



COUNSELLING MATTERS TRAINING

NEWSLETTER

2026

**SPECIAL
OFFER**

THE A - Z OF THE TEENAGE CLIENT RECORDING ON SPECIAL FOR MONTH OF MAY!



**NORMAL PRICE R950
SPECIAL PRICE R350**

Adolescence is a complex and transformative time, marked by intense emotional, physical, and cognitive changes. This training course is designed to provide a deep, evidence-based understanding of teenage development, while offering practical tools for those working closely with teens—whether in the counselling room, schools, clinics, community settings, or at home.



- Development of the teenage brain
- The role of hormones
- Understanding puberty
- Stress and the teenage brain
- Understanding emotions
- Sexuality (Pornography etc.)
- Screen addiction
- Role of sleep
- Discipline
- Role of mom and dad
- Red flags
- Ethics aspects: Age of consent, confidentiality, feedback to parents
- Building a relationship with a teen
- Practical skills and tools/ techniques in working with teens
- Case studies
- Self harm behaviour
- Suicide risk assessment

Participants will leave equipped with practical tools and techniques. Real-world case studies will allow for hands-on learning, role play, and group problem-solving. A dedicated session will focus on understanding self-harming behavior, along with guidelines for suicide risk assessment, safety planning, and collaborative support.

REGISTER TO BUY RECORDING "UNDER LIVE RECORDINGS", NORMAL PRICE WILL SHOW BUT SPECIAL PRICE IS VALID AND WILL SHOW ON QUOTATION SENT AFTER REGISTRATION.

REGISTRATION LINK: <https://forms.gle/nTn8ZdEliEYA2GfK6>



CPD POINTS ACCREDITED TOWARDS RECORDING

SACSSP: 9 CPD POINTS

HPCSA: 8 CLINICAL & 3 ETHICAL CPD POINTS

ASCHP: EXTERNAL CPD POINTS



NEWSLETTER

2026

NEW

WORKING WITH INFIDELITY 1.5 DAY WORKSHOP



Infidelity is one of the most common and complex presenting issues in couples counselling. Research consistently shows that a significant proportion of couples seek therapy following an affair or betrayal, and for many counsellors this work can feel emotionally charged, ethically nuanced, and very demanding.

This 1.5-day practical workshop is designed to equip counsellors, pastors, social workers and other mental health practitioners with a clear framework for working effectively with infidelity in couple relationships.

Participants will gain practical, evidence-informed techniques and counselling skills to work with couples empathetically and effectively.

The focus is on real-world application, case examples, and structured interventions that can be used immediately in practice.

DATE TBC

Day 1: 09:00 – 16:00pm

Day 2: 09:00 – 13:00pm

R1500pp

RECORDING OF LIVE WORKSHOP AVAILABLE AFTER PRESENTATION

NEW

WORKING WITH INTERNAL FAMILY SYSTEMS 1.5 DAY WORKSHOP



Internal Family Systems (IFS) is a powerful, evidence-informed therapeutic model that helps clients understand and heal their inner world by working with different “parts” of the self. This one-and-a-half-day practical workshop is designed for counsellors, social workers and mental health professionals who want to confidently apply IFS theory and techniques in the counselling practice.

- Foundations of IFS: Understanding Self, parts, and the core assumptions of the model
- Protective Parts: Working with Managers and Firefighters and understanding their roles
- Exiles and Trauma: Safely approaching wounded parts and unburdening processes
- The Therapeutic Relationship in IFS: Therapist presence, Self-energy, and pacing
- Applying IFS in Practice: Integrating IFS with individual and relational work
- Identifying and mapping parts with clients
- Helping clients unblend from parts and access Self-leadership
- Conducting parts dialogues and guided internal exploration
- Working safely with resistance, protectors, and trauma-based responses
- Using IFS language and interventions in real-time sessions

This workshop emphasises hands-on learning, examples, guided practice, and tools that can be applied immediately with clients.

DATE TBC

Day 1: 09:00 – 16:00pm

Day 2: 09:00 – 13:00pm

R1500pp

RECORDING OF LIVE WORKSHOP AVAILABLE AFTER PRESENTATION



THE A - Z OF THE TEENAGE CLIENT



Adolescence is a complex and transformative time, marked by intense emotional, physical, and cognitive changes. This training course is designed to provide a deep, evidence-based understanding of teenage development, while offering practical tools for those working closely with teens—whether in the counselling room, schools, clinics, community settings, or at home.

