
Trauma Debriefing and Counselling Skills Workshop

Trauma can affect any person, at any time, and there is a growing need for members in our communities to learn some basic techniques on how to help individuals who have experienced a trauma. Trauma counsellors are often referred to as the “emotional paramedics” and are as important as the health care professionals themselves. In order to properly deal with a trauma and the aftermath, the victim needs prompt and efficient counselling.

Jalex has put together a workshop on the basic counselling skills needed for trauma debriefing. This course is ideal for CPF members, first responders, HR managers, lay counsellors, volunteers, police reservists, educators and any member of the community who would like to acquire the skills needed to care for other people in emotional need.

This particular workshop requires no psychological background or training.

Included in the workshop is:

1. The Jalex Trauma Training Manual
2. Handouts on trauma symptoms and coping strategies
3. Certificate of completion and personal reference letter

Detailed list of the topics covered in the workshop:

1. What is trauma
Symptoms of trauma
 - Physical
 - Emotional
 - Mental

The themes of trauma

Facts and statistics about trauma in South Africa

2. What is trauma debriefing

- The goals of debriefing
- The person centered approach

Approaching the client

Techniques used in debriefing

- Counselling skills

Trauma recovery strategies

- How to help victims cope
- Handouts for victims and their loved ones

Tasks and responsibilities of the counsellor

Addressing the victims needs

- Physical
- Emotional
- Mental
- Legal

3. What is PTSD

- Symptoms

Working with other professionals

- The importance of referring

Caring for the caregiver

Upon completion of the training, each attendee will receive an assessment of which they are required to complete. Upon completion of this assessment the attendee will receive their certificate of completion as well as a reference letter.

Jalex Counselling provides services of a high standard and aims to assist all individuals in acquiring the skills needed to suit their purpose. With the correct skills and guidance, participants will leave with the ability to provide basic trauma debriefing in their workplace,

community and personal lives. The cost of this workshop is R320 and all learning material will be couriered to you.

Please note that this is a workshop aimed at providing trauma debriefing skills but does not lead to registration as a professional counsellor.

The Jalex Trauma Training Workshop is presented by Zoe Wilson
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