTS**  
**SACSSP 9 CPD POINTS**



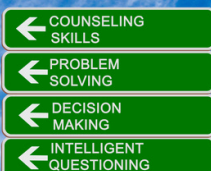
## COUPLES COUNSELLING



This workshop on couples counselling offers practical techniques and insights for working effectively with couples. Participants will explore the structure of the first session, various counselling approaches, and the fundamentals of relationship dynamics. Key topics include understanding attachment styles, different approaches to couples therapy, and the essential concept of love in relationships. By the end of the workshop, attendees will gain a deeper understanding of how couples counselling works, how to tailor their approach to individual couples, and how to foster healthier, more connected relationships.

**LIVE RECORDING AVAILABLE FOR PURCHASE**

**HPCSA 9 CLINICAL CPD POINTS**  
**SACSSP 5.5 CPD POINTS**





# COUNSELLING MATTERS TRAINING

## NARCISSISM: UNDERSTANDING, SURVIVING & HEALING.

### DAY 1:

#### UNDERSTANDING NARCISSISM

- WHAT IS NARCISSISTIC PERSONALITY DISORDER
- CYCLE OF ABUSE
- FUTURE FAKING
- GASLIGHTING
- FLYING MONKEYS
- SUPPLY
- TRIANGULATION
- LOVE BOMBING
- AND MUCH MORE!

### DAY 2:

- DOES THE NARCISSIST KNOW WHAT THEY ARE DOING?
- ARE THEY BORN OR MADE?
- BREAKING THE TRAUMA BOND
- SKILLS, TECHNIQUES AND TOOLS TO SURVIVE NARCISSISTIC ABUSE
- AND MUCH MORE!

LIVE RECORDING AVAILABLE FOR PURCHASE

## WORKING WITH NEURODIVERSITY

This course provides an in-depth exploration of neurodiversity, focusing on conditions such as ADHD, autism spectrum disorder, and other neurodivergent profiles. Participants will gain a deeper understanding of how neurodivergence affects thinking, behaviour, and social interactions. The training covers key concepts, challenges, strengths, and best practices for supporting neurodivergent individuals in various settings. Designed for counsellors, educators, and professionals, this course equips attendees with practical strategies to foster inclusion, empathy, and effective communication.

LIVE RECORDING AVAILABLE FOR PURCHASE AFTER WORKSHOP

**R850pp**  
**(9:00 – 15:00)**  
**Online**  
**29 AUG 2025**



## WORKING WITH GENDER BASED VIOLENCE & INTIMATE PARTNER VIOLENCE

Our new and upcoming course on Gender-Based Violence (GBV) and Intimate Partner Violence (IPV), an essential training designed to empower and equip counsellors with the knowledge and skills necessary to address these critical issues.

### Topics covered in this online workshop:

- Understanding GBV + IPV
- GBV + IPV in South African context
- Impact of GBV + IPV in our society & community
- Cycle of Abuse
- Impact on the individual
- What does the law say?
- What can I do?
- Supporting the survivors
- Case studies

LIVE RECORDING AVAILABLE FOR PURCHASE

**R850pp**  
**(9:00 – 15:00)**

**Online**  
**28 AUG 2025**

**SACSSP CPD POINTS PENDING**



## TRAUMA COUNSELLING: PART 1 – THE FUNDAMENTALS

Trauma Counseling Part 1 focuses on the fundamentals of trauma and its impact on the brain and body. This workshop covers the basics of trauma, including its neurobiological effects, and introduces foundational counseling techniques for supporting individuals affected by trauma. Participants will gain a deeper understanding of trauma responses, the importance of a safe therapeutic environment, and practical tools to begin addressing trauma in a counselling setting. This session is designed to provide a solid foundation for anyone looking to work with trauma survivors.

LIVE RECORDING AVAILABLE FOR PURCHASE

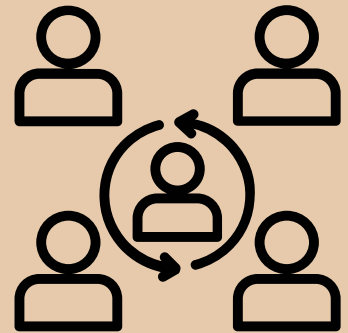
## Supervision

For counsellors registered with  
**ASCHP, SACSSP & HPCSA.**

**We provide individual one on one supervision sessions.**

**The duration of the supervision sessions is 1 hour.**

**For more information or to make a booking, kindly email [info@counsellingmatterssa.co.za](mailto:info@counsellingmatterssa.co.za) with supervision as your subject line.**



*Registration link for our  
Short courses & recordings*

<https://forms.gle/Q4K8SiiXs5gjDBiu8>







# COUNSELLING MATTERS TRAINING

## LIVE RECORDINGS: THESE ARE RECORDINGS OF TRAINING SESSIONS HELD WITH ATTENDEES TO WATCH IN YOUR OWN TIME AND ON DEMAND **MOST OF OUR RECORDINGS ARE CPD APPROVED**