- Development of the teenage brain
- The role of hormones
- Understanding puberty
- Stress and the teenage brain
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- Sexuality (Pornography etc.)
- Screen addiction
- Role of sleep
- Discipline
- Role of mom and dad
- Red flags
- Ethics aspects: Age of consent, confidentiality, feedback to parents
- Building a relationship with a teen
- Practical skills and tools/ techniques in working with teens
- Case studies
- Self harm behaviour
- Suicide risk assessment

Participants will leave equipped with practical tools and techniques. Real-world case studies will allow for hands-on learning, role play, and group problem-solving. A dedicated session will focus on understanding self-harming behavior, along with guidelines for suicide risk assessment, safety planning, and collaborative support.



CPD POINTS ACCREDITED TOWARDS RECORDING

SACSSP: 9 CPD POINTS
HPCSA: 8 CLINICAL & 3 ETHICAL CPD POINTS
ASCHP: EXTERNAL CPD POINTS



COUNSELLING MATTERS TRAINING

NEW

WORKING WITH ADDICTION 1.5 DAY WORKSHOP



Working with Addiction: A Practical Skills Workshop for Counsellors

Addiction is a common and complex presenting issue in counselling practice, often intertwined with trauma, mental health challenges, relationships, and relapse cycles. This 1.5-day, highly practical workshop is designed to equip counsellors with a clear understanding of addiction and the hands-on skills needed to work confidently and effectively with clients.

The workshop covers the fundamentals of addiction, including:

- Understanding addiction as a biopsychosocial process
- Substance and behavioural addictions commonly seen in practice
- The cycle of addiction, relapse, and recovery
- Motivation, ambivalence, and resistance to change

Participants will also learn practical counselling interventions and techniques, such as:

- Conducting basic addiction assessments and screening
- Working with denial, shame, and relapse compassionately
- Motivational interviewing skills for addiction work
- Building insight, accountability, and recovery-oriented goals
- Supporting harm reduction, abstinence, and referral pathways
- Working with families and relational impact where appropriate

This workshop is skills-focused, interactive, and grounded in real counselling scenarios, ensuring counsellors leave with tools they can apply immediately in their practice.

DATE TBC
Day 1: 09:00 - 16:00pm
Day 2: 09:00 - 13:00pm
R1500pp

**RECORDING OF LIVE WORKSHOP AVAILABLE
AFTER PRESENTATION**

NEW

ETHICS IN PRACTICE 1 DAY WORKSHOP



This interactive workshop is designed to support ASCHP-registered counsellors and students in strengthening ethical awareness and professional decision-making. Participants will engage with real-world case studies to explore common ethical dilemmas encountered in counselling practice.

The workshop provides clarity on scope of practice and ethical boundaries, with a particular focus on confidentiality, informed consent, record-keeping, and mandatory reporting responsibilities. Best-practice guidelines for online and remote counselling are also discussed, including ethical considerations related to technology, privacy, and professional conduct.

In addition, the workshop highlights the importance of diversity, inclusion, and cultural sensitivity in counselling, equipping participants to work ethically and respectfully with clients from varied backgrounds.

Learning outcomes include:

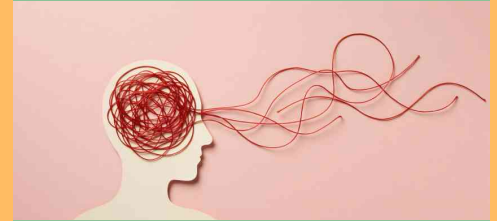
- Understanding core ethical principles relevant to ASCHP counsellors
- Applying ethical decision-making models to real-life case scenarios
- Clarifying scope of practice and referral responsibilities
- Managing confidentiality, consent, and reporting obligations
- Navigating ethical challenges in online counselling
- Promoting culturally sensitive and inclusive counselling practice

4 June 2026
09:00 - 15:00pm
R850pp

**RECORDING OF LIVE WORKSHOP AVAILABLE
AFTER PRESENTATION**

NEW

TECHNIQUES TO WORK WITH ANXIETY & DEPRESSION 1 DAY WORKSHOP



Join us for a practical, skills-focused one-day workshop designed for counsellors, social workers, and other mental health professionals who want effective tools they can use confidently in everyday practice.

