

# Newsletter - January 2015



## From the Pen of Anthony

The year that passed exceeded even the teams' expectations. It was filled with an abundance of knowledge, skills and self-awareness. Having personally presented a substantial number of the trainings I can honestly say that more than once I found myself the student. The reciprocal exchange of knowledge and experience has left a significant impression on me; it is with this backdrop that I look forward to the year ahead.

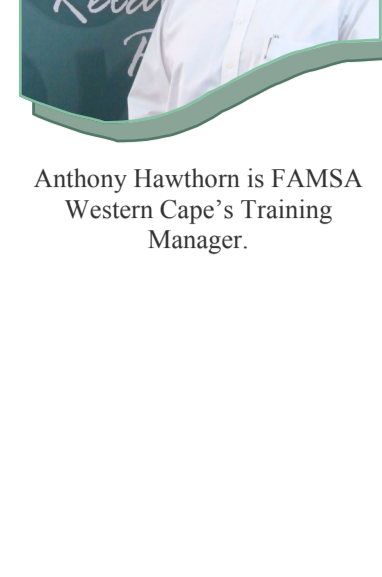
A competitive world conditions us to measure success by ever increasing numbers and I would like to believe that at FAMtrac we measure success by the depth of each individual's experience.

Please don't misunderstand me, we are immensely grateful that our trainings are filling up and the demand continues to grow but we continue to work hard on ensuring that this never overshadows our vision of providing a rich and continual spiral of growth and learning.

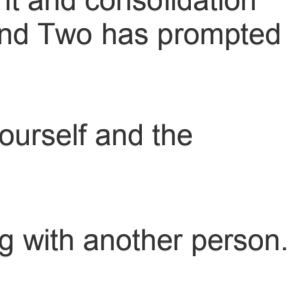
I look forward to us learning together in 2015.

Warm Regards

*Anthony Hawthorn*



Anthony Hawthorn is FAMSA Western Cape's Training Manager.



## What's New?

### New Basic Counselling Skills 3, 4 & 5

In response to the many requests for more Basic Counselling Courses, we have finally begun a process of development and consolidation which will produce a five part Basic Counselling Skill Course. The positive response to Basic Counselling Skills One and Two has prompted further development to deepen the knowledge and skills already learned.

For those who attended, you might remember that **Basic Counselling Skills One** was all about you coming to know yourself and the countless hours spent doing self-awareness exercises. This course was all about understanding self.

In **Basic Counselling Skills Two** you were given the knowledge and skills needed to begin understanding and working with another person. Therefore you were equipped to begin understanding others.

**Basic Counselling Skills Three** will challenge you to develop the knowledge and skills needed to work with the couple system. This will require you to become self aware of yourself in relation to others; so that you may facilitate their understanding of themselves in relation to their intimate partner.

**Basic Counselling Skills Four** (traditionally the McMaster's Family Counselling Skills course) goes beyond the couple to include the whole family. It is therefore about understanding self in relation to the family. This course is already developed but has been trained as the McMaster Family Therapy Model.

The final course in the five part series (**Basic Counselling Skills Five**) is about understanding self in relation to your community. In this course we introduce you to what is unique about counselling in the South African context and introduce you to the pertinent counselling issues within our sphere of work.

We hope that our new Basic Counselling Skills trainings will be as rich in knowledge and skills to you as the first two modules in this series have proven to be.

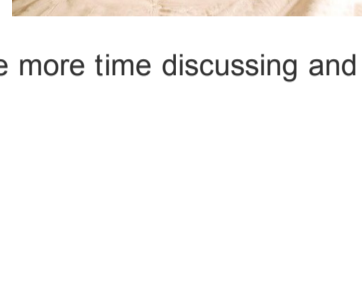


# Under Construction

## Sexual Counselling Skills Training

For a number of years Trainees on previous Sexual Counselling Skills Trainings have indicated that they would like to learn even more about this topic.

We traditionally trained this as a one-day workshop with the focus being on important aspects of sexual functioning and difficulties that a counsellor may come across in the counselling environment. We also focused on the counsellor's self awareness of their own sexuality and perceptions and how this may impact the counselling environment. Dealing with such a complex topic in a one-day workshop simply did not prove to be enough.



In 2015 we will be developing this training further to allow for more on this topic as well as for the trainee to have more time discussing and exploring this topic in a safe and contained environment.

The training should be back in its regular slot again in 2016.

## Ethics Workshop

In 2013 we introduced our very first Ethics workshop as a pilot workshop. The attendees on this workshop provided us with plenty of valuable feedback in order for us to develop this workshop even further. It soon became very apparent that there is a great need from professionals to have the space to discuss this topic and delve deeper into the complexities of ethics and its nature. Regrettably the development of this workshop had to take a backseat in 2014. We shall be developing this workshop again this year so that it would be available in 2016.



