



COUNSELLING MATTERS TRAINING

NEWSLETTER

2026

NEW

WORKING WITH INFIDELITY 1 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 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
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.

DATE TBC
09:00 – 15:00pm
R850pp

**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
- 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.



**CPD POINTS ACCREDITED
TOWARDS RECORDING**

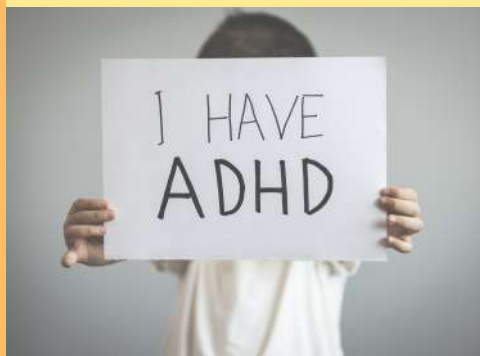
SACSSP: 10 CPD POINTS
HPCSA: 8 CLINICAL & 3 ETHICAL CPD POINTS
ASCHP: EXTERNAL CPD POINTS



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

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.

LIVE RECORDING AVAILABLE FOR PURCHASE

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



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

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

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**

**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

LIVE RECORDING AVAILABLE FOR PURCHASE

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

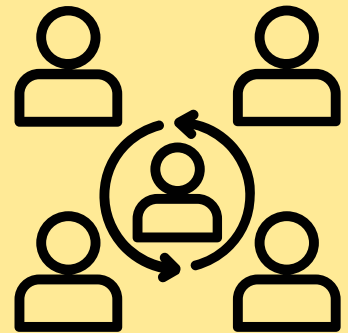
Supervision

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/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)
- A - Z OF THE TEENAGE CLIENT - R950 INCLUDES RECORDING & MANUAL (HPCSA 8 CLINICAL & 3 ETHICAL CPD POINTS & SACSSP 10 CPD POINTS)
- PAC 2.0 ADVANCED COUNSELLING SKILLS 2 DAY WORKSHOP - R850 + WORKBOOK
- NARCISSISTIC ABUSE: UNDERSTANDING, SURVIVING & HEALING - R850 + WORKBOOK
- CREATIVE INTERVENTIONS WITH TEENAGERS IN THE COUNSELLING ROOM - R500 INCLUDES RECORDING & MANUAL
- 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
- ESSENTIALS OF WORKING WITH CHILDREN & CREATIVE INTERVENTIONS FOR CHILDREN - R500 INCLUDES RECORDING & MANUAL
- WORKING WITH GBV + IPV - R500 WITH MANUAL
- TRAUMA COUNSELLING PART 1 - THE FUNDAMENTALS - R500 WITH MANUAL
- WORKING WITH NEURODIVERSITY (R500 + WORKBOOK)
- CBT FOR CHILDREN - R350 INCLUDES RECORDING & MANUAL

PAC WORKSHOPS (2 HOUR WORKSHOPS)

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

- 7 - 11 September 2026
- 5 - 9 October 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

- 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>