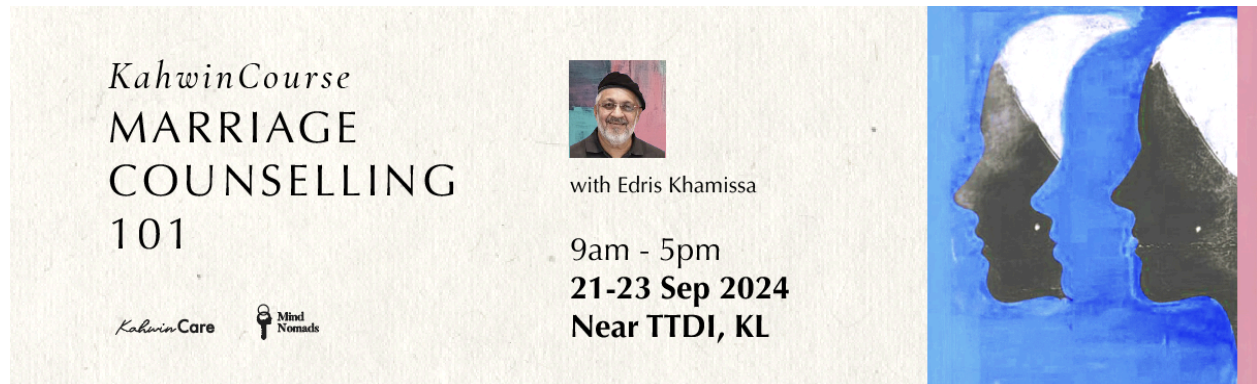


# Program Overview



## INTRO

In an increasingly complex world, the demand for skilled counsellors has never been higher. Relationships, family dynamics and individual struggles require trained professionals who can offer guidance, support and practical solutions.

The "Train the Trainer to Become Counsellors" programme is a meticulously crafted four-day workshop aimed at empowering trainers with the necessary skills and knowledge to become effective counsellors. This programme is designed to address various facets of counselling, from marriage and parenting to managing toxic personalities and conducting tele-counselling sessions.

Recognizing the diversity of issues that modern families face, this programme covers a comprehensive range of topics essential for effective counselling. Participants will gain insights into the intricacies of family dynamics, the challenges unique to blended families and the impact of substance abuse on individuals and families. Additionally, the programme places a strong emphasis on personal development and self-awareness, ensuring that trainers can manage their personal issues without compromising the quality of their counselling sessions.

# DAY 1 - FUNDAMENTALS

## 9:00 am - 12:30 pm: Introduction to Counselling

- Welcome and Ice-breaker activities
- Overview of the counselling profession
- Key skills and qualities of an effective counsellor
- Ethical guidelines and confidentiality
- 12:30 pm - 1:30 pm: Lunch Break

## 1:30 pm - 3:30 pm: Marriage Counselling

- Common issues in marriage
- Techniques for improving communication between couples
- Conflict resolution strategies
- Role-playing exercises
- 3:30 pm - 3:45 pm: Break

## 3:45 pm - 5:00 pm:

- Case Studies and Group Discussions
- Analysing real-life scenarios
- Group discussions on potential solutions

# DAY 2 - FAMILY

## 9:00 am - 10:45 am: Family Dynamics

- Understanding family systems theory
- The impact of family dynamics on individual members
- Practical exercises and case studies

## 11:00 am - 1.00 pm: Family Issues

- Identifying and addressing common family issues
- Techniques for improving family communication
- Strategies for conflict resolution within families
- Group activities and role-playing

## 2:00 pm - 3:15 pm: Toxic Personalities

- Identifying different types of toxic personalities
- Strategies for managing and counselling toxic individuals
- Role-playing exercises to handle toxic personality scenarios

## 3.30pm - 5.00 pm: Blended Families

- Challenges unique to blended families
- Strategies for fostering cohesion and cooperation
- Role-playing and interactive discussions

## DAY 3 - KNOWING SELF TO HELP OTHERS

### 9:00 am - 12:30 pm: Personal Development and Self-Awareness

- Discovering yourself as a counsellor
- Managing personal issues (e.g., if unhappy in marriage) during counselling sessions
- Techniques for self-care and maintaining professional boundaries
- Reflective exercises and mindfulness practices
- Lunch Break: 12:30 pm - 1:30 pm

### 1:30 pm - 3:30 pm: Processes for Counselling

- Initial consultation and assessment
- Developing a counselling plan
- Techniques for effective counselling sessions
- Evaluating progress and making adjustments
- Break: 3:30 pm - 3:45 pm

### 3:45 pm - 5:00 pm: Programme Wrap-Up & Q&A

- Review of key learnings
- Group discussions and feedback
- Closing

## Conclusion

This program is designed to provide comprehensive training for individuals aspiring to become effective counselors. However, it does not grant certification as a professional counselor. To achieve that status, you would need to meet specific requirements, including:

1. **Educational Requirements:** A minimum of a Bachelor's Degree in psychology, counseling, social work, or a related field.
2. **State Licensure:** Professional counselors must obtain state licensure to practice. This typically involves passing a state-recognized examination, such as the National Counselor Examination (NCE), and completing a required number of supervised clinical hours.

# Meet Edris Khamissa

Edris Khamissa is an International Consultant in Education and Human Development, who has conducted workshops and seminars in over 30 countries. He has trained numerous individuals in the art of counseling and is a firm believer in the human capacity for change. Over the years, he has mastered the art of helping couples and individuals heal. Edris is a regular guest on community radio and television stations in South Africa and globally. He has co-authored three books, including *Pre-Marital Conversations and Beyond*.

His teaching background enhances his effectiveness as a dynamic trainer, leaving a lasting impression on his audiences.

**<https://www.edriskhamissa.com/>**