# FAMSA Morning Workshops

## In-service Trainings

Apart from our exceptional range of regular trainings and workshops on offer we also opened our doors for people to attend our in-service trainings from 2013. Our in-service trainings allow you to attend a short trainings session of three hours on various topics. Each month we have a different topic and a different speaker. In-service trainings are a great way for you to learn more about the topic and explore if it is a field of interest to you. It also provides you with the opportunity to network, not only with us but also with various people from other organisations or in private practice. If you are working for an organisation you are welcome to book for a group as well - just note though that seats are limited.

Did we mention the CPD points? These in-service trainings sessions usually also carry CPD points from the SACSSP (South African Council for Social Service Professions). 2015 is no different and we have once again applied for CPD accreditation. For more on CPD for these sessions please contact us.

Kindly note that the topics for these sessions sometimes change and that CPD points will not be available for such a session.

We hope to meet you this year at one of our In-service trainings.

Want to learn more about the dates and topics?

[Click Here for the full programme](#)

## Supervisor's Forum

One more way we are making your professional development easier. From 2015 we shall also be opening our regular Supervisor's Forum sessions to professionals. Much like our in-service training session Supervisor's Forum creates the environment for professionals to be exposed to and discuss various topics related to supervision and management. These sessions are usually aimed more toward health care professionals as management/supervisors or who aim to become a supervisor.

Yes, we have thought of your portfolio as well and we have applied for CPD points from the SACSSP for these sessions.

Want to learn more about the dates and topics?

[Click Here for the full programme](#)

## McMaster's Supervision Group

We are introducing another "small group discussion" to professionals in 2015.



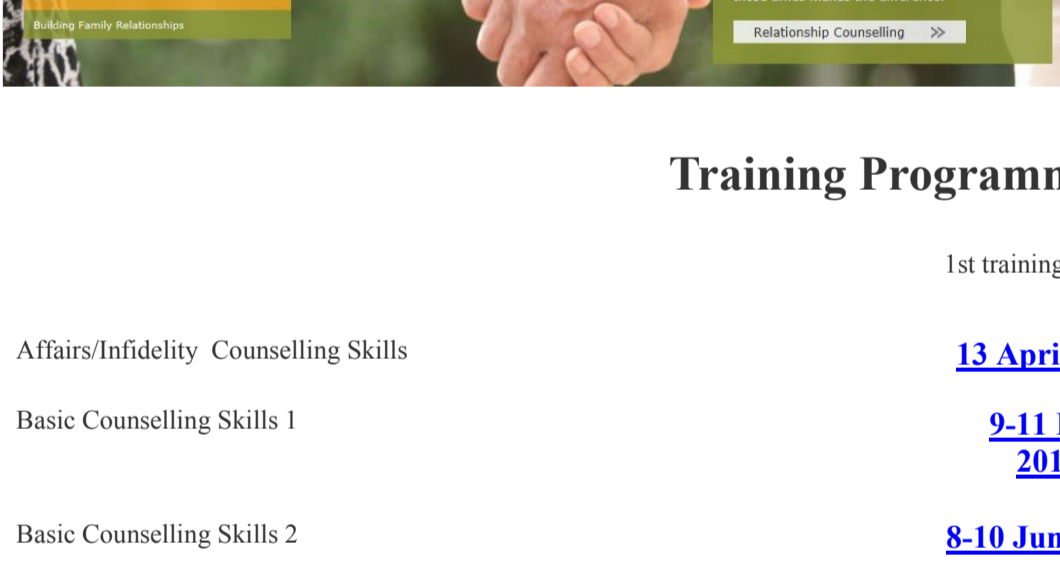
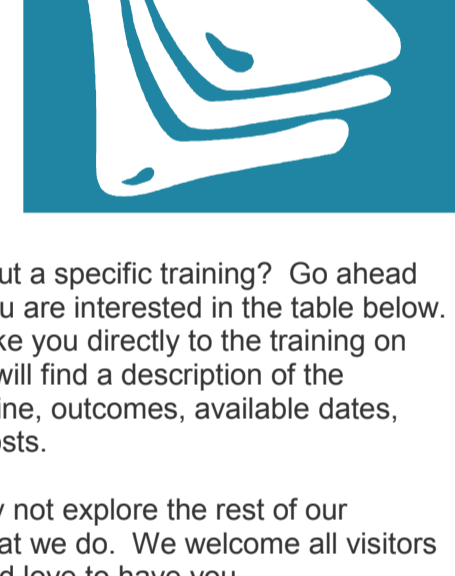
The McMaster's Supervision Group is open to **everyone who completed our McMaster's Family Counselling Skills training**. These groups will run once a month on the first Thursday of every month from February to November. Each of these sessions will be facilitated by a different professional and will focus on a different aspect of the McMaster's approach. The outline of each session is a case discussion relating to the topic of the day and practices the appropriate skills in the form of a role-play and group discussion. Each session will be under the guidance and supervision of, Clinical Psychologist, Cecilia Robins and, Clinical Social Worker, Daleen van Staden.

