



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

Emotional Coping Strategies for Nursing Situations

Health Sciences and Social Services / Curative Health

Unit Standard 252113 · NQF Level 5 · 4 Credits · 1 Day

COURSE OVERVIEW

This course equips nursing professionals with practical strategies to manage the emotional demands of their work, including coping with grief, trauma, compassion fatigue, and ethical distress. Participants will develop self-awareness and resilience to maintain personal well-being while delivering compassionate care.

Category	Health Sciences and Social Services
Subfield	Curative Health
Unit Standard	252113
Accreditation	SAQA Accredited · NQF Level 5 · 4 Credits
Duration	1 day
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Apply self-awareness techniques to recognize personal emotional responses in nursing situations.
- Analyze the sources and impact of emotional demands such as grief, trauma, and compassion fatigue.
- Evaluate coping strategies (e.g., debriefing, mindfulness, peer support) for appropriateness in specific contexts.
- Implement a personal plan to manage emotional demands and maintain professional boundaries.
- Demonstrate supportive communication skills when interacting with patients, families, and colleagues during emotionally charged events.

WHO SHOULD ATTEND

- Registered nurses, enrolled nurses, nursing assistants, and student nurses working in clinical, hospital, or community settings who face emotionally challenging situations.

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 **4 NQF credits** at **NQF Level 5**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 9,900.00	R 9,900.00
1	In-House	R 12,800.00	R 12,800.00
1	On-Campus (Pretoria)	R 14,800.00	R 14,800.00

UPCOMING SESSIONS

Start	End	Method	Venue
21 Aug 2026	21 Aug 2026	On-Campus	Pretoria, South Africa
24 Aug 2026	24 Aug 2026	On-Campus	Durban, South Africa
25 Aug 2026	25 Aug 2026	On-Campus	Shenzhen, China
26 Aug 2026	26 Aug 2026	On-Campus	Harare, Zimbabwe
27 Aug 2026	27 Aug 2026	On-Campus	Bangkok, Thailand
28 Aug 2026	28 Aug 2026	On-Campus	Victoria Falls, Zimbabwe
28 Aug 2026	28 Aug 2026	On-Campus	Abu Dhabi, UAE
31 Aug 2026	31 Aug 2026	On-Campus	Shenzhen, China

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 252113) 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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