## Progressive Family Therapy Skills (PFTS)

**Goal(s):**
- advance therapeutic skills of professionals
- permeate self centered thinking
- decrease at risk behaviour
- increase social and cognitive skills
- challenge moral level of thinking

**Description:**
‘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.

**Equip:**
- tools based on Cognitive Behavioural Therapy
- physical and creative activities lead to integration of theory into daily life
- book ‘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.
- tools based on Cognitive Behavioural Therapy
- ‘My Drive in Life’ (MDIL) is a training for teens and youth which leads to more conscious choices concerning sexuality. Youth are challenged to become aware of issues, prejudices and experiences in their sexuality, which increases their self awareness, esteem and identity.

**Target Group:**
- youth Leaders
- social Workers
- counsellors
- psychologists
- min. 10 | max. 20

**Time Period:**
- 4 workshops
- 4 hours each workshop

**Facilities & Tools:**
- meeting venue
- benches/ chairs
- flip chart
- markers
- PFTS participants
- handouts

## My Drive in Life (MDIL)

**Goal(s):**
- manage the emotions anger and aggression
- become aware and in control of their own behaviour and decisions
- raise awareness about the self, identity and mind set
- discover and design personal life goals and the underlying drivers
- become aware and confident in all aspects connected to sexuality

**Description:**
- ‘Peace starts with You’ is a training for adults which offers motivational resources and gives awareness, esteem and identity.
- ’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.

**Equip:**
- tools based on Cognitive Behavioural Therapy
- ‘My Drive in Life’ (MDIL) is a training for teens and youth which leads to more conscious choices concerning sexuality. Youth are challenged to become aware of issues, prejudices and experiences in their sexuality, which increases their self awareness, esteem and identity.

**Target Group:**
- young adults
- 18 – 24 years
- min. 10 | max. 20

**Time Period:**
- 10 workshops
- 2 hours each workshop

**Facilities & Tools:**
- meeting venue
- benches/ chairs
- flip chart
- markers
- meeting manual
- Kata Temper toolkit

## The Real Sex Talk (Sekete)

**Goal(s):**
- become aware of sex(uality).
- youth which offers more conscious choices concerning sexuality. Youth are challenged to become aware of issues, prejudices and experiences in their sexuality, which increases their self awareness, esteem and identity.

**Description:**
- ‘Peace starts with You’ is a training for adults which offers motivational resources and gives awareness, esteem and identity.
- ‘The Real Sex Talk’ (Sekete) is a training for teens and youth which leads to more conscious choices concerning sexuality. Youth are challenged to become aware of issues, prejudices and experiences in their sexuality, which increases their self awareness, esteem and identity.

**Equip:**
- tools based on Cognitive Behavioural Therapy
- ‘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.

**Target Group:**
- teens
- 12 – 24 years
- adults
- 24 years = m
- min. 10 | max. 20

**Time Period:**
- 8 workshops
- 2 hours each workshop

**Facilities & Tools:**
- meeting venue
- benches/ chairs
- flip chart
- markers
- MDIL toolkit

## To be heard (Sikika)

**Goal(s):**
- create self awareness
- emotional aggression
- reduction of negative life events
- become aware of emotional trauma
- decrease at risk situations by becoming self aware

**Description:**
- ’To be heard’ is a training for kids and teens that reduces the symptoms and stress of trauma. They learn how to cope and deal with their traumas by expressing their negative life events through a visual platform like drawings and writing.

**Equip:**
- tools based on Cognitive Behavioural Therapy
- ‘My Drive in Life’ (MDIL) is a training for teens and youth which leads to more conscious choices concerning sexuality. Youth are challenged to become aware of issues, prejudices and experiences in their sexuality, which increases their self awareness, esteem and identity.

**Target Group:**
- kids
- 6 – 10 years
- teens
- 10 – 14 years
- min. 10 | max. 12

**Time Period:**
- 8 workshops
- 1.5 hour each workshop

**Facilities & Tools:**
- meeting venue
- benches/ chairs
- flip chart
- markers
- training manual
- WJC toolkit

## Write Junior Club (WJC)

**Goal(s):**
- create self awareness
- emotional aggression
- reduce at risk situations by becoming self aware

**Description:**
- ‘The Real Sex Talk’ (Sekete) is a training for teens and youth which leads to more conscious choices concerning sexuality. Youth are challenged to become aware of issues, prejudices and experiences in their sexuality, which increases their self awareness, esteem and identity.

**Equip:**
- tools based on Cognitive Behavioural Therapy
- ‘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.

**Target Group:**
- kids
- 6 – 10 years
- teens
- 10 – 14 years
- min. 10 | max. 12

**Time Period:**
- 8 workshops
- 1.5 hour each workshop

**Facilities & Tools:**
- meeting venue
- benches/ chairs
- flip chart
- markers
- training manual
- WJC toolkit

## STATISTICAL OVERVIEW

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<thead>
<tr>
<th>Name of Training</th>
<th>Equip</th>
<th>Target Group</th>
<th>Number of Participants</th>
<th>Time Period</th>
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**Note:**
- MDIL = My Drive in Life
- PFTS = Progressive Family Therapy Skills
- WJC = Write Junior Club