

55 years

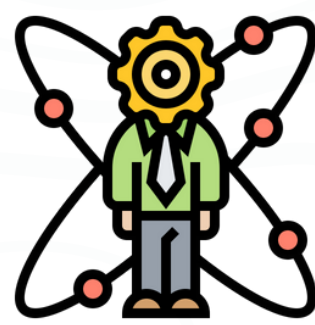
Since 1969
LifeLine Johannesburg
Serving the community

LifeLine



Victim Empowerment Programs

Personal Growth Training



Mental Health Counselling



FREE Emotional Support Services

Registered Social Workers



LifeLine

Clinical Supervision

Trained volunteers



Interventions GBV



Social Enterprise



HIV testing + support



<https://www.lifelinejhb.org.za>

LifeLine Johannesburg is a community based, non-profit organization (NPO) Annually, we average over 30 000 contacts with clients through our various projects and programmes



COURSES OFFERED BY LIFELINE JOHANNESBURG

100 | SELF GROWTH

42hr

Duration: 12 sessions, 3.5/4h per session

200 | FOUNDATION IN COUNSELLING

42hr

Duration: 10 sessions, 3.5per session + 7h of Extra Activities

500 | THE LIFELINE COURSE

84hr

Duration: 22 sessions, 3.5per session + 7h of Extra Activities

600 | INTERNSHIP

45hr

Duration: 5 talks – 3.5h each, 9 mentor sessions 2.5h each,
5 guided calls with realtime clients



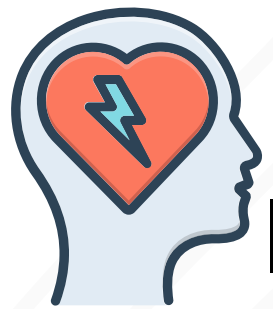
42hr

100 | SELF GROWTH

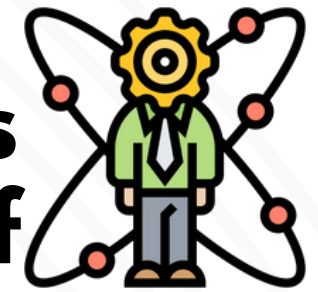
Explore the workings of your inner world

Duration: 12 sessions, 3.5/4h per session

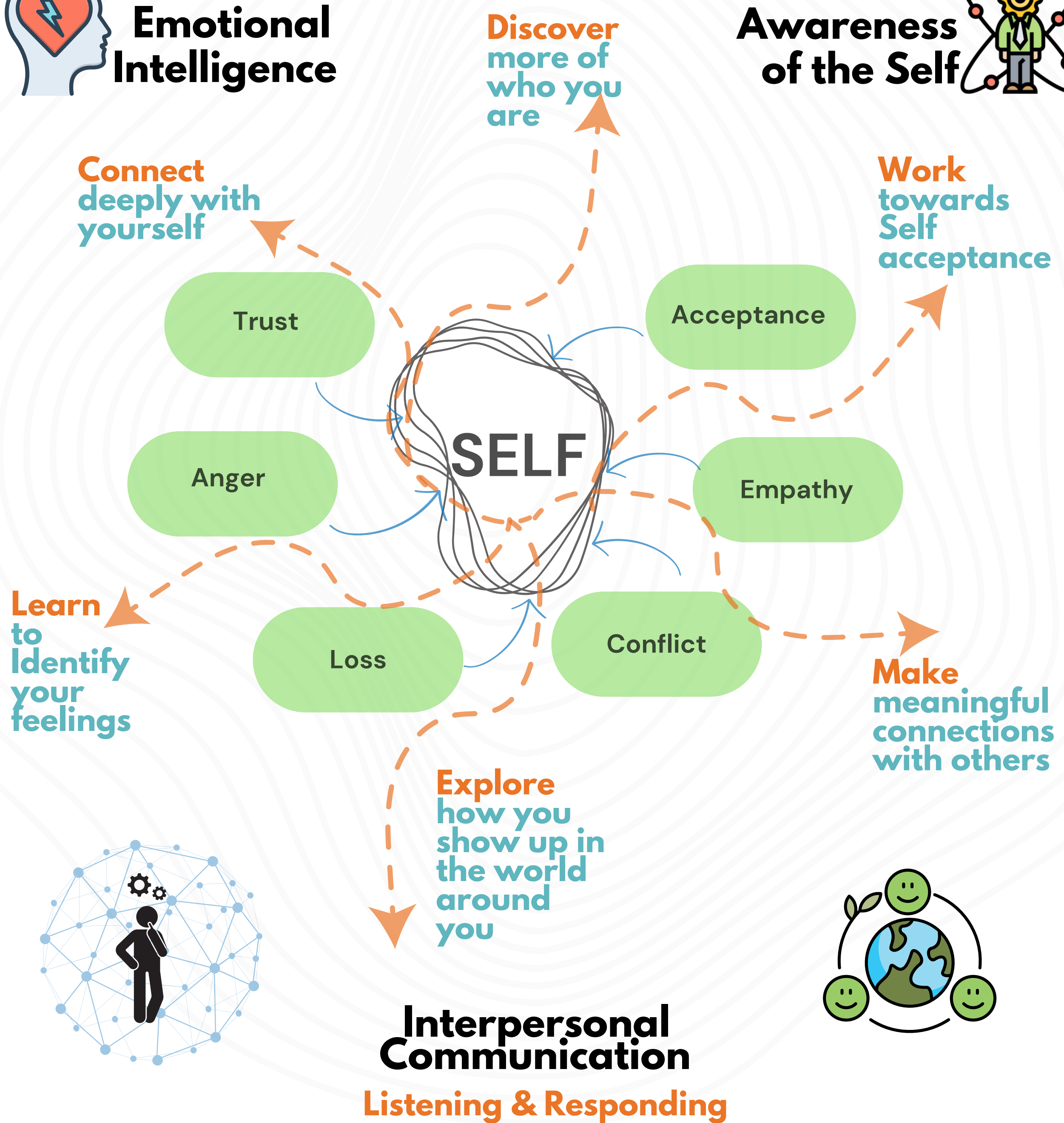
Fully hands-on, experiential learning
in an intimate small group setting