This group is an excellent way to keep yourself abreast with the McMaster's approach to working with families and build your professional portfolio of evidence.

Want to learn more about the dates and topics?

[Click Here for the full programme](#)

# Save the Date!!!



Want to learn more about a specific training? Go ahead and click on the date you are interested in the table below. Your browser should take you directly to the training on our website. Here you will find a description of the training, the course outline, outcomes, available dates, and what the training costs.

While you are there why not explore the rest of our website and find out what we do. We welcome all visitors to our website and would love to have you.

[www.famsawc.org.za](http://www.famsawc.org.za)

## Training Programme 2015

	1st training	2nd training	3rd training	4th training
Affairs/Infidelity Counselling Skills	<a href="#">13 April 2015</a>	<a href="#">13 July 2015</a>		
Basic Counselling Skills 1	<a href="#">9-11 Feb 2015</a>	<a href="#">4-6 May 2015</a>	<a href="#">3-5 August 2015</a>	<a href="#">2-4 November 2015</a>
Basic Counselling Skills 2	<a href="#">8-10 June 2015</a>	<a href="#">23-25 November 2015</a>		
Basic Counselling Skills 3 (NEW)	<a href="#">24-26 August 2015</a>			
Basic Counselling Skills 4 (NEW)	<a href="#">See McMaster's Family Counselling Skills</a>			
Basic Counselling Skills 5 (NEW)	<a href="#">7-9 September 2015</a>			
Bereavement Counselling Skills	<a href="#">18 Mar 2015</a>	<a href="#">18 August 2015</a>		
Blended Families Counselling Skills	<a href="#">23 March 2015</a>	<a href="#">19 October 2015</a>		
Divorce Counselling Skills	<a href="#">24 March 2015</a>	<a href="#">12 October 2015</a>		
Domestic Violence Counselling Skills	<a href="#">20-22 April 2015</a>			
McMaster's Family Counselling Skills	<a href="#">6-9 July 2015</a>	<a href="#">9-12 November 2015</a>		
Prepare/Enrich training	<a href="#">29-30 June 2015</a>			
Prepare/Enrich Refresher (Exploring the new online system)	20 March 2015			
Starting and Running Your Private Practice	<a href="#">15 May 2015</a>	<a href="#">11 September 2015</a>		
Stress Management Skills	<a href="#">21-22 September 2015</a>			
Supervision Skills	<a href="#">17-18 Feb 2015</a>	<a href="#">7-8 October 2015</a>		
Trauma Debriefing Skills	<a href="#">2-4 March 2015</a>	<a href="#">20-22 July 2015</a>	<a href="#">16-18 November 2015</a>	
In-service Sessions	<a href="#">Throughout the year from Feb to Nov</a>			
Supervisors' Forum	<a href="#">Throughout the year from Feb to Nov</a>			
McMaster's Supervision Group	<a href="#">Throughout the year from Feb to Nov</a>			

# Contact Us



Call us on 021 447 7951

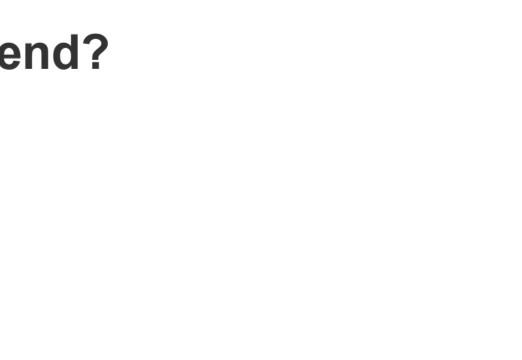
Email us at [trainingcoordinator@famsawc.org.za](mailto:trainingcoordinator@famsawc.org.za)

Website: [www.famsawc.org.za](http://www.famsawc.org.za)

As always we want to hear from you. We value your input and we want to know what it is that you would like from our e-Newsletter.

Why not drop us your comments?

Email: [famtrac@famsawc.org.za](mailto:famtrac@famsawc.org.za)



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