Morning Session: Working with Depression

The first half of the day will focus on understanding and supporting clients who are experiencing depression. We will explore:

- How to help clients shift unhelpful thinking patterns and increase engagement with daily life
- Practical strategies for working with low motivation, emotional withdrawal, and feelings of hopelessness
- Tools to support emotional regulation and build resilience
- Body-based and grounding techniques to support energy, presence, and emotional safety
- Applied examples showing how to introduce and pace interventions with different clients

Afternoon Session: Working with Anxiety

The second half of the day will focus on skills and techniques for supporting clients with anxiety. Topics will include:

- Understanding common anxiety patterns and how they are maintained
- Practical tools for working with worry, fear, avoidance, and panic
- Techniques to help clients feel more grounded, calm, and in control
- Body-focused strategies to support nervous system regulation and reduce overwhelm
- Ways to help clients build confidence and coping capacity over time

This workshop is practical, interactive, and accessible, with a strong focus on real-world application and skills you can take straight into your work.

15 October 2026
09:00 - 15:00pm
R850pp

**RECORDING OF LIVE WORKSHOP AVAILABLE
AFTER PRESENTATION**

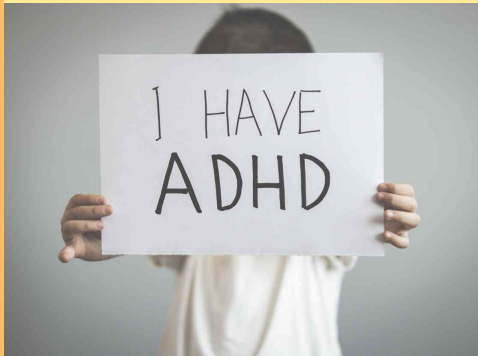


COUNSELLING MATTERS TRAINING

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.



CBT SKILLS WITH CHILDREN 3 HOUR WORKSHOP



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.



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!



CPD POINTS ACCREDITED TOWARDS RECORDING
SACSSP: 3 CPD POINTS
ASCHP: EXTERNAL CPD POINTS



CPD POINTS ACCREDITED TOWARDS RECORDING
SACSSP: 1.5 CPD POINTS
ASCHP: EXTERNAL CPD POINTS



CPD POINTS ACCREDITED TOWARDS RECORDING
SACSSP: 3.5 CPD POINTS
ASCHP: EXTERNAL 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.



**CPD POINTS ACCREDITED
TOWARDS RECORDING**

**SACSSP: 6.5 CPD POINTS
ASCHP: EXTERNAL 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



**CPD POINTS ACCREDITED
TOWARDS RECORDING**

**SACSSP: 3.5 CPD POINTS
ASCHP: EXTERNAL 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.

- The Yellow Handbag Concept
- Does Couples Counselling work?
- When does couples counselling not work
- What do Couples want from Couples Counselling?
- Fundamentals of couples counselling
- Attachment Theory in Couples Therapy
- Definition of Love
- Neurobiology of Love
- Stages of a love relationship
- The four main reasons people go to couples counselling
- The first session
- General Interventions

By the end of this workshop, participants should feel more confident in understanding couple dynamics, creating a safe therapeutic space, and applying foundational couples counselling principles in practice. This workshop serves as both a valuable learning experience and a stepping stone for further development in working with couples and relationship-focused therapy.



**CPD POINTS ACCREDITED
TOWARDS RECORDING**

**SACSSP: 5.5 CPD POINTS
HPCSA: 9 CLINICAL CPD POINTS
ASCHP: EXTERNAL 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

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



CPD POINTS ACCREDITED TOWARDS RECORDING

SACSSP: 4 CPD POINTS
ASCHP: EXTERNAL CPD POINTS

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 counselling 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, you can enquire on our website or kindly email info@counsellingmatterssa.co.za with supervision as your subject line.



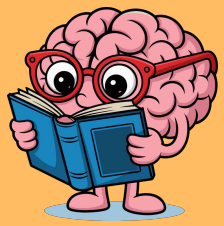
Registration link for our Short courses & recordings

<https://forms.gle/nTn8ZdEli eyA2GfK6>





COUNSELLING MATTERS TRAINING PAC WORKSHOPS



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 duration 2hr courses.



