

55  
years

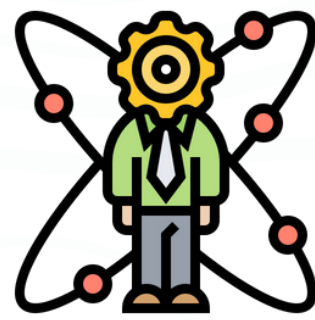
Since 1969  
**LifeLine Johannesburg**  
Serving the community

**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**



## 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.

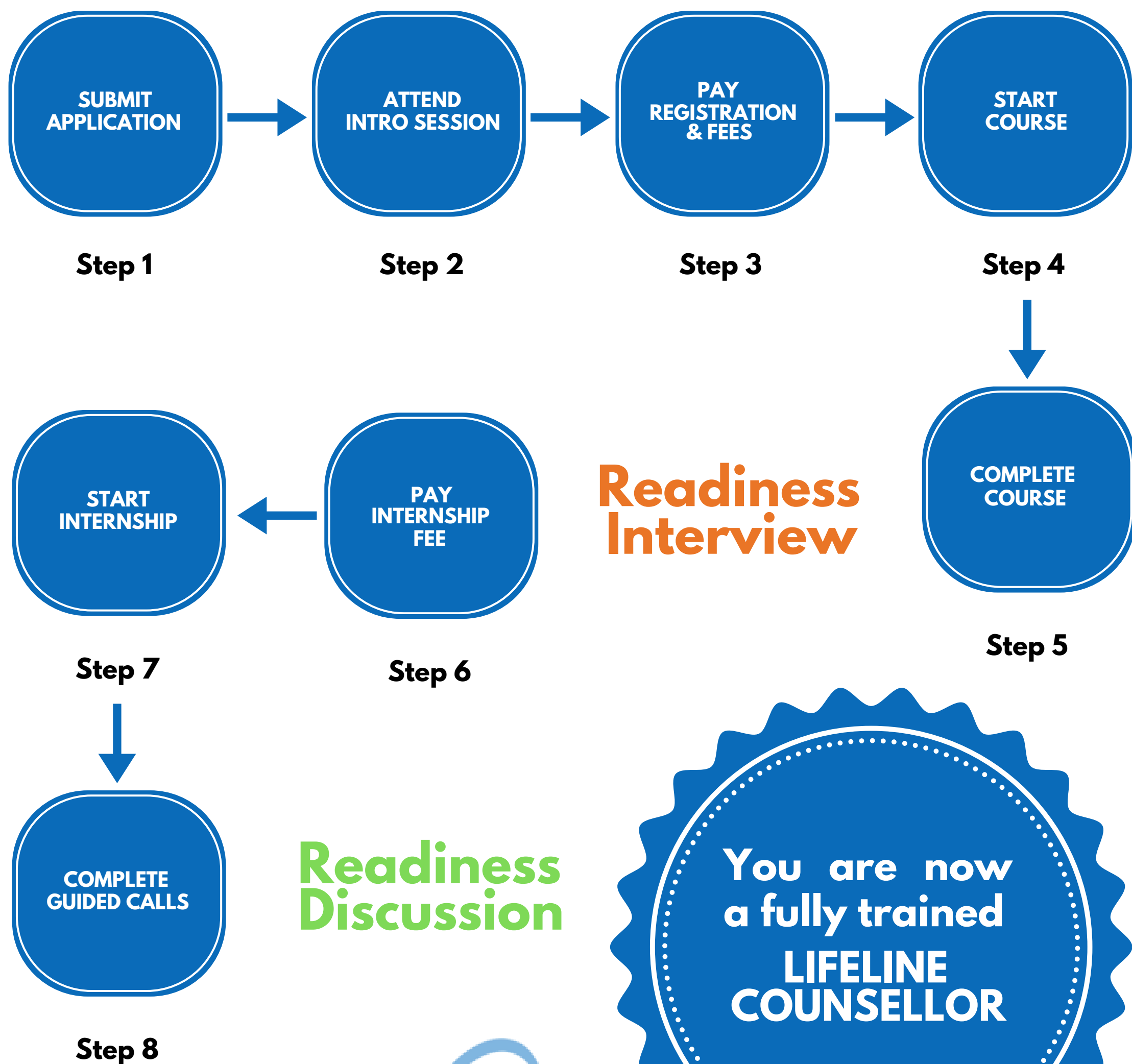
**Duration: 5h of one-on-one guidance +  
minimum of 2 mentor sessions, 2.5h each**

# 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)
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
7	Saturday	15 March 2025	09.00-12.30		
8	Wednesday	19 March 2025	09.00-12.30		18.00-21.30
9	Wednesday	26 March 2025	09.00-12.30		18.00-21.30
10	Saturday	29 March 2025	09.00-12.30		
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

**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
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
6	Saturday	24 May 2025	09.00-12.30		
7	Wednesday	28 May 2025	09.00-12.30		18.00-21.30
8	Wednesday	04 June 2025	09.00-12.30		18.00-21.30
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

**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
4	21 November 2024	Thursday	6pm – 8pm

**Kindly note that all  
Info sessions happen  
online via Zoom**

**KINDLY CONTACT US FOR ANY FURTHER INFORMATION NEEDED: [course@lifelinejhb.org.za](mailto:course@lifelinejhb.org.za) 011 728 1331**