



PHOLA
presents:

**A SERIES OF
TREE OF LIFE NARRATIVE METHODOLOGY
&
COURRAGE METHODOLOGY**

**ONLINE TRAINING
via ZOOM**



All bookings must be via email

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WHAT IS THE TREE OF LIFE NARRATIVE METHODOLOGY?

The Tree of Life is a collaborative culturally sensitive counselling methodology that is based on narrative therapy principles. It was developed to support people who have experienced hardships and trauma to tell their stories in ways that make them stronger. It has been used successfully in over 30 countries around the world including the UK, USA, Australia, Brazil, Canada, across Africa and so on.

The methodology is strength-based, it gives people who have experienced hardships and trauma the opportunity to actively participate in redefining their lives and stepping into a different territory of identity where they do not have to be defined by the problems which they have experienced.

WHO CAN ATTEND THE TRAINING?

- Mental health and psychosocial practitioners including:
- People who work with older adults
- People who work with people with learning disabilities
- People who work with parents
- People who work with children and young people
- People who work with adults living with HIV
- People who work with people living with cancer and other life-threatening illnesses
- People who work with refugees and ethnic minority groups
- People working with vulnerable children, young people and families
- Students studying and interested in Narrative Therapy, social sciences, and community development and so on

2021 online Tree of life training sessions will run from 12:00 pm to 4:30 pm **LONDON** time.

Type of training	Description	Dates	Cost
Level 1 Introduction to Tree of life	7 hours training - History and foundations of the Tree of life - Narrative ideas that inform the methodology - Introduction to the Imbeleko approach - Four parts of the methodology - Experiential learning activities	08 March 2021 07 June 2021 08 September 2021 01 November 2021	£80

Level 2 Tree of life and responding to loss and bereavement	4.5 hours training <ul style="list-style-type: none"> - Using the Tree of life methodology to respond to loss and grief - Saying Hallo again and Happy remembering projects 	12 March 2021 16 June 2021 13 September 2021 08 November 2021	£60
Level 3 Tree of life and working with groups and communities	4.5 hours training <ul style="list-style-type: none"> - Setting up Tree of life groups - How to get started - Benefits of the group approach - Different types of Tree of life groups - Monitoring groups etc. 	15 March 2021 21 June 2021 15 September 2021 15 November 2021	£70
Level 4 Tree of life and working with couples and families	4.5 hours training <ul style="list-style-type: none"> - Introduction to using Narrative therapy with couples - Different ways to use Tree of life with families - Training will include experiential learning Activities 	25 June 2021 20 September 2021 22 November 2021	£75
Level 5 Tree of life and workings with teams and organizations	4.5 hours training <ul style="list-style-type: none"> - Adapting the Tree of life for organizations and teams - Using Tree of life to respond to burnout - Using Tree of life for supervision 	30 June 2021 27 September 2021 29 November 2021	£80
Advanced Tree of life Training	This is a 4-day training for people who prefer to complete the Advanced Tree of life training once off. The training covers the <ul style="list-style-type: none"> - Foundations and history of TOL - Four parts of the TOL methodology - Working with families and couples 	12-15 January 2021 26 -29 April 2021 12-15 July 2021 04-07 October 2021	£350

	<ul style="list-style-type: none"> - Setting up TOL groups - Using TOL to respond to loss and grief <p>Working with organizations, teams, and communities</p>		
Tree of Life Supervision	This is a 2- hour group supervision session from 12-2 pm for Practitioners who are using the Tree of life Methodology and want to get support and guidance from Ncazelo.	03 February 2021 05 May 2021 11 August 2021	£50
COURRAGE Supervision	This is a 2- hour supervision session from 12-2pm for Practitioners who are using the COURRAGE Methodology and want to get support and guidance from Ncazelo.	10 February 2021 19 May 2021 25 August 2021	£50

After each level of training participants can request a certificate of participation via email. After completing the five (5) levels (37) hours of training on the TOL participants receive an Advanced TOL Practitioner's certificate signed by Ncazelo.

WHAT IS THE COURAGE METHODOLOGY?

The COURAGE methodology is a narrative therapy intervention which aims to provide women (and others) experiencing complex trauma and psycho-social distress linked to various forms of violence and hardships with opportunities to re-imagine their place in the world. Over 10-sessions, women engage in a collective process of being supported to step into the alternative stories of their lives. Through sharing stories women discuss their struggles and identify their skills and knowledges of living that have helped them to survive; they reimagine their futures and begin to plan ways to respond to their challenges. Each letter in the acronym COURAGE represents a specific step in the structured group therapy intervention. The COURAGE methodology has recently been found to reduce clinical symptoms of depression in women and allowing them to draw from each other's strengths, social networks and build positive identity and even act collectively to address shared challenges.

WHO CAN ATTEND THE TRAINING?

