



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

Supporting Emotionally Wounded Children Through Healing Techniques Training

Human and Social Studies / Religious and Ethical Foundations of Society

Unit Standard 116765 · NQF Level 4 · 10 Credits · 7 Days

COURSE OVERVIEW

This course equips participants with practical healing techniques to support emotionally wounded children in educational, community, and care settings. Learners will develop the skills to identify emotional trauma, apply appropriate interventions, and create safe environments for children to heal and thrive.

Category	Human and Social Studies
Subfield	Religious and Ethical Foundations of Society
Unit Standard	116765
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 a range of healing techniques to support emotionally wounded children in various contexts.
- Analyze the impact of emotional wounds on children's development and behaviour.
- Evaluate different intervention strategies and select appropriate techniques for specific situations.
- Design a supportive environment that promotes emotional safety and healing.
- Demonstrate effective communication skills when interacting with emotionally wounded children.
- Implement self-care strategies to prevent compassion fatigue and burnout.

WHO SHOULD ATTEND

- This training is designed for teachers, social workers, counsellors, caregivers, and youth workers who interact with children who have experienced emotional trauma or adverse childhood experiences.

COURSE OUTLINE

Day 1: Understanding Emotional Wounding in Children

- Introduction to emotional wounding: types and sources
- Developmental stages and vulnerability to trauma
- Attachment theory and its relevance to wounded children
- Cultural considerations in emotional healing
- Ethical considerations in working with children

Day 2: Foundations of Healing: Safety and Trust

- Creating physical and emotional safety
- Building trust: consistency, honesty, and empathy
- Trauma-informed care principles
- Active listening and reflective responses
- Setting boundaries and maintaining structure

Day 3: Expressive Therapies for Emotional Release

- Art therapy: drawing, painting, and collage
- Play therapy: structured and non-directive approaches
- Sandplay therapy: symbolic expression
- Storytelling and narrative therapy
- Music and movement activities
- Age-appropriate adaptations

Day 4: Cognitive and Behavioral Interventions

- Cognitive-behavioral therapy (CBT) basics for children
- Emotional regulation strategies
- Coping skills development
- Mindfulness and relaxation techniques
- Behavioral interventions and positive reinforcement
- Challenging negative self-talk

Day 5: Somatic Approaches and Body-Based Healing

- Trauma and the body: polyvagal theory
- Somatic experiencing: pendulation and titration
- Breathwork for calming the nervous system
- Grounding techniques
- Sensory integration activities
- Body mapping and movement

Day 6: Family Systems and Community Support

- Family therapy approaches: structural and narrative
- Parenting skills and psychoeducation
- Sibling dynamics and support
- Community resources and referrals
- Advocacy and multi-disciplinary collaboration
- Cultural and community healing practices

Day 7: Integration, Self-Care, and Professional Practice

- Creating individualized healing plans
- Case studies and practical application
- Self-care for practitioners: burnout prevention
- Supervision and peer support
- Ethical dilemmas and decision-making
- Continued learning and resources

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 116765) 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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