



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

Psychosocial Techniques for Mental Health Improvement

Health Sciences and Social Services / Preventive Health

Unit Standard 252157 · NQF Level 7 · 24 Credits · 21 Days

COURSE OVERVIEW

This course equips participants with psychosocial techniques to improve or restore the mental health of individuals or groups. It covers assessment, intervention planning, and implementation of evidence-based psychosocial methods within a South African context. The focus is on practical skills for promoting mental well-being and resilience.

Category	Health Sciences and Social Services
Subfield	Preventive Health
Unit Standard	252157
Accreditation	SAQA Accredited · NQF Level 7 · 24 Credits
Duration	21 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Apply psychosocial assessment tools to evaluate mental health needs of individuals or groups.
- Design intervention plans using evidence-based psychosocial techniques to improve mental health.
- Implement psychosocial interventions in a culturally sensitive and ethical manner.
- Monitor and evaluate the effectiveness of psychosocial interventions and adjust as needed.
- Demonstrate effective communication and rapport-building skills with clients and stakeholders.

WHO SHOULD ATTEND

- This course is designed for healthcare workers, social workers, counsellors, community health workers, and other professionals involved in mental health support.
- It is also suitable for individuals seeking to enhance their ability to assist others with mental health challenges.

COURSE OUTLINE

Day 1: Introduction to Psychosocial Techniques

- Overview of psychosocial techniques
- The biopsychosocial model
- Psychosocial determinants of mental health
- Introduction to evidence-based psychosocial interventions
- Ethical principles and professional boundaries

Day 2: Therapeutic Communication Skills

- Active listening skills
- Empathy and validation
- Questioning techniques
- Reflective listening and summarising
- Non-verbal communication
- Communication barriers and solutions

Day 3: Building Therapeutic Alliance

- Elements of therapeutic alliance
- Rapport-building strategies
- Transference and countertransference
- Collaborative goal-setting
- Cultural competence in therapy

Day 4: Assessment and Case Formulation

- Psychosocial assessment methods
- Standardised assessment tools
- Case formulation frameworks
- Risk assessment and safety planning
- Documentation and confidentiality

Day 5: Cognitive-Behavioural Techniques (CBT)

- CBT core concepts
- Cognitive distortions
- Thought records and restructuring
- Behavioural activation
- CBT intervention planning

Day 6: Mindfulness and Relaxation Techniques

- Mindfulness principles
- Guided meditation practices
- Breathing techniques
- Progressive muscle relaxation
- Mindfulness-based stress reduction (MBSR)

Day 7: Problem-Solving and Coping Skills

- Problem-solving therapy model
- Steps in problem-solving
- Coping styles and strategies

- Adaptive vs. maladaptive coping
- Developing coping plans

Day 8: Interpersonal and Social Skills Training

- Interpersonal effectiveness
- Assertiveness training
- Conflict resolution skills
- Role-play and rehearsal
- Social skills training groups

Day 9: Group Psychosocial Interventions

- Group development stages
- Group facilitation skills
- Psychoeducational group design
- Therapeutic factors in groups
- Managing challenging group behaviours

Day 10: Trauma-Informed Care

- Understanding trauma
- Trauma-informed principles
- Safety and trustworthiness
- Grounding techniques
- Trauma-sensitive communication

Day 11: Motivational Interviewing

- MI spirit and principles
- OARS skills
- Change talk and sustain talk
- Rolling with resistance
- MI in brief encounters

Day 12: Emotion Regulation and Distress Tolerance

- Emotion regulation models
- Distress tolerance techniques
- DBT skills (STOP, TIPP, etc.)
- Chain analysis
- Crisis planning

Day 13: Family and Systemic Interventions

- Family systems theory
- Genograms
- Circular questioning
- Family communication patterns
- Systemic intervention strategies

Day 14: Relapse Prevention and Recovery Planning

- Relapse prevention models
- Warning signs and triggers
- Wellness Recovery Action Plan (WRAP)
- Building resilience

- Recovery-oriented care

Day 15: Cultural Considerations in Psychosocial Care

- Cultural competence framework
- Cultural formulation interview
- Stigma and mental health
- Culturally adapted interventions
- Collaboration with traditional healers

Day 16: Self-Care and Burnout Prevention for Practitioners

- Burnout and compassion fatigue
- Self-care strategies
- Stress management for practitioners
- Professional boundaries
- Supervision and support

Day 17: Integrating Psychosocial Techniques in Multidisciplinary Teams

- Multidisciplinary team functioning
- Interprofessional communication
- Integrated care planning
- Role clarity and collaboration
- Advocacy for psychosocial care

Day 18: Monitoring, Evaluation, and Outcome Measurement

- Outcome measurement tools (e.g., PHQ-9, GAD-7)
- Routine outcome monitoring
- Feedback-informed treatment
- Documenting outcomes
- Quality improvement in psychosocial care

Day 19: Ethical and Legal Issues in Psychosocial Practice

- Ethical codes (HPCSA, etc.)
- Confidentiality and limits
- Duty to report (child protection, etc.)
- Informed consent
- Boundary management
- Ethical decision-making frameworks

Day 20: Capstone Integration and Action Planning

- Case study integration
- Comprehensive intervention planning
- Presentation of capstone projects
- Action planning for practice
- Reflection and feedback

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 **24 NQF credits** at **NQF Level 7**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 54,000.00	R 54,000.00
1	In-House	R 70,300.00	R 70,300.00
1	On-Campus (Pretoria)	R 81,100.00	R 81,100.00

UPCOMING SESSIONS

Start	End	Method	Venue
21 Aug 2026	18 Sep 2026	On-Campus	Harare, Zimbabwe
21 Aug 2026	18 Sep 2026	On-Campus	Dubai, UAE
24 Aug 2026	21 Sep 2026	On-Campus	Victoria Falls, Zimbabwe
24 Aug 2026	21 Sep 2026	On-Campus	Abu Dhabi, UAE
25 Aug 2026	22 Sep 2026	On-Campus	Durban, South Africa
26 Aug 2026	23 Sep 2026	On-Campus	Shenzhen, China
27 Aug 2026	24 Sep 2026	On-Campus	Harare, Zimbabwe
28 Aug 2026	25 Sep 2026	On-Campus	Bangkok, Thailand

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 252157) 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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