



ILITHA LABANTU
PEOPLE WHO CARE ABOUT PEOPLE

TRAINING MODULES

ILITHA LABANTU TRAINING MODULES	DESCRIPTION	DURATION
SELF-REALIZATION	Unpacking and understanding of self to create ones identity	3 days
GENDER SENSITIVITY	To educate and sensitize the group about existing gender issues and inequalities and how they link to Domestic Violence & Gender Based Violence	2 days
GENDER BASED VIOLENCE	What is Gender based violence, the types of Gender Based Violence, stages and dynamics of violence. The Patterns of violence, signs of abuse, root causes, power and control dynamics, signs of controlling partner and intervention strategies.	3 days
TRAUMA	Understanding trauma, defining trauma, the kinds and or types of trauma. Potential causes of trauma and traumatic experiences, the impact of unresolved trauma. The journey of healing and coping strategies.	3 days
BASIC COUNSELLING	To equip participants with the basis and the basics of counselling knowledge and skills	5 days
ADVANCE COUNSELLING	Advanced Counselling Skills builds on the foundation of Basic Counselling Skills in order to develop more advanced assessment and counselling skills for working with diverse client groups	3 Weeks to 4 Weeks
IDENTIFYING KEY SIGNS OF ABUSE	To impart knowledge and tools to be able to identify when children and young people are at risk and confidently take action to promote their safety and wellbeing	2 days

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CHILD TRAUMA	To educate frontline workers with knowledge on child trauma and how to effectively respond	3 days
POSITIVE PARENTING	To provide participants with tools on how they can play a more supportive and constructive role in the lives of children.	2 days
LEGAL REMEDIES AND PROCEDURES	To equip participants with legal knowledge and the remedies available in the South African Judiciary system	3 days
USABLE ACTS	To simplify the South African Acts and Bills to be understandable and usable for public	5 days