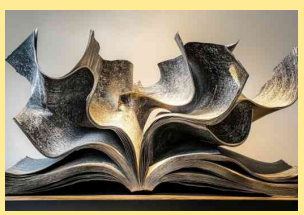
Workshop: Group Counselling
LIVE RECORDING AVAILABLE - R200



Workshop: Managing Imposter Syndrome
Date: 17 July 2026
Time: 10:00am - 12:00am
LIVE RECORDING AVAILABLE AFTER WORKSHOP - R200



Workshop: Inner Child work
Date: TBC 2026
Time: 10:00am - 12:00am
LIVE RECORDING AVAILABLE AFTER WORKSHOP - R200



Workshop: Working Narratively in the Counselling room
Date: 21 August 2026
Time: 10:00am - 12:00am
LIVE RECORDING AVAILABLE AFTER WORKSHOP - R200



Workshop: Loss & Grief
LIVE RECORDING AVAILABLE - R200



Workshop: Cultural Intelligence in the Counselling room
Date: 17 September 2026
Time: 10:00am - 12:00am
LIVE RECORDING AVAILABLE AFTER WORKSHOP - R200



Workshop: Love in the Age of swiping
LIVE RECORDING AVAILABLE AFTER WORKSHOP - R200



Workshop: CBT for beginners
Date: 20 October 2026
Time: 18:00pm - 20:00pm
LIVE RECORDING AVAILABLE AFTER WORKSHOP - R200



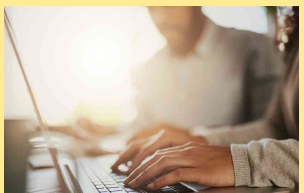
Workshop: The Adult Survivor of childhood sexual abuse
Date: 13 May 2026
Time: 10:00am - 12:00am
LIVE RECORDING AVAILABLE AFTER WORKSHOP - R200



Workshop: The Father Wound
Date: 20 November 2026
Time: 18:00pm - 20:00pm
LIVE RECORDING AVAILABLE AFTER WORKSHOP - R200



Workshop: Working with Polyamory
Date: 18 June 2026
Time: 10:00am - 12:00am
LIVE RECORDING AVAILABLE AFTER WORKSHOP - R200



Workshop: New practice Administration
Date: 7 December 2026
Time: 14:00pm - 16:00pm
LIVE RECORDING AVAILABLE AFTER WORKSHOP - R200

Register for a PAC workshop here:
<https://forms.gle/nTn8ZdElieyA2GfK6>



COUNSELLING MATTERS TRAINING

LIVE RECORDINGS



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 ACCREDITED
HPCSA - EXPIRES 31/12/2025
SOME OF THE HPCSA RECORDINGS ARE PENDING FOR 2026



Register for recordings here: <https://forms.gle/nTn8ZdElieyA2GfK6>

SHORT COURSE WORKSHOPS

- COUPLES COUNSELLING - R950 (HPCSA 9 CLINICAL CPD POINTS & SACSSP 5.5 CPD POINTS)
- A - Z OF THE TEENAGE CLIENT - R950 INCLUDES RECORDING & MANUAL (HPCSA 8 CLINICAL & 3 ETHICAL CPD POINTS & SACSSP 9 CPD POINTS)
- PAC 2.0 ADVANCED COUNSELLING SKILLS 2 DAY WORKSHOP - R850 + WORKBOOK (HPCSA CPD POINTS PENDING SACSSP 6.5 CPD POINTS)
- NARCISSISTIC ABUSE: UNDERSTANDING, SURVIVING & HEALING - R850 + WORKBOOK
- CREATIVE INTERVENTIONS WITH TEENAGERS IN THE COUNSELLING ROOM - R500 INCLUDES RECORDING & MANUAL (HPCSA CPD POINTS PENDING SACSSP 3.5 CPD POINTS)
- HOW TO START & RUN YOUR OWN COUNSELLING PRACTICE - R650 INCLUDES RECORDING & MANUAL
- TRAUMA COUNSELLING: NEUROBIOLOGY, PTSD, CPTSD & TRAUMA INTERVENTIONS - R650 INCLUDES RECORDING & MANUAL
- ADHD: WORKING WITH CHILDREN & TEENS IN THE COUNSELLING ROOM - R500 INCLUDES RECORDING & MANUAL (HPCSA CPD POINTS PENDING & SACSSP 3 CPD POINTS)
- ESSENTIALS OF WORKING WITH CHILDREN & CREATIVE INTERVENTIONS FOR CHILDREN - R500 INCLUDES RECORDING & MANUAL (HPCSA CPD POINTS PENDING & SACSSP 3.5 CPD POINTS)
- WORKING WITH GBV + IPV - R500 WITH MANUAL (SACSSP 4 CPD POINTS)
- TRAUMA COUNSELLING PART 1 - THE FUNDAMENTALS - R500 WITH MANUAL
- WORKING WITH NEURODIVERSITY (R500 + WORKBOOK)
- CBT FOR CHILDREN - R350 INCLUDES RECORDING & MANUAL (HPCSA CPD POINTS PENDING SACSSP 1.5 CPD POINTS)

