



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 Clients With Psychiatric Disorders For Optimal Functioning Training

Health Sciences and Social Services / Rehabilitative Health/Services

Unit Standard 117486 · NQF Level 4 · 16 Credits · 13 Days

COURSE OVERVIEW

This course equips healthcare and social service professionals with the knowledge and skills to effectively support clients with psychiatric disorders, promoting optimal functioning and improved quality of life. Participants will learn to apply evidence-based interventions, facilitate recovery, and collaborate within multidisciplinary teams.

Category	Health Sciences and Social Services
Subfield	Rehabilitative Health/Services
Unit Standard	117486
Accreditation	SAQA Accredited · NQF Level 4 · 16 Credits
Duration	13 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Apply knowledge of psychiatric disorders and their impact on functioning to develop client-centred support plans.
- Demonstrate effective communication and therapeutic engagement techniques with clients experiencing psychiatric disorders.
- Analyze the biopsychosocial factors influencing psychiatric disorders to inform holistic interventions.
- Evaluate the effectiveness of support strategies in promoting optimal functioning and recovery.
- Implement collaborative approaches involving clients, families, and multidisciplinary teams.
- Design individualized support plans that address clients' strengths, needs, and recovery goals.

WHO SHOULD ATTEND

- This course is designed for healthcare practitioners, social workers, counsellors, and community health workers who support individuals with psychiatric disorders in clinical, residential, or community settings.

COURSE OUTLINE

Day 1: Introduction to Psychiatric Disorders and Support Frameworks

- Overview of common psychiatric disorders (depression, anxiety, bipolar, schizophrenia)
- Biopsychosocial model and its application
- Scope of practice for support workers
- Mental Health Care Act (South Africa) and client rights
- Stigma, discrimination, and cultural considerations

Day 2: Communication and Therapeutic Rapport

- Active listening techniques
- Empathic responding and validation
- Communication barriers (e.g., cognitive distortions, sensory issues)
- De-escalation strategies
- Cultural sensitivity in communication

Day 3: Understanding Depression and Anxiety Disorders

- Major depressive disorder, dysthymia, and bipolar depression
- Generalized anxiety, panic, social anxiety, and PTSD
- Impact on motivation, sleep, and social interaction
- Supportive techniques: behavioural activation, grounding exercises
- Suicide risk assessment and emergency protocols

Day 4: Supporting Clients with Psychotic Disorders

- Schizophrenia, schizoaffective disorder, brief psychotic disorder
- Positive symptoms: hallucinations, delusions, disorganised speech
- Negative symptoms: anhedonia, avolition, social withdrawal
- Psychosocial interventions: CBTp, social skills training
- Role of family support and psychoeducation

Day 5: Personality Disorders and Behavioural Support

- Overview of personality disorders (paranoid, borderline, antisocial, avoidant)
- Core features of borderline personality disorder
- DBT skills: mindfulness, distress tolerance, emotion regulation
- Boundary setting and consistency
- Crisis intervention for self-harm and suicidal behaviour

Day 6: Substance Use Disorders and Dual Diagnosis

- Common substances: alcohol, cannabis, methamphetamine, opioids
- Dual diagnosis: co-occurring mental illness and substance use
- Stages of change and motivational interviewing
- Harm reduction vs. abstinence approaches
- Referral pathways to rehabilitation centres

Day 7: Trauma-Informed Care and PTSD

- Types of trauma: acute, chronic, complex
- Neurobiology of trauma: HPA axis, amygdala, hippocampus
- Trauma-informed care principles
- PTSD symptoms: intrusive memories, avoidance, hyperarousal

- Grounding techniques and stabilisation

Day 8: Cognitive Impairments and Neurodevelopmental Disorders

- Intellectual disability: levels and support needs
- Autism spectrum: sensory sensitivities, social communication
- ADHD: inattention, hyperactivity, executive dysfunction
- Positive behaviour support plans
- Environmental modifications and visual aids

Day 9: Medication Management and Side Effects

- Antidepressants, antipsychotics, mood stabilisers, anxiolytics
- Common side effects: weight gain, sedation, extrapyramidal symptoms
- Strategies to improve adherence: routines, reminders, education
- Monitoring for tardive dyskinesia, serotonin syndrome
- Documentation and reporting to healthcare team

Day 10: Crisis Intervention and Safety Planning

- Crisis phases: escalation, crisis, post-crisis
- Verbal de-escalation: calm tone, open questions, validation
- Safety planning: triggers, coping strategies, support contacts
- Mental Health Care Act: 72-hour assessment, court orders
- Debriefing and staff support

Day 11: Psychosocial Rehabilitation and Community Integration

- PSR models: strengths-based, recovery-oriented
- Skills training: budgeting, cooking, public transport
- Social skills and peer support groups
- Supported employment and education
- Family psychoeducation and respite care

Day 12: Advocacy, Rights, and Ethical Dilemmas

- Advocacy strategies: self-advocacy, systemic advocacy
- Ethical principles: beneficence, non-maleficence, justice
- Case studies: balancing confidentiality and safety
- South African Human Rights Commission and Mental Health Review Boards
- Barriers to care: poverty, transport, language

Day 13: Integration, Self-Care, and Professional Development

- Comprehensive case study: assessment, intervention, evaluation
- Self-care strategies: supervision, mindfulness, boundaries
- Professional development: workshops, reading, peer networks
- Reflective practice and journaling
- Course evaluation and certification

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 **16 NQF credits** at **NQF Level 4**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 43,500.00	R 43,500.00
1	In-House	R 56,600.00	R 56,600.00
1	On-Campus (Pretoria)	R 65,200.00	R 65,200.00

UPCOMING SESSIONS

Start	End	Method	Venue
10 Aug 2026	26 Aug 2026	On-Campus	Dubai, UAE
11 Aug 2026	27 Aug 2026	On-Campus	Pretoria, South Africa
12 Aug 2026	28 Aug 2026	On-Campus	Abu Dhabi, UAE
13 Aug 2026	31 Aug 2026	On-Campus	Durban, South Africa
13 Aug 2026	31 Aug 2026	On-Campus	Mauritius
14 Aug 2026	01 Sep 2026	On-Campus	Cape Town, South Africa
17 Aug 2026	02 Sep 2026	On-Campus	Pretoria, South Africa
18 Aug 2026	03 Sep 2026	On-Campus	Abu Dhabi, 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 117486) 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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