



Accredited Africa Training Institute for Capacity Development

Unit FO409, Hatfield Plaza · 1122 Burnett St, Hatfield 0028 · Pretoria, Gauteng · South Africa

Tel: +27 12 004 8389 · Mobile: +27 65 077 6310

Email: apply@aaticd.co.za · Website: www.aaticd.co.za

COURSE BROCHURE

Trauma Counselling Support Skills

Human and Social Studies / People/Human-Centred Development

Unit Standard 243941 · NQF Level 6 · 8 Credits · 5 Days

COURSE OVERVIEW

This course equips learners with the skills to provide trauma counselling support to individuals affected by traumatic events. It focuses on understanding trauma responses, applying basic counselling techniques, and making appropriate referrals within a South African context.

Category	Human and Social Studies
Subfield	People/Human-Centred Development
Unit Standard	243941
Accreditation	SAQA Accredited · NQF Level 6 · 8 Credits
Duration	5 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Demonstrate an understanding of trauma and its impact on individuals and communities.
- Apply active listening and basic counselling skills to support traumatized individuals.
- Assess the immediate needs of a person in crisis and provide appropriate psychological first aid.
- Recognize signs of secondary traumatic stress and implement self-care strategies.
- Evaluate the need for referral and communicate effectively with relevant support services.
- Maintain ethical boundaries and confidentiality when providing trauma counselling support.

WHO SHOULD ATTEND

- This course is designed for social workers, community health workers, caregivers, and anyone in a helping profession who may encounter individuals experiencing trauma.

COURSE OUTLINE

Day 1: Foundations of Trauma Counselling

- What is trauma? Types and prevalence
- Neurobiological and psychological effects of trauma
- Principles of trauma-informed practice
- Ethical boundaries, confidentiality, and referral protocols
- Self-care for the counsellor: preventing vicarious trauma

Day 2: Core Counselling Skills for Trauma Work

- Active listening, paraphrasing, and reflection of feeling
- Open-ended questioning and summarising
- Empathy vs. sympathy in trauma work
- Building therapeutic alliance with trauma survivors
- Managing silence, tears, and strong emotions

Day 3: Assessment and Crisis Intervention

- Trauma assessment tools and interview techniques
- Psychological First Aid: principles and steps
- Safety planning and stabilisation
- Identifying risk of self-harm or suicide
- Referral pathways and multi-disciplinary collaboration

Day 4: Trauma-Specific Interventions and Techniques

- Overview of CBT, EMDR, and narrative exposure therapy
- Grounding exercises for hyperarousal
- Containment strategies for overwhelming memories
- Psychoeducation: normalising trauma responses
- Working with dissociation and flashbacks

Day 5: Integration, Complex Trauma, and Self-Care

- Complex trauma and developmental trauma
- Trauma counselling with children and adolescents
- Gender-based violence and cultural considerations
- Role-play integration sessions
- Creating a self-care and resilience 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 **8 NQF credits** at **NQF Level 6**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 18,600.00	R 18,600.00
1	In-House	R 24,200.00	R 24,200.00
1	On-Campus (Pretoria)	R 27,900.00	R 27,900.00

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 243941) 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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