

Name of Training	PFTS	Equip	Kata Temper	MDIL	Sekete	Sikika	WJC
	Progressive Family Therapy Skills		Peace starts with you	My Drive in Life	The real sex talk	To be heard	Write Junior Club
Goal(s)	<ul style="list-style-type: none"> advance therapeutic skills of professionals 	<ul style="list-style-type: none"> permeate self centered thinking decrease at risk behaviour increase social and cognitive skills challenge moral level of thinking 	<ul style="list-style-type: none"> manage the emotions anger and aggression become aware and in control of their own behaviour and decisions 	<ul style="list-style-type: none"> raise awareness about the self, identity and mind set discover and design personal life goals and the underlying drivers 	<ul style="list-style-type: none"> become aware and confident in all aspects connected to sexuality 	<ul style="list-style-type: none"> creating self awareness on mental, emotional and social level 	<ul style="list-style-type: none"> minimize the impact of negative life events decrease symptoms of PTSD (Post Traumatic Stress Disorder).
Description	<p>'Progressive Family Therapy Skills' (PFTS) is a training which offers powerful, practical tools, knowledge and skills in the work field of (systemic) therapy with the aim to counsel multi layered family and individual client issues on a high quality level.</p>	<p>Equip gives youth tools to think and act more responsible through a peer helping approach. The topics anger management, social skills, social decision making and mutual help meetings will be covered.</p>	<p>Kata Temper 'Peace starts with You' is a training for youth which offers practical tools to manage their emotion aggression and minimize at risk situations by making them aware and in control of their thinking and behaviour.</p>	<p>'My Drive in Life' (MDIL) is a training tailored to motivational resources and gives insight into what is truly important in life. It guides youth to reflect and cope with daily challenges and get in touch with their personal motivational resources.</p>	<p>Sekete 'The Real Sex Talk' is a training for teens and youth which leads to more conscious choices concerning sex(uality). Youth are challenged to become aware of issues, prejudices and experiences in their sexuality, which increases their self awareness, esteem and identity.</p>	<p>Sikika 'To be heard' is a training for kids and teens to become self aware by addressing topics like identity, assertiveness, self esteem and social skills in a playful, fun and interactive way..</p>	<p>'Write Junior Club' (WJC) is a training for kids and teens that reduces the symptoms and stress of trauma. They learn how to cope and deal with their trauma's by expressing their negative life events through a visual platform like drawings and writing.</p>
Methods	<ul style="list-style-type: none"> PFTS boasts progressive counselling methods based on real life scenarios and experiences drawn from the facilitators own practice. presentation of theory by mind mapping and other visual elements role plays supervision 	<ul style="list-style-type: none"> tools based on Cognitive Behavioural Therapy identifying thinking errors, negative behaviour and consequences exchange and discussions on real life examples role plays 'Positive Peer Pressure': group dynamics lead to mutual confrontation and recognition 	<ul style="list-style-type: none"> physical and creative activities lead to integration of theory into daily life tools based on Cognitive Behavioural Therapy 'Positive Peer Pressure': group dynamics lead to mutual confrontation and recognition 	<ul style="list-style-type: none"> book 'My Drive in Life': real life experiences of youth in an informal settlement narrative approach: writing life stories to get in touch with their own narrative physical and creative activities lead to integration of theory into daily life power of social sharing 	<ul style="list-style-type: none"> briefing of topics connected to sexuality creative activities like games, quizzes and role plays discussions through statements and visual elements feedback and personal guidance power of social sharing 	<ul style="list-style-type: none"> physical and creative activities like role plays, quizzes, games and drawings lead to integration of theory into daily life power of social sharing 	<ul style="list-style-type: none"> drawings and writings cognitive restructuring of the life event/ trauma recognition and release of emotions relabeling the trauma power of social sharing
Target Group	<ul style="list-style-type: none"> youth Leaders social Workers counsellors psychologists 	<ul style="list-style-type: none"> youth 14 – 18 years young adults 18 – 24 years 	<ul style="list-style-type: none"> youth 14 – 18 year young adults 18 – 24 years 	<ul style="list-style-type: none"> youth 12 – 24 years adults 24 years – ∞ 	<ul style="list-style-type: none"> teens 10 – 14 years youth 14 – 18 years 	<ul style="list-style-type: none"> kids 6 – 10 years teens 10 – 14 years 	<ul style="list-style-type: none"> kids 6 – 10 years teens 10 – 14 years
Number of Participants	<ul style="list-style-type: none"> min. 10 max. 20 	<ul style="list-style-type: none"> min. 10 max. 20 	<ul style="list-style-type: none"> min. 10 max. 20 	<ul style="list-style-type: none"> min. 10 max. 20 	<ul style="list-style-type: none"> min. 10 max. 20 	<ul style="list-style-type: none"> min. 10 max. 12 	<ul style="list-style-type: none"> min. 10 max. 12
Time Period	<ul style="list-style-type: none"> 4 workshops 4 hours each workshop 	<ul style="list-style-type: none"> 10 workshops 2 hours each workshop 	<ul style="list-style-type: none"> 8 workshops 2 hours each workshop 	<ul style="list-style-type: none"> 8 workshops 2 hours each workshop 	<ul style="list-style-type: none"> 8 workshops 2 hours each workshop 	<ul style="list-style-type: none"> 8 workshops 1.5 hour each workshop 	<ul style="list-style-type: none"> 8 workshops 1.5 hour each workshop
Facilities & Tools	<ul style="list-style-type: none"> meeting venue benches/chairs flip chart markers PFTS participants handouts 	<ul style="list-style-type: none"> meeting venue benches/chairs flip chart markers training book training manual Equip toolkit 	<ul style="list-style-type: none"> meeting venue benches/chairs flip chart markers training manual Kata Temper toolkit 	<ul style="list-style-type: none"> meeting venue benches/chairs flip chart markers training manual MDIL toolkit 	<ul style="list-style-type: none"> meeting venue benches/chairs flip chart markers training manual Sekete toolkit 	<ul style="list-style-type: none"> meeting venue benches/chairs flip chart markers training manual Sikika toolkit 	<ul style="list-style-type: none"> meeting venue benches/chairs flip chart markers training manual WJC toolkit