- HOW TO START & RUN YOUR OWN COUNSELLING PRACTICE - R650 INCLUDES RECORDING & MANUAL
- CREATIVE INTERVENTIONS WITH TEENAGERS IN THE COUNSELLING ROOM - R500 INCLUDES RECORDING & MANUAL (HPCSA 7 CLINICAL CPD POINTS)
- ADHD: WORKING WITH CHILDREN & TEENS IN THE COUNSELLING ROOM - R500 INCLUDES RECORDING & MANUAL (HPCSA 4 CLINICAL CPD POINTS & SACSSP 3 CPD POINTS)
- WORKING WITH THE SURVIVOR OF NARCISSISTIC ABUSE - R200 RECORDING ONLY
- COUPLES COUNSELLING PRACTICAL INTERVENTIONS - R200 RECORDING ONLY
- CBT FOR CHILDREN - R350 INCLUDES RECORDING & MANUAL (HPCSA 3 CLINICAL CPD POINTS)
- A - Z OF THE TEENAGE CLIENT - R950 INCLUDES RECORDING & MANUAL (HPCSA 8 CLINICAL + 3 ETHICAL CPD POINTS & SACSSP 9 CPD POINTS)
- TRAUMA COUNSELLING: NEUROBIOLOGY, PTSD, CPTSD & TRAUMA INTERVENTIONS - R650 INCLUDES RECORDING & MANUAL
- CRITICAL INCIDENT & DEBRIEFING - R200 RECORDING ONLY
- ESSENTIALS OF WORKING WITH CHILDREN & CREATIVE INTERVENTIONS FOR CHILDREN - R500 INCLUDES RECORDING & MANUAL (3 CLINICAL & 5 ETHICAL CPD POINTS & SACSSP 3.5 CPD POINTS)
- SUICIDE CONTRACT & ASSESSMENT - R200 INCLUDES RECORDING ONLY
- POLYVAGAL THEORY WITH SOMATIC & POLYVAGAL TECHNIQUES - R200 INCLUDES RECORDING ONLY
- COUPLES COUNSELLING (HPCSA 9 CLINICAL CPD POINTS & SACSSP 5.5 CPD POINTS)
- WORKING WITH GBV + IPV - R500 WITH MANUAL
- THE ADULT SURVIVOR OF CHILDHOOD SEXUAL ABUSE - R200
- TRAUMA COUNSELLING PART 1 - THE FUNDAMENTALS - R500 WITH MANUAL
- NARCISSISTIC ABUSE: UNDERSTANDING, SURVIVING & HEALING - R850 + WORKBOOK
- PAC: ENNEAGRAM PERSONALITY PROFILE TOOL - R270 3HR WORKSHOP
- PAC: FUNDAMENTALS OF GBV & IPV - R200 2HR WORKSHOP
- PAC 2.0 ADVANCED COUNSELLING SKILLS 2 DAY WORKSHOP - R850 + WORKBOOK (HPCSA 12 CLINICAL CPD POINTS)

## NUGGETS OF KNOWLEDGE WORKSHOPS (PAC WORKSHOPS)

Do you need the skills but don't have the time?  
Then this is the perfect solution!  
Attend our high impact / low time 2hr courses.



	<b>Workshop: Creative interventions with Adults in the counselling room</b>  <b>LIVE RECORDING AVAILABLE - R200</b>		<b>Workshop: Working with the LGBTQIA community</b> <b>Date: 9 September 2025</b> <b>Time: 14:00pm - 16:00pm</b> <b>LIVE RECORDING AVAILABLE AFTER WORKSHOP - R200</b>
	<b>Workshop: DBT for beginners</b> <b>Date: 29 July 2025</b> <b>Time: 10am - 12am</b> <b>LIVE RECORDING AVAILABLE AFTER WORKSHOP - R200</b>		<b>Workshop: Porn addiction</b> <b>Date: 15 October 2025</b> <b>Time: 11:00am - 13:00pm</b> <b>LIVE RECORDING AVAILABLE AFTER WORKSHOP - R200</b>
	<b>Workshop: Creative interventions with couples</b> <b>Date: 15 August 2025</b> <b>Time: 10am - 12am</b> <b>LIVE RECORDING AVAILABLE AFTER WORKSHOP - R200</b>		<b>Workshop: The mother wound</b> <b>Date: 11 November 2025</b> <b>Time: 10:00am - 12:00am</b> <b>LIVE RECORDING AVAILABLE AFTER WORKSHOP - R200</b>

# EVOLVE

## COUNSELLING COURSE

### 1 WEEK COURSE



**This programme is aimed as students with a degree in Psychology**

The EVOLVE programme will equip you with the practical application of counselling skills (PAC) and 100 practical hours in order for to register with the ASCHP.

#### **How does it work?**

Practical Application of Counselling Course (PAC)

This one week, full time course is compulsory in order to gain entry into the practical module. This course covers the fundamentals of counselling and will equip you to master the counselling process from start to end. We focus on instilling expertise, confidence and competency as a counsellor. We also provide you with a comprehensive counselling manual and resources. This is the most practical counselling course you will find.

#### **Practical Hours**

Our practical module is aimed at providing you with placements at one of our NGO partners or Online Counselling clients or a combination of both. You have the option to decide which option suits your personal circumstance. The 100 hours are allocated as follows:

70 hours at an NGO and/or Online Counselling

30 Hours of Supervision and Support

#### **Practical Module includes:**

- Placement at an NGO for counselling and/or
- Online Counselling Clients
- Weekly online Group Supervision
- Mentor Support
- Peer Support Whatsapp Group
- Monthly 2 hour PAC workshops
- Up to 5 Personal development counselling sessions
- Ongoing administration support
- Written reference for ASCHP
- Support from our Practical and Volunteers Manager
- Support with your registration with the ASCHP
- 20% discount on all CMT short courses

#### **Intake dates:**

- 4 - 8 August (Online 09:00 - 16:00 daily)
- 1 - 5 September (Online 09:00 - 16:00 daily)
- 15 - 19 September (Online 09:00 - 16:00 daily)
- 27 - 31 October 2025 (Online 09:00 - 16:00 daily)
- 3 - 7 November (Online 09:00 - 16:00 daily)



*Registration link for our  
Evolve course*

<https://forms.gle/k1gaRkrgjuEhQEs86>