



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 Counselling Skills And Application Training

Human and Social Studies / Religious and Ethical Foundations of Society

Unit Standard 116744 · NQF Level 4 · 10 Credits · 7 Days

COURSE OVERVIEW

This course equips learners with the skills and knowledge to provide Christian pastoral counselling within a South African context. It focuses on integrating biblical principles with counselling techniques to address personal, relational, and spiritual issues. Learners will develop the ability to apply ethical guidelines and facilitate healing and growth in individuals and communities.

Category	Human and Social Studies
Subfield	Religious and Ethical Foundations of Society
Unit Standard	116744
Accreditation	SAQA Accredited · NQF Level 4 · 10 Credits
Duration	7 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Apply biblical principles and psychological insights to pastoral counselling situations.
- Demonstrate effective listening and communication skills in a counselling context.
- Analyze the ethical and legal boundaries relevant to Christian pastoral counselling.
- Implement appropriate counselling interventions for common personal and relational issues.
- Evaluate the effectiveness of counselling sessions and adjust approaches as needed.
- Design a pastoral counselling plan that respects the client's spiritual and cultural background.

WHO SHOULD ATTEND

- This course is designed for pastors, church leaders, lay counsellors, and anyone involved in Christian ministry who wishes to enhance their counselling skills.
- It is also suitable for individuals seeking to integrate their faith with professional counselling practice.

COURSE OUTLINE

Day 1: Foundations of Christian Pastoral Counselling

- Biblical foundations for counselling (2 Corinthians 1:3-4)
- The pastoral counsellor as a healing presence
- Ethical guidelines and boundaries in pastoral care
- Overview of major counselling theories from a Christian perspective
- The role of prayer and Scripture in counselling

Day 2: The Counselling Relationship and Communication Skills

- Core communication skills: listening, paraphrasing, reflecting
- Empathy vs. sympathy in pastoral care
- Building therapeutic alliance from a faith perspective
- Non-verbal communication and cultural sensitivity
- Self-care and the need for supervision

Day 3: Assessment and Case Conceptualisation

- Holistic assessment: spiritual, emotional, relational, physical
- Recognising signs of depression, anxiety, and trauma
- The role of spiritual history and faith struggles
- Referral pathways and collaboration with professionals
- Structuring a session and goal setting

Day 4: Grief, Loss, and Crisis Counselling

- Models of grief (Kübler-Ross, Worden) and Christian hope
- Pastoral care in bereavement, divorce, and job loss
- Crisis intervention: assessment, safety planning
- Suicide risk assessment and prevention
- Spiritual struggles: lament, doubt, and meaning-making

Day 5: Marriage, Family, and Relationship Counselling

- Biblical foundations for marriage and family
- Communication patterns and conflict resolution skills
- Premarital counselling and enrichment
- Parenting challenges and family life cycles
- Addressing infidelity, addiction, and domestic violence

Day 6: Trauma, Abuse, and Healing

- Types of trauma: physical, emotional, sexual, spiritual
- Trauma responses and neurobiology basics
- Pastoral care for survivors of abuse
- Theodicy: helping clients wrestle with suffering
- Rituals of lament and healing prayer

Day 7: Integration, Ethics, and Practical Application

- Creating a personal integrative counselling framework
- Ethical dilemmas: confidentiality, dual relationships, boundaries
- Cultural competence in diverse South African contexts
- Case study presentations and peer feedback

- Resources for continued learning and supervision

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 **10 NQF credits** at **NQF Level 4**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 28,200.00	R 28,200.00
1	In-House	R 36,700.00	R 36,700.00
1	On-Campus (Pretoria)	R 42,300.00	R 42,300.00

UPCOMING SESSIONS

Start	End	Method	Venue
10 Aug 2026	18 Aug 2026	On-Campus	Cape Town, South Africa
11 Aug 2026	19 Aug 2026	On-Campus	Dubai, UAE
12 Aug 2026	20 Aug 2026	On-Campus	Pretoria, South Africa
13 Aug 2026	21 Aug 2026	On-Campus	Abu Dhabi, UAE
14 Aug 2026	24 Aug 2026	On-Campus	Durban, South Africa
14 Aug 2026	24 Aug 2026	On-Campus	Mauritius
17 Aug 2026	25 Aug 2026	On-Campus	Harare, Zimbabwe
17 Aug 2026	25 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 116744) 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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