Emotional Intelligence



Awareness of the Self



Content
Carefully curated based on decades of experience in counselling

Fully Live
All sessions facilitated by dedicated LifeLiners

Group Setting
Maximum of six people per group, ideal for deep sharing

Experiential
Discover by Listening Talking Drawing Writing

100 || Self Growth Schedule || February 2025

SESSION	DAY	DATE	TIMES (AM)	OR	TIMES (PM)
1	Wednesday	19 February 2025	09.00-12.30		18:00-21.30
2 & 3	Saturday	22 February 2025	09.00-16:00		
4	Wednesday	26 February 2025	09.00-12.30		18.00-21.30
5	Wednesday	05 March 2025	09.00-12.30		18.00-21.30
6	Wednesday	12 March 2025	09.00-12.30		18.00-21.30
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11	Wednesday	02 April 2025	09.00-12.30		18.00-21.30
12	Wednesday	09 April 2025	09.00-12.30		18.00-21.30

ELIGIBILITY

Age: Min. 23yrs
Education:
Min. matric

FORMAT

In-person
Fully online

COST

R6000
plus R500
registration



CANCELLATION:

LifeLine Johannesburg reserves the right to cancel the course due to insufficient numbers upto 2 weeks before the start of the course.

REFUNDS:

If the course is cancelled by us, all monies paid by you towards the course will be fully refunded.

Once the course starts, NO refund may be issued as you have taken a place someone else could have filled.

Before course starts, refund may be possible only if we are able to fill your place

CONTACT US:

We welcome your enquiries and will try to assist you as far as we can

Email:

course@lifelinejhb.org.za

LifeLine Johannesburg
2 The Avenue Corner
Henrietta Road
Norwood
Johannesburg 2192

