



PHOLA



TRAINING ——— CALENDAR

COURRAGE, TREE OF LIFE AND NARRATIVES IN THE
SUITCASE - NARRATIVE METHODOLOGIES ONLINE
TRAINING CALENDAR FOR 2024



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

- 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 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 interested in Narrative Therapy, social sciences, community development, and so on

<p>Level 1 Introduction to Tree of life</p>	<p>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</p>	<p>04 March 2024 03 June 2024 02 September 2024 04 November 2024</p>	<p>£80</p>
<p>Level 2 Tree of life and responding to loss and bereavement</p>	<p>4.5 hours training -Using the Tree of life methodology to respond to loss and grief -Saying Hallo again and Happy remembering projects</p>	<p>11 March 2024 10 June 2024 09 September 2024 11 November 2024</p>	<p>£60</p>
<p>Level 3 Tree of life and working with groups and communities</p>	<p>4.5 hours training -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.</p>	<p>18 March 2024 21 June 2024 16 September 2024</p>	<p>£70</p>

<p>Level 4 Tree of life and working with couples and families</p>	<p>4.5 hours training - Introduction to using Narrative therapy with couples -Different ways to use Tree of life with families Experiential learning activities</p>	<p>24 June 2024 23 September 2024 25 November 2024</p>	<p>£75</p>
<p>Level 5 Tree of life and workings with teams and organizations</p>	<p>4.5 hours training -Adapting the Tree of life for organizations and teams -Using Tree of life to respond to burnout Using Tree of life for supervision</p>	<p>28 June 2024 27 September 2024 29 November 2024</p>	<p>£80</p>
<p>Advanced Tree of life Training</p>	<p>This is a 4-day training for people who prefer to complete the Advanced Tree of life training once off. The training covers the -Foundations and history of TOL -Four parts of the TOL methodology -Working with families and couples -Setting up TOL groups -Using TOL to respond to loss and grief Working with organizations, teams, and communities</p>	<p>22 – 25 January 2024 15-18 April 2024 01-04 July 2024 21 – 24 October 2024</p>	<p>£380</p>

NB - 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 COURRAGE METHODOLOGY

The COURRAGE methodology is a narrative therapy intervention that 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 knowledge 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 COURRAGE represents a specific step in the structured group therapy intervention. The COURRAGE methodology has recently been found to reduce clinical symptoms of depression in women and allow them to draw from each other's strengths, social networks and build positive identities, and even act collectively to address shared challenges.

Equipped to Overcome

WHO CAN ATTEND

- 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 counseling.

2024 online COURRAGE training sessions will run as follows:

- Introduction to the COURRAGE Methodology – 12:00 pm to 3pm LONDON time (3hrs).
- Two-day Advanced COURRAGE Methodology training – 10 am to 5:00 pm London time (7hrs).

<p>Introduction to COURRAGE training</p>	<p>3 hours training</p> <ul style="list-style-type: none"> -History of the COURRAGE Methodology -Narrative therapy and responding to trauma -The Imbeleko Approach - Experiential learning activities -videos etc. 	<p>05 February 2024</p> <p>08 April 2024</p> <p>22 July 2024</p> <p>01 October 2024</p>	<p>£50</p>
<p>Advanced COURRAGE Training</p>	<p>Two Day Session</p> <ul style="list-style-type: none"> -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 	<p>06-07 February 2024</p> <p>09-10 April 2024</p> <p>23-24 July 2024</p> <p>02-03 October</p>	<p>£230</p>

PHOLA

Equipped to Overcome 

NB - 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

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 faraway countries, etc. are thinly described. They are largely told from the point of view of others and usually in problem-saturated dominant storylines 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 counseling and mental health services

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

- 12th August 2024
- 7th October 2024
- 2nd December 2024

Cost: £75

O.U.T.T.R.A.G.E.D METHODOLOGY

Men and boys O.U.T.T.R.A.G.E.D by Gender Based Violence and Femicide

A Narrative therapy framework for men and boys for the prevention of
GBV-F

O.U.T.T.R.A.G.E.D is a collective narrative therapy framework that facilitates conversations with men and boys for the prevention of violence and is gender-based specifically. This is a framework for awareness raising, concept development, behavior change, and the development of personal agency of social justice in the prevention of GBV

Dates

7 June 2024

19 August 2024

Cost £50