



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

Group Counselling Facilitation Skills For Practitioners Training

Human and Social Studies / General Social Science

Unit Standard 117849 · NQF Level 4 · 8 Credits · 5 Days

COURSE OVERVIEW

This course equips practitioners with the advanced facilitation skills required to design and lead effective group counselling sessions. Participants will learn to manage group dynamics, foster therapeutic environments, and apply ethical frameworks in diverse group settings. The training is aligned with SAQA Unit Standard 117849, ensuring competence in group counselling facilitation.

Category	Human and Social Studies
Subfield	General Social Science
Unit Standard	117849
Accreditation	SAQA Accredited · NQF Level 4 · 8 Credits
Duration	5 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Apply theoretical models of group development and dynamics to facilitate therapeutic group processes.
- Analyze group member interactions and intervene appropriately to maintain a safe and productive counselling environment.
- Evaluate the effectiveness of group counselling sessions using established criteria and feedback mechanisms.
- Design structured group counselling programmes tailored to specific client populations and needs.
- Implement ethical and culturally sensitive practices in group facilitation, including confidentiality and boundary management.
- Demonstrate advanced communication and conflict resolution skills to manage challenging group behaviours.

WHO SHOULD ATTEND

- This course is designed for registered counsellors, psychologists, social workers, and other helping professionals who wish to develop or enhance their group facilitation skills.
- It is also suitable for practitioners in employee wellness programmes and community-based support services.

COURSE OUTLINE

Day 1: Foundations of Group Counselling

- Introduction to group counselling: definitions and benefits.
- Theoretical approaches: person-centred, cognitive-behavioural, and psychodynamic.
- Facilitator roles: leader, co-facilitator, observer.
- Types of groups: therapy, support, psychoeducational, task.
- Tuckman's stages: forming, storming, norming, performing, adjourning.
- Ethical guidelines: confidentiality, dual relationships, informed consent.

Day 2: Group Dynamics and Process Skills

- Group dynamics: cohesion, norms, communication patterns.
- Active listening: paraphrasing, reflecting, summarising.
- Observation skills: tracking verbal and non-verbal cues.
- Managing communication: turn-taking, redirecting, clarifying.
- Group roles: task, maintenance, self-centred roles.
- Facilitation techniques: open-ended questions, linking, blocking.
- Practice exercise: facilitating a short group discussion.

Day 3: Intervention Strategies and Therapeutic Techniques

- Core interventions: reflecting feelings, immediacy, confrontation.
- Techniques: role-play, empty chair, guided imagery.
- Managing challenges: silence, monopolising, conflict.
- Promoting cohesion: icebreakers, trust exercises.
- Handling resistance: normalising, exploring ambivalence.
- Role-play practice: applying interventions in a simulated group.

Day 4: Planning and Structuring Group Sessions

- Session planning: objectives, activities, timing.
- Opening sessions: setting the tone, establishing norms.
- Closing sessions: summarising, feedback, homework.
- Selecting activities: icebreakers, check-ins, experiential exercises.
- Assessment: screening, pre-group interviews, outcome measures.
- Evaluation: process and outcome evaluation methods.
- Group proposal: purpose, structure, target population, logistics.

Day 5: Integration, Supervision, and Professional Practice

- Simulated group facilitation: participants lead a session segment.
- Feedback session: peer and trainer observations.
- Supervision: models, benefits, and reflective practice.
- Cultural competence: diversity, inclusivity, adapting approaches.
- Self-care: managing burnout, boundaries, and support.
- Action plan: setting goals for continued skill development.
- Course wrap-up: key takeaways 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 **8 NQF credits** at **NQF Level 4**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 16,900.00	R 16,900.00
1	In-House	R 22,000.00	R 22,000.00
1	On-Campus (Pretoria)	R 25,400.00	R 25,400.00

UPCOMING SESSIONS

Start	End	Method	Venue
24 Aug 2026	28 Aug 2026	On-Campus	Victoria Falls, Zimbabwe
24 Aug 2026	28 Aug 2026	On-Campus	Bangkok, Thailand
24 Aug 2026	28 Aug 2026	On-Campus	Harare, Zimbabwe
24 Aug 2026	28 Aug 2026	On-Campus	Shenzhen, China
24 Aug 2026	28 Aug 2026	On-Campus	Durban, South Africa
24 Aug 2026	28 Aug 2026	On-Campus	Abu Dhabi, UAE
31 Aug 2026	04 Sep 2026	On-Campus	Shenzhen, China
31 Aug 2026	04 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 117849) 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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