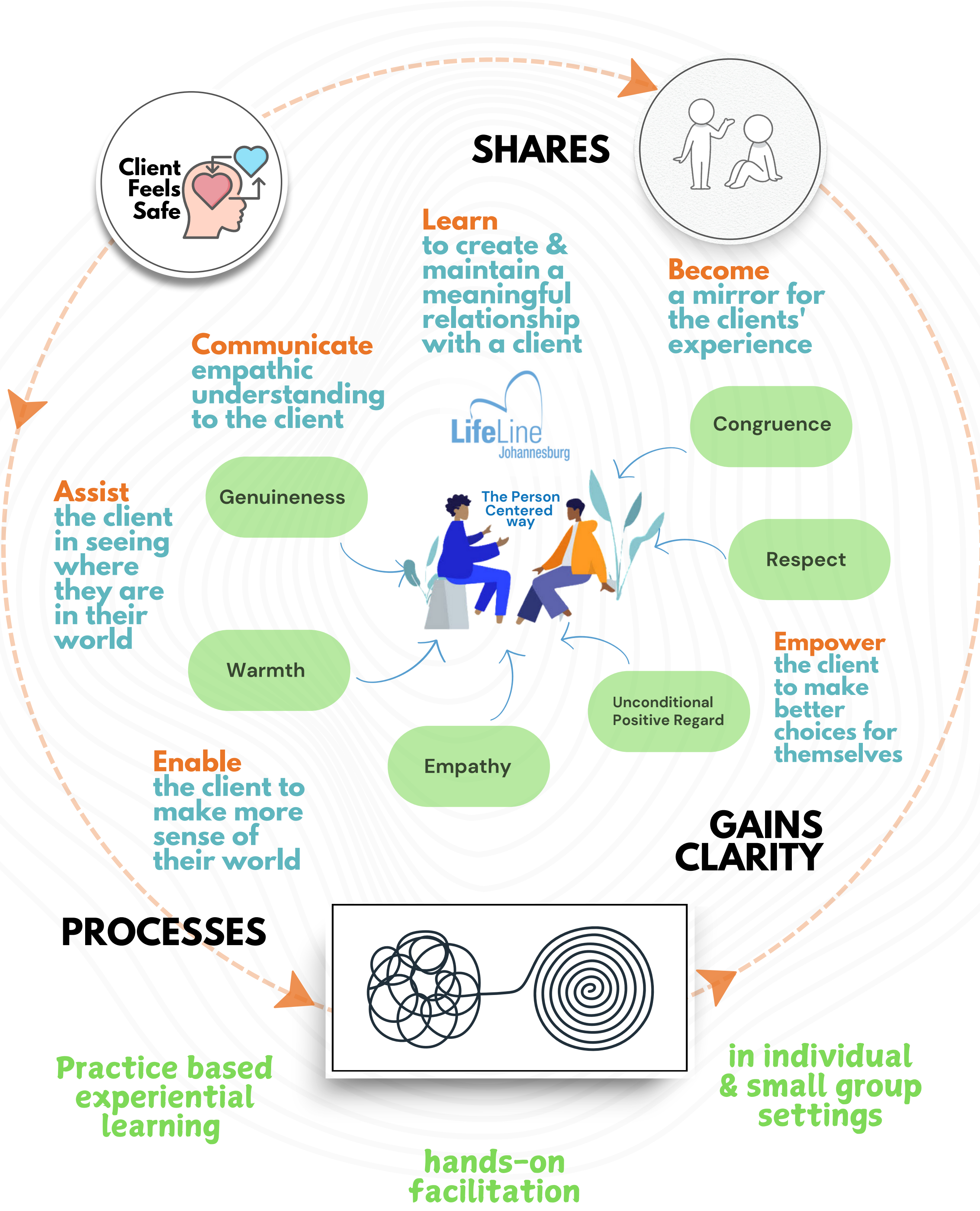
011 728 1331

42hr

200 | FOUNDATION IN COUNSELLING

Learn the building blocks of the Person Centered Approach

Duration: 10 sessions, 3.5per session + 7h of Extra Activities



Build the basics
of a career in the
helping profession

Be of service to
our community
that is in need

Group Setting
Maximum of 6
people per group

Experiential
Learn to
counsel by
practicing
in different
formats

200 || Foundation in Counselling || February 2025

SESSION	DAY	DATE	TIMES (AM)	OR	TIMES (PM)
1	Wednesday	16 April 2025	09.00-12.30		18:00-21.30
2	Wednesday	23 April 2025	09.00-12.30		18.00-21.30
3	Wednesday	07 May 2025	09.00-12.30		18.00-21.30
4	Wednesday	14 May 2025	09.00-12.30		18.00-21.30
5	Wednesday	21 May 2025	09.00-12.30		18.00-21.30
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7	Wednesday	28 May 2025	09.00-12.30		18.00-21.30
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9	Wednesday	11 June 2025	09.00-12.30		18.00-21.30
10	Wednesday	18 June 2025	09.00-12.30		18.00-21.30

Roleplaying
Reflecting
Giving &
Receiving
Feedback

ELIGIBILITY

Completed
100 Self Growth
Course

FORMAT

In-person
Fully online

COST

R6000



CONTACT US:

We welcome your
enquiries and will try to
assist you as far as we can

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course due to insufficient numbers upto 2 weeks before
the start of the course.

