



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

Christian Pastoral Care Skills For Church Congregations Training

Human and Social Studies / Religious and Ethical Foundations of Society

Unit Standard 115980 · NQF Level 2 · 15 Credits · 12 Days

COURSE OVERVIEW

This course equips church congregation members and pastoral teams with foundational skills in Christian pastoral care. Participants learn to provide compassionate emotional and spiritual support, maintain ethical boundaries, and refer complex cases to professional counselors, thereby strengthening the caring capacity of local faith communities.

Category	Human and Social Studies
Subfield	Religious and Ethical Foundations of Society
Unit Standard	115980
Accreditation	SAQA Accredited · NQF Level 2 · 15 Credits
Duration	12 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Apply biblical principles and ethical guidelines to pastoral care situations.
- Demonstrate active listening, empathy, and non-judgmental support during care visits.
- Analyze the spiritual and emotional needs of care recipients using a holistic framework.
- Implement appropriate referral pathways for issues beyond pastoral scope (e.g., mental health crises).
- Evaluate personal strengths and limitations as a pastoral caregiver and practice self-care.
- Design a simple pastoral care plan for a congregational member in need.

WHO SHOULD ATTEND

- This training is designed for church volunteers, lay ministers, deacons, elders, and any congregation members who wish to develop practical pastoral care skills to support others in their faith community.

COURSE OUTLINE

Day 1: Introduction to Pastoral Care

- Biblical basis for pastoral care (e.g., Good Shepherd, 2 Corinthians 1:3-4).
- Historical development of pastoral care in the church.
- Key principles: compassion, presence, and listening.
- Distinction between pastoral care, counselling, and spiritual direction.
- Ethical guidelines and confidentiality.
- Self-awareness and personal readiness for caregiving.

Day 2: Listening and Communication Skills

- Active listening: attending, paraphrasing, and summarising.
- Empathy vs. sympathy.
- Non-verbal communication and body language.
- Asking open-ended questions.
- Avoiding common pitfalls: advice-giving, interrupting, and judging.
- Role-play exercises in pairs.

Day 3: Understanding Human Development and Crisis

- Overview of Erik Erikson's psychosocial stages.
- Spiritual development across the lifespan.
- Types of crises: situational, developmental, and existential.
- Introduction to grief theories (Kübler-Ross, Worden).
- Pastoral responses to loss and bereavement.
- Case studies on life transitions.

Day 4: Pastoral Care in Times of Illness and Suffering

- Theodicy: why suffering exists.
- Practical aspects of visiting the sick.
- Praying with and for the ill.
- Anointing of the sick and laying on of hands.
- Supporting caregivers and families.
- Ethical considerations in end-of-life care.

Day 5: Marriage and Family Pastoral Care

- Biblical view of marriage and family.
- Pre-marital counselling basics.
- Communication patterns in couples.
- Conflict resolution and reconciliation.
- Parenting challenges and support.
- Blended families and special needs.

Day 6: Mental Health and Pastoral Care

- Depression, anxiety, and trauma: signs and symptoms.
- Pastoral support for those with mental illness.
- Suicide prevention and intervention.
- Referral pathways to professionals.
- Self-care for caregivers.

- Creating a mentally healthy church environment.

Day 7: Pastoral Care for the Elderly and Dying

- Ageing and spirituality.
- Reminiscence and life review.
- Palliative care and hospice partnerships.
- Advance care planning.
- Funeral liturgy and eulogies.
- Grief support after death.

Day 8: Pastoral Care in Crisis and Trauma

- Types of trauma: accidents, violence, natural disasters.
- Psychological first aid.
- Spiritual struggles after trauma.
- Debriefing and defusing techniques.
- Organising congregational crisis response.
- Long-term support for trauma survivors.

Day 9: Pastoral Care for Diverse Populations

- Cultural competence in pastoral care.
- Pastoral care for youth and children.
- Supporting singles, divorced, and widowed.
- LGBTQ+ inclusion and sensitivity.
- Pastoral care for people with disabilities.
- Cross-cultural communication.

Day 10: Group Pastoral Care and Community Building

- Types of pastoral groups: grief, marriage, recovery.
- Group facilitation skills.
- Building trust and confidentiality in groups.
- Peer support models.
- Integrating newcomers into community.
- Evaluating group effectiveness.

Day 11: Self-Care and Boundaries for Pastoral Caregivers

- Identifying stress and burnout.
- Spiritual disciplines for caregivers.
- Time management and prioritisation.
- Setting emotional and relational boundaries.
- Peer support and mentoring.
- Referral and when to say no.

Day 12: Integration, Assessment, and Action Plan

- Review of key concepts and skills.
- Case study analysis and group discussion.
- Role-play complex pastoral scenarios.
- Creating a congregational pastoral care strategy.
- Resources and further training.
- Personal commitment and action plan.

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 **15 NQF credits** at **NQF Level 2**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 30,100.00	R 30,100.00
1	In-House	R 39,100.00	R 39,100.00
1	On-Campus (Pretoria)	R 45,200.00	R 45,200.00

UPCOMING SESSIONS

Start	End	Method	Venue
21 Aug 2026	07 Sep 2026	On-Campus	Abu Dhabi, UAE
24 Aug 2026	08 Sep 2026	On-Campus	Shenzhen, China
25 Aug 2026	09 Sep 2026	On-Campus	Harare, Zimbabwe
26 Aug 2026	10 Sep 2026	On-Campus	Bangkok, Thailand
27 Aug 2026	11 Sep 2026	On-Campus	Victoria Falls, Zimbabwe
27 Aug 2026	11 Sep 2026	On-Campus	Abu Dhabi, UAE
28 Aug 2026	14 Sep 2026	On-Campus	Durban, South Africa
31 Aug 2026	15 Sep 2026	On-Campus	Harare, Zimbabwe

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 115980) 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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