- Practitioners who work in the area of mental health, trauma, domestic violence and dealing with the effects of abuse on people's lives
- Women empowerment organizations
- People who work with refugees and other marginalized communities
- People who have an interest in developing and working with culturally sensitive therapies
- Practitioners interested in integrating arts into Narrative Therapy
- People with an interest of linking therapy to ongoing community projects for the benefit of those who seek counselling

2021 online COURAGE training sessions will run as follows:

Introduction to the COURAGE Methodology – 12:00 pm to 3 pm (3hrs)

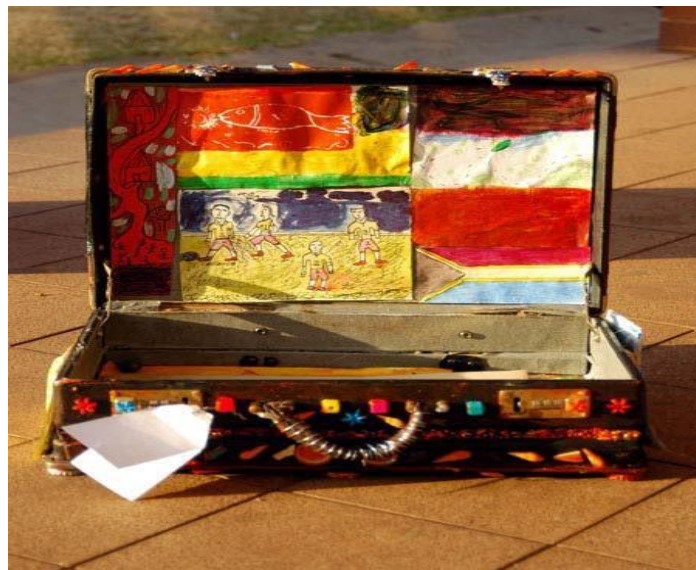
Two-day Advanced COURAGE Methodology training – 10 am to 5:00 pm
LONDON time (7 hrs).

Type of training	Description	Dates	Cost
Introduction to COURAGE training	3 hours training -History of the COURAGE Methodology -Narrative therapy and responding to trauma -The Imbeleko Approach - Experiential learning activities -videos etc.	09 February 2021	£50
		05 April 2021	
		26 July 2021	
		19 October 2021	

Advanced COURRAGE Training	-Responding to trauma -10 steps of the COURRAGE Methodology - Videos from COURRAGE projects -Experiential learning activities for second story development. - Making your own COURRAGE Photo story books	10-11 February 2021 6-7 April 2021 27-28 July 2021 20-21 October 2021	£230
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A certificate of participation will be issued to participants after the Introduction to the COURRAGE Methodology training and an Advanced COURRAGE training certificate will be issued after completing the 2-day training.

NARRATIVES IN THE SUITCASE PROJECT



This project was inspired by the work Glynis Clacherty 2004 (The Suitcase Project)

The Narratives in the Suitcase Project was developed to respond to the challenges experienced by children “on the move”. Some of these children travel unaccompanied from different countries into South Africa and other places. Many of them end up on the streets. In South Africa several children move from rural areas into the cities seeking a better life for themselves and their families. At face value these journeys may be taken to be only about economic issues however there are many untold stories about these movements. The hidden or secret stories unveil what these young people are pursuit of. If societies have a better understanding about the secret aspirations of young people on the move perhaps there would be improved services and support for them.

The suitcase project explores what children's movements are about. It allows people on the move to describe their journeys in ways that are more fitting for them. It takes a lot of courage for children to leave their homes, families, familiar territories and or countries of origin. These bold initiatives could only mean that children who are "on the move" are pursuing what is significantly valuable and important to them. Stories about what pushes children to leave their homes, live on the streets, migrate to far away countries etc. are thinly described. They are largely told from the point of view of others and usually in problem saturated dominant story lines tainted with a lot of negativity.

WHO CAN ATTEND THE TRAINING?

Mental health and psychosocial practitioners including:

- People working with refugees and migrants
- People working with displaced individuals and families
- People working with children and young people living on the streets
- Narrative therapy students and practitioners interested in using journey metaphors when responding to the effects of trauma and related hardships
- People interested in collective and collaborative counselling and mental health services

The five online training events will take place from 12 pm to 4:30pm London time on the following dates:

- 15th February
- 01st June 2021
- 3rd August 2021
- 12th October 2021
- 2nd December 2021

Cost: £75

ABOUT THE THERAPEUTIC APPROACH

Ncazelo Ncube-Mlilo has described her work as The Imbeleko Approach to therapeutic practice. Imbeleko is a Zulu word symbolic and representative of home-grown knowledges and wisdoms to provide care and support. Drawing on Narrative Practices and the work of Michael White, Ncazelo has been able to integrate narrative ideas in methods which are culturally and contextually meaningful for the people and communities that have experienced trauma.

ABOUT THE TRAINER

Ncazelo Ncube-Mlilo is the pioneer and co-developer of the Tree of Life methodology. Since developing Tree of Life in 2006 Ncazelo has continued to expand her work to create culturally sensitive therapies to support people who have experienced significant hardships.

WHAT IS PHOLA?



In 2016 Ncazelo set up an organization called Phola to reach disadvantaged children, women, families and communities affected by trauma related to poverty, loss, violence, HIV and AIDS, statelessness, conflict etc. Ncazelo's vision for Phola is to bring hope and restore the lives of women, children and families using home grown counselling therapies and creating mobile counselling services that are culturally appropriate and can reach the most disadvantaged and marginalized people and communities.

To learn more about this work and/or to support Phola please visit www.phola.org or write an email ncazelo@phola.org, phola.org@gmail.com or ncazelo@yahoo.com

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