500 | THE LIFELINE COURSE

Start the journey to become a person centered lay counsellor

Duration: 22 sessions, 3.5 per session + 7h of Extra Activities



42h

Module 1 - Personal Growth

What: Explore Self-concept and how the Self relates – as you are guided to go deeper and discover ways of navigating trust, acceptance, empathy, anger, loss and conflict that are woven into your everyday interactions with the world around.

How: Discover some pivotal ways of conceptualising the Self and embodying that learning within an experiential framework – Drawing, Writing, Walking, Talking and Listening. This process happens while being safely held within a group, as you also learn to hold space for the other.

Duration: 12 Sessions, 3.5h per session



• **84 hours**

Course Code 500

THE LIFELINE COURSE

• **Experiential**

42h

Module 2 - Introduction to Counselling

What: Explore ways of building trust with the other, allowing a story to unfold, listening to understand and closing the engagement – built on a foundation of Rogerian values that underpin the Person-Centered Approach.

How: Learning to reflect, understand context and frames of reference along with the nuances of a counselling relationship by practising, practising and more practising in the form of sharing within a group and roleplays with others of varying degrees of familiarity.

Duration: 10 Sessions, 3.5h per session + 7h of Extra activities

What is most personal, is most universal – Carl Rogers

READINESS INTERVIEW

to continue the journey...



35h

Module 3 - Advanced Counselling Themes

What: Delve deeper into the process of counselling by gaining further knowledge in some of the themes that confront counsellors, including but not limited to GBV, Trauma etc. Understand the nuances of contexts that may not be encountered casually in day-to-day lives.

How: A series focussed on a specific theme per week presented as a talk. This is followed in a few days by a session with a mentor hosting a group discussion and focussed roleplays to integrate the theme, which may also include listening to recordings of real-time client calls.

Duration: 5 talks, 3.5h each +
7 mentor sessions 2.5h each

• 45 hours

Course Code 600

**COUNSELLING
SKILLS -
INTERNSHIP**

• Hands - on



10h

Module 4 - Guided Live Calls

Interns are allocated real-time clients, with a guide present for the counselling session who then provides invaluable feedback to both the intern and their mentor. The calls are also debriefed and reviewed in groups hosted by a mentor to allow for effective learning. A formal introduction into the role of a counsellor with LifeLine, protocols, ethics surrounding a counselling relationship etc are also discussed.

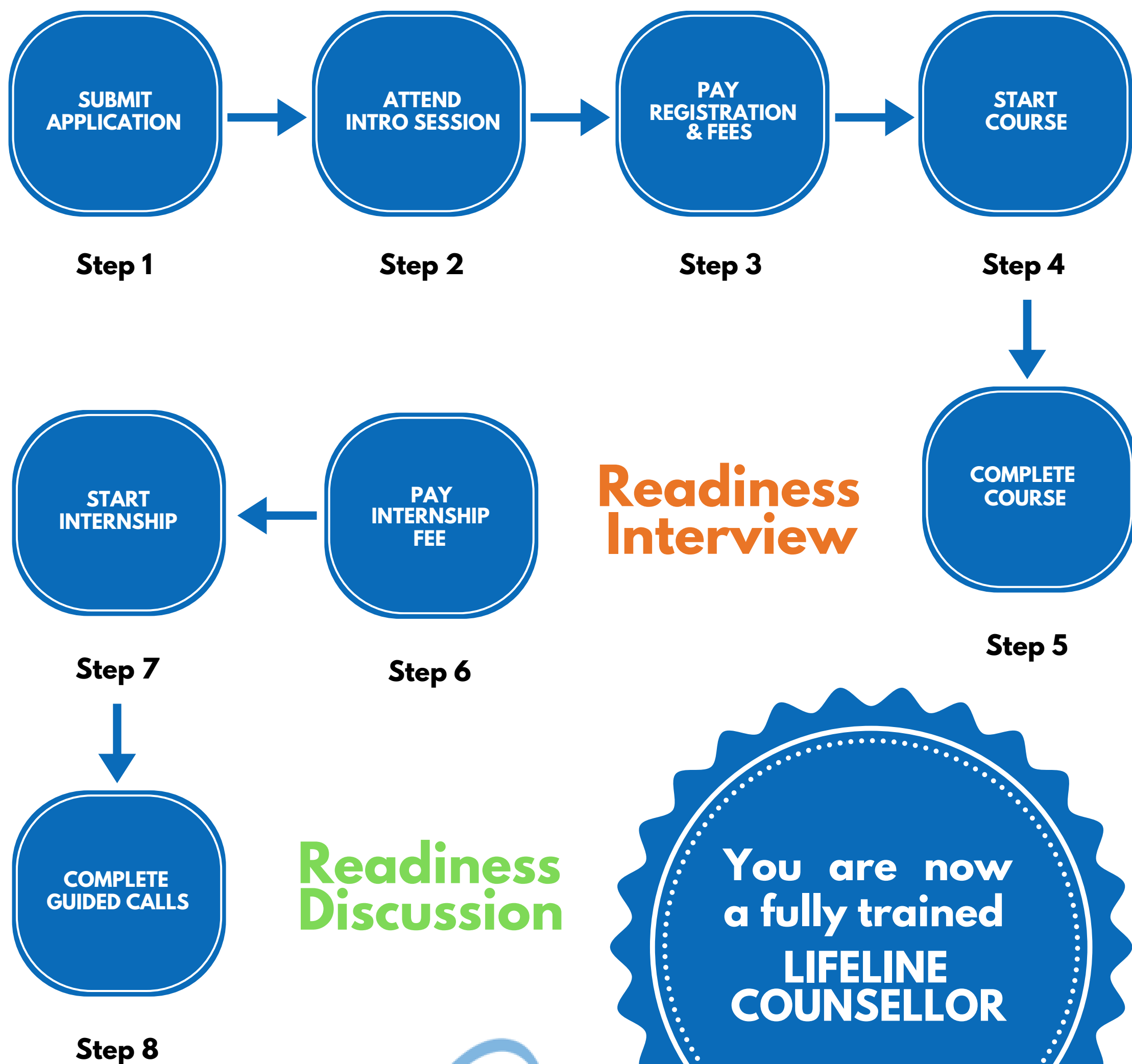
Duration: 5h of one-on-one guidance +
minimum of 2 mentor sessions, 2.5h each