PAC WORKSHOPS (2 HOUR WORKSHOPS)

- ENNEAGRAM PERSONALITY PROFILE TOOL - R270 3HR WORKSHOP RECORDING ONLY
- CRITICAL INCIDENT & DEBRIEFING - R200 2HR WORKSHOP RECORDING ONLY
- COUPLES COUNSELLING PRACTICAL INTERVENTIONS - R200 2HR WORKSHOP RECORDING ONLY
- SUICIDE CONTRACT & ASSESSMENT - R200 2HR WORKSHOP RECORDING ONLY
- POLYVAGAL THEORY WITH SOMATIC & POLYVAGAL TECHNIQUES - R200 2HR WORKSHOP RECORDING ONLY
- WORKING WITH THE SURVIVOR OF NARCISSISTIC ABUSE - R200 2HR WORKSHOP RECORDING ONLY
- THE ADULT SURVIVOR OF CHILDHOOD SEXUAL ABUSE - R200 2HR WORKSHOP RECORDING ONLY
- PAC: FUNDAMENTALS OF GBV & IPV - R200 2HR WORKSHOP RECORDING ONLY
- CREATIVE INTERVENTIONS WITH ADULTS IN THE COUNSELLING ROOM - R200 2HR WORKSHOP RECORDING ONLY
- PAC: DBT FOR BEGINNERS R200 2 HOUR WORKSHOP RECORDING ONLY
- PAC: WORKING WITH THE LGBTQIA COMMUNITY R200 2 HOUR WORKSHOP RECORDING ONLY
- THE MOTHER WOUND - R200 2HR WORKSHOP RECORDING ONLY
- ETHICS FOR ASCHP COUNSELLORS - R200 2HR WORKSHOP RECORDING ONLY
- CAREER PATHWAYS FOR SOCIAL WORKERS - R99 2HR WORKSHOP RECORDING ONLY
- PAC: GROUP COUNSELLING R200 2 HOUR WORKSHOP RECORDING ONLY
- PAC: LOSS & GRIEF (2026) R200 2 HOUR WORKSHOP RECORDING ONLY

EVOLVE PROGRAMME

Get registered with the ASCHP board as a Wellness/Specialist wellness counsellor

REQUIREMENTS:

Degree in Psychology as a major or related humanities degree with Psychology as a major

PAC PROGRAMME (Practical application of counselling)

This course covers the fundamentals of counselling and will equip you to master the counselling process from start to end, this programme is compulsory in order to gain entry into the practical module.

FULL TIME: 1 week live training via zoom from Monday - Friday 9am - 4pm daily.

Upcoming live intake dates:

- 8 - 12 June 2026
- 6 - 10 July 2026

PART TIME: Programme is completed by watching recordings and attending support meetings, you have 3 months to complete the recordings and attend the support meetings.

Part Time intakes for remainder of 2026

- 3 - 7 August 2026
- 28 September - 2 October 2026

**R5700,00 + R300 non refundable
registration fee**

ADDITIONAL ADD ON (OPTIONAL PACKAGE)

This is the knowledge you are going to need in order to counsel effectively. Designed to deepen your practical counselling skills and build confidence before starting your practical hours.

This package includes:

- **1-on-1 personal feedback and coaching session** with Mariska & Alicia (1 hour), as well as **7 carefully selected workshop recordings:**
- Couples Counselling
- The A-Z of the Teenage Client
- Trauma Counselling: The Fundamentals
- DBT for Beginners
- Loss & Grief
- Ethics in the Counselling Room
- Adult Survivor of Narcissistic Abuse

This add-on can be completed alongside or after the PAC programme.

R3500,00

PRACTICAL MODULE

A student requires 100 practical hours in order to register with the ASCHP board. A student usually completes their 100 hours within 4-6 months depending on own availability.

Included in the practical module:

- 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

**R1500pm until you have reached
100 hours**

REGISTER FOR PAC HERE: <https://forms.gle/D1HBnRgv28mJUxF87>