



Accredited Africa Training Institute for Capacity Development

Unit FO409, Hatfield Plaza · 1122 Burnett St, Hatfield 0028 · Pretoria, Gauteng · South Africa

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COURSE BROCHURE

Chemical Dependency Understanding And Personal Healthcare Application Training

Services / Transport, Operations and Logistics

Unit Standard 110254 · NQF Level 1 · 3 Credits · 1 Day

COURSE OVERVIEW

This course equips learners with a comprehensive understanding of chemical dependency, including its causes, effects, and impact on personal health and well-being. Participants will learn to apply practical strategies for prevention, self-assessment, and support, enabling them to manage chemical dependency risks in personal and workplace contexts.

Category	Services
Subfield	Transport, Operations and Logistics
Unit Standard	110254
Accreditation	SAQA Accredited · NQF Level 1 · 3 Credits
Duration	1 day
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Demonstrate an understanding of chemical dependency, including its psychological, physiological, and social dimensions.
- Apply knowledge of the effects of commonly abused substances on personal health and well-being.
- Evaluate personal risk factors and develop a personal healthcare plan to prevent or manage chemical dependency.
- Analyze the impact of chemical dependency on family, workplace, and community relationships.
- Implement strategies for supporting individuals with chemical dependency, including referral to appropriate resources.
- Apply principles of self-care and healthy coping mechanisms to maintain personal wellness.

WHO SHOULD ATTEND

- This course is designed for employees, supervisors, and individuals seeking to understand chemical dependency and its personal healthcare implications.
- It is suitable for anyone wanting to develop skills to identify, prevent, and address substance abuse issues in themselves or others.

COURSE OUTLINE

Day 1: Understanding Chemical Dependency and Personal Healthcare Application

- Introduction to chemical dependency: definitions, terminology, and prevalence.
- The biopsychosocial model: biological, psychological, and social factors.
- Signs and symptoms of substance use disorders across different substances.
- Stages of addiction: from experimentation to dependence.
- Impact on personal health: physical, mental, and social consequences.
- Personal healthcare application: self-care, stress management, and healthy coping mechanisms.
- Support systems: healthcare providers, support groups, and community resources.
- Ethical considerations and confidentiality in dealing with chemical dependency.

ASSESSMENT & CERTIFICATION

Delegates are assessed through exercises and a final test. A mark of **50% or above** earns an **AATICD Certificate of Completion**, issued digitally with a unique verification code. This course carries **3 NQF credits** at **NQF Level 1**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 12,800.00	R 12,800.00
1	In-House	R 16,600.00	R 16,600.00
1	On-Campus (Pretoria)	R 19,200.00	R 19,200.00

UPCOMING SESSIONS

Start	End	Method	Venue
31 Jul 2026	31 Jul 2026	On-Campus	Johannesburg, South Africa
03 Aug 2026	03 Aug 2026	On-Campus	Cape Town, South Africa
04 Aug 2026	04 Aug 2026	On-Campus	Dubai, UAE
05 Aug 2026	05 Aug 2026	On-Campus	Pretoria, South Africa
05 Aug 2026	05 Aug 2026	On-Campus	Lagos, Nigeria
06 Aug 2026	06 Aug 2026	On-Campus	Johannesburg, South Africa
07 Aug 2026	07 Aug 2026	On-Campus	Mauritius
10 Aug 2026	10 Aug 2026	On-Campus	Dubai, UAE

Contact us if no suitable date is listed – on-demand sessions can be arranged for groups.

HOW TO GET A QUOTE OR APPLY

1. **Get an instant quotation online:** visit www.aaticd.co.za, open the page for this course (Unit Standard 110254) and click **Get A Quote / Apply**. Select your training method and number of delegates – your quotation is generated immediately and emailed to you with the course brochure attached.
2. **Apply by email:** send the course title, your preferred training method (Online, In-House or On-Campus Pretoria), the number of delegates and your preferred dates to apply@aaticd.co.za – our team will reply with a formal quotation.
3. **Apply by phone or WhatsApp:** call +27 12 004 8389 or WhatsApp +27 65 077 6310 and we will prepare your quotation and reserve your seats.
4. **Confirm your booking:** accept the quotation and settle the invoice. As soon as payment is confirmed your delegates are enrolled and receive their AATICD LMS login details by email, along with joining instructions for their chosen training method.

Group discounts apply automatically – the more delegates you enrol, the lower the price per delegate. No payment is required to request a quotation.

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