STEPS TO BECOME A LAY COUNSELLOR

with LifeLine Johannesburg



At LifeLine Johannesburg, we take
Mental Health Counselling very seriously



FURTHER COURSE INFO



➤ Facilitators

Trained in-house
Experienced LifeLine
Counsellors
Clinically supervised weekly

➤ Course Content

Crafted by experts in the field
Constant input from a team of
facilitators
Finetuned by decades of
implementation

➤ Course Format

Small groups of 6 to 9 persons
Choice of Morning or
Evening sessions
In-person weekly (OR)
OnLine via Zoom/Teams

➤ Eligibility

Must be 23 years or older
Must have at least Matric
Must attend ALL sessions

Contact us

We welcome your
enquiries and will try and
assist you as far as we
can

LifeLine Johannesburg
2 The Avenue Cnr
Henrietta Road
Norwood
Johannesburg 2192

011 728 1331
course@lifelinejhb.org.za

Course Fees

REGISTRATION: R500

**THE LIFELINE COURSE
R8400**

FEE WAIVER: When the
full fee is settled before
the 06th of January
2025, registration fee of
R500 is waived**

INTERNSHIP R4500

FREQUENTLY ASKED QUESTIONS



> Can I miss or swop sessions?

As we work experientially, it is impossible to replicate or catch up any missed sessions. The group works closely together, and a group member's absence is a loss for the group.

If you miss more than 2 sessions during both Modules 1 & 2, you WILL NOT be eligible for selection to the Internship

You WILL NOT be eligible to do the course if you will miss any of Sessions 1,2 and 3 for the Personal Growth part of the course.

If you choose the morning group and miss a session, you cannot make it up in the evening session. Also, once you choose in-person or online, you cannot change. You remain part of the small 6-9 person group for the duration of the course.

> Will I be forced to share?

We take great care to create a safe and appropriate space and while the greatest growth comes from fully engaging in the group no one is ever forced to participate. Trainees are encouraged to experiment with their own reactions and responses to others, as well as to learn better and more effective ways of communicating.

> I am seeing a psychiatrist/therapist, can I do the course?

YES. If you are currently in therapy or have recently completed psychotherapy or are receiving psychiatric treatment, please discuss your plans to do this course with your social worker/psychologist/ psychiatrist.

*When you apply, please enclose a letter of recommendation from them regarding your plans to participate.

> I am a recovering addict, can I do the course?

YES. If you have been "clean" for at least 2 years. If it has not been 2 years yet, we request you to please postpone doing the course until later.

