Youth and Child Support Skills for Development Practitioners

- **Developmental Stages** (2 Afternoon Workshops)
  Those helping children and youths need to understand the different developmental stages and some of the emotional, physical, social and psychological features of each stage.

- **Boundaries, Stressors and Wellness** (2 Afternoon Workshops)
  The module addresses the temptation of helping others to one’s own detriment. Case studies serve to support theory and highlight practical application.

- **The Counselling Process** (2 Full Day Workshops)
  Whilst the purpose of this programme is not to train professional counsellors, students are exposed to basic counselling skills. The aim is to introduce counselling as a process that focuses on enhancing the psychological well-being of the young people they work with.

- **Identifying Youth at Risk** (2 Afternoon Workshops)
  Participants are sensitised to signs and symptoms that could indicate abuse, neglect or trauma experienced by youths. Different intervention strategies and referral agents are discussed.

- **Trauma Debriefing** (2 Afternoon Workshops)
  The module focuses on creating an understanding of trauma and related acute symptoms. It explores different levels of crisis intervention and provides a model for trauma counselling. Participants are introduced to common professional terms that are associated with trauma. Theory is underpinned by role play.

- **Protective Behaviours** (2 Afternoon Workshops)
  The Protective Behaviours Process is a practical approach to personal safety, encouraging self-empowerment and providing the skills to avoid being victimised. This is achieved by helping people to recognise and trust their intuitive feelings and develop strategies for self-protection.

**ENTRANCE REQUIREMENTS**

National Senior Certificate or Equivalent

**ENQUIRIES**

Ms Adéle Bradfield
Tel: +27 (0)84 568 6970
onion@telkomsa.net

Prof Richard Haines
+27 (0)41 504 2504
Richard.Haines@nmmu.ac.za

PO Box 77000, Port Elizabeth, 6031
www.nmmu.ac.za
YOUTH AND CHILD SUPPORT SKILLS FOR DEVELOPMENT PRACTITIONERS

The Department of Development Studies at the NMMU, building on its successes, enjoys national, regional and international recognition, based on its internal staff, its network of research associates and visiting scholars, the quality of its work and its commitment to applying its real world challenges.

The Department has a number of strategic alliances with regional and international universities and development organisations.

The Short Learning Programme, Youth and Child Support Skills for Development Practitioners, was developed in partnership with the GM South Africa Foundation who has conducted extensive research in the field of assisting learners at risk.

PROGRAMME BACKGROUND

Many of our South African youth can be considered at risk in the sense that they are affected by factors that influence their present and future well-being and holistic development. These factors include the following: the loss of one or both parents, severe illness (i.e. TB, HIV/AIDS, etc.), drug abuse, gang membership, a dysfunctional family life, sexual abuse, pregnancy and other barriers that seriously hinder learning progress. During 2008, the GM Foundation commissioned a research project to ascertain the extent of the needs of learners at risk and to identify ways of assisting learners affected by these factors to better cope with and possibly overcome these risks. The outcome of this research gave birth to the GM Foundation’s Teacher Learner Care Programme and the NMMU Short Learning Programme on Youth and Child Support Skills for Development Practitioners.

ABOUT THE SHORT LEARNING PROGRAMME

The programme equips those working in governmental and non-governmental education, training and development organisations with the knowledge, skills and values which will enable them to effectively identify, work with and where necessary refer vulnerable children and youth.

OUTCOMES

Students will be able to:

- Show an understanding of the psychological, social and developmental factors related to child and young adult at risk cases.
- Apply interpersonal skills and professional knowledge to assist vulnerable children and young adults within a development context.
- Demonstrate and apply an understanding of the relevant legislative framework and procedures that apply when working with children and youth in a development context.
- Provide support for children and youth at risk through networking and referrals.
- Manage the helping process and maintain progress notes and records.

PROGRAMME DURATION AND STRUCTURE

The programme is presented over a period of 10 months. Programme content is delivered over a series of 14 workshops (2.5 hours each) and 2 full day workshops.

ASSESSMENT

Students are required to write a Knowledge Based Assessment and submit a Portfolio of Evidence based on a case study.

SHORT LEARNING PROGRAMME TOPICS

- Focus on Self (2 Afternoon Workshops)

This course focuses on the participants’ own values and belief systems and looks at issues around personal self-esteem in relation to helping others. It also explores emotional intelligence and the importance of this in helping professions.

- Ethics, Legislation, Administration and Records dealing with referrals (2 Afternoon Workshops)

This module explores the role of ethics in the helping professions. It introduces students to different categories of counsellors to create an understanding of the level of counselling provided by each.