*When you apply, please enclose a letter from your sponsor supporting it.

FREQUENTLY ASKED QUESTIONS



➤ What certification do I get for completing the course?

On completion of the Personal Growth and Internship phases of The LifeLine Course, you will receive a certificate which indicates that you have been trained as a LIFELINE LAY COUNSELLOR.

You may also request a certificate after completing the Personal Growth module in case you do not continue onto Introduction to Counselling module

➤ Which professional body can I register with, after completing The LifeLine Course?

Please note that this is **not a Professional** Degree. Qualifying as a professional counsellor requires a University Degree. This means that registration with a professional body is not an option at the moment.

However, we are exploring possible registration with other wellness support organisations.

➤ What SAQA level does the course carry?

The LifeLine course was initiated more than 50 years ago in order to train lay counsellors to be absorbed into LifeLine Johannesburg Organisation. Over a period of time, as it gained a reputation for being life changing, the course has been opened up to whoever wants to acquire counselling skills and subsequently to those on a journey of personal growth.

Thus, historically accreditation was not sought – The LifeLine course does not carry SAQA or CPD/CPU points and is not accredited by SETA

However, under current circumstances we are looking to get the course accredited in the near future.

Please note we are only able to provide references for Honours and Masters psychology applications once you have completed our intern programme and have been an active counsellor at LifeLine Johannesburg for a minimum of one year.

FEBRUARY 2025 THE LIFELINE COURSE

COURSE SCHEDULE



THE LIFELINE COURSE

ATTENDANCE AT ALL SESSIONS IS MANDATORY

Module 1 - Personal Growth

SESSION	DAY	DATE	TIMES (AM)	OR	TIMES (PM)
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12	Wednesday	09 April 2025	09.00-12.30		18.00-21.30

Module 2 - Intro to Counselling

SESSION	DAY	DATE	TIMES (AM)	OR	TIMES (PM)
1	Wednesday	16 April 2025	09.00-12.30		18:00-21.30
2	Wednesday	23 April 2025	09.00-12.30		18.00-21.30
3	Wednesday	07 May 2025	09.00-12.30		18.00-21.30
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10	Wednesday	18 June 2025	09.00-12.30		18.00-21.30

PLEDGE : Saturday 28 June

INTERNSHIP
(Provisional Dates)

Module 1 - Advanced Counselling themes

Starts on the 2nd of July & Ends before 2 December 2025

Module 2 - Guided Calls

GUIDED CALLS to be scheduled as needed

Intro Sessions February 2025

	Date	Day	Time
1	11 November 2024	Monday	10am – 12noon
2	11 November 2024	Monday	6pm – 8pm
3	21 November 2024	Thursday	10am – 12noon
4	21 November 2024	Thursday	6pm – 8pm

Kindly note that all Info sessions happen online via Zoom

FEBRUARY 2025 THE LIFELINE COURSE

COURSE PAYMENT



Why do I have to pay for a course when I want to volunteer?

- The LifeLine Course is a costly and resource intensive course to facilitate. We require the funds to run the course successfully. Course is priced at a competitive rate compared to other personal growth and counselling skills courses.
- LifeLine is a Public Benefit Organisation an NPO (Non-Profit Organisation) and a NGO (Non-Governmental Organisation). Since we do not get a subsidy from Government to keep our service to the public going, we need to raise our own funds. One of the ways in which we do this, is by running this course.

I have changed my mind about doing the course. Can I get a refund?

- We do not refund any part of the course fee if you cancel whilst the course is running, because you have taken a place that someone else could fill.
- If you cancel the course before it starts, we only refund your payment if we can fill your place.

When do I pay to secure my place?

- Once you have fully read, filled in and signed the application form, you will be invited to attend an Intro session, followed by a brief one-on-one session. After that, you will be required to pay the registration fee followed by the course fee on the stipulated dates.

KINDLY NOTE THAT YOU MAY **NOT PAY FOR THE COURSE BEFORE ATTENDING AN INTRO SESSION**

**Intro
Sessions
February
2025**

	Date	Day	Time
1	11 November 2024	Monday	10am – 12noon
2	11 November 2024	Monday	6pm – 8pm
3	21 November 2024	Thursday	10am – 12noon
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**Kindly note that all
Info sessions happen
online via Zoom**

KINDLY CONTACT US FOR ANY FURTHER INFORMATION NEEDED: course@lifelinejhb.org.za 011 728 1331