

A close-up photograph of an olive branch with several green olives and dark green leaves. The branch is light brown and textured. The olives are oval-shaped and have a slightly wrinkled surface. The leaves are elongated and have a smooth texture.

Third year options

Welcome to your third year possibilities at Coram Deo. The programmes herein described is open to anyone but ideal for those who have done a narrative training programme at Coram Deo or elsewhere. Internally it is seen as a third year of studies for those who completed the two year programme in Pastoral Narrative Therapy. Herewith a short orientation.

Two years of Pastoral Narrative Therapy studies lead to the following possibilities.

The first two of these are seen as the continuation of a formal third year.

The four options are:

- Practitioner Supervision
- Continued Professional Development
- Coram Care
- Further university academic training

Let's deal with the last two, first. They are not dealt with extensively.

If you are interested in these two options do talk to us.

Coram Care

Coram Deo encourages students who have completed their two years to take the lead in coming together frequently to remain part of a community.

It is not a formal programme but rather fulfils the need for connection and offers

- a space in which those who do counselling get to reflect on practice ('peer-supervision' in a way), and
- basic informal learning such as working through the latest narrative or other relevant literature.

There are no formal costs to it (at the Pretoria head office campus) except during certain periods of the year (it depends on the group's agenda).

It would be ideal to get together weekly but not further apart than monthly. In some regions there may be formal costs to it where it substitutes one of the two formal third year options, namely CPD or Supervision mentioned below.

Pretoria: Weekly on a Friday morning

Other areas: Coram Deo in Pretoria could assist in setting up this group. Decide who in the group will take the

lead (even if only initially). Approach Coram Deo directly, or if there is such a person, your area coordinator. We will gladly help in this regard as it is important to us that each town will have their own separate group who is passionate about the larger community.

University training

Your two year programme in pastoral narrative therapy is credit bearing towards a postgraduate diploma with the University of Pretoria. A 'postgraduate diploma' is each faculty's way of orienting students who do not come from that discipline and wishes to study further in the field. Consequently it offers a broad overview of the typical subjects of that discipline (in our case the broader field of theology since not all theology is pastoral theology). Only thereafter would students be allowed to apply to study towards a masters degree in which they can then focus on the subject matter they cherish (such as pastoral therapy). This is normally done via a research module. On this high university level (masters degree) it is not likely that the curriculum aspect will expose you to practice and thus the benefit should rather be seen to offer a form of knowledge specialisation. However there are different forms of research, some of which are much more practice based. But still the guidance in terms of practice would likely be lacking with most of the guidance being about academic and methodological concerns.

You will notice that the postgraduate diploma is at this stage a bit expensive. Speaking under

Coram Care



correction, in the vicinity of R40,000. Given that the pastoral narrative therapy training is credit bearing you will only have to enrol for certain subjects in that programme making it a little less expensive. Interested students deal directly with the university.

There are some possibilities within Coram Deo to offer this level of qualification (on both postgraduate diploma and bachelors degree level). This would make it far less expensive. When this happens those who missed the development would be offered the opportunity through 'recognition of prior learning' (RPL) to be recognised on degree level. This assumes that it is now important to do a full third year at Coram Deo (Supervision and CPD track). The degree would not be related to the University of Pretoria but separately offered with Coram Deo, then being a higher education institution. On postgraduate diploma level there would be some additional requirements in terms of assignments and reading. This would either be independent or in conjunction with the University of Pretoria. Please note that having a masters degree is not a prerequisite for doing therapy in the pastoral discipline which you studied. In this regard you would need to register at a professional body. Or if not registering you would have to solely except the risk associated with doing therapy. We advise strongly that you register with SignoPro and CSCP being professional governing communities, the first of which is the the quickest, least expensive, most comprehensive value and way to do this at present but in the medium term also the latter as they are a statutory body.

Now the third year options with Coram Deo.

Third year options

Please note there could be some differences in pricing and deadlines for different learning campuses regarding the following information.



They are however set for the main Coram Deo campus in Pretoria, Waterkloof Glen and direct campuses George, Durbanville and Online Learning.

CPD stands for Continued Professional Development: Most professional bodies nowadays expect people doing therapy/counselling to acquire CPD points. This is a way of encouraging continuous learning and staying on top of developments in the field. With 'CPD' think learning. With 'Supervision' think doing. The latter is also all the more a requirement and that is why we encourage you to simply do both together as your logical next step after the two year programme.

Partner notes:

Note that for campuses close to each other (Gauteng as an example) it would be cost efficient to have weekend training bringing together different campuses. Campuses in the larger area would then join Pretoria over the four weekends to be mentioned.

Independant licensed campuses can host their own weekend training if there are weekend slots available and lecturer diary permits. They are reminded that they are also allowed to change two topics but this has to be coordinated effectively and communicated well in advance.



OPTION 1: Dual track (CPD & Supervision)

Who and what: Respectively they are aimed at furthering knowledge and practice of those who completed the two year programme in pastoral narrative therapy, or any other pastoral and, or, narrative informed programme whether in coaching, therapy or other modalities. It is also open to outside participants not from these traditions or from Coram Deo subject to the following information. The CPD programme is mostly a structured programme whereas the supervision track follows a flexible format that will allow you to do both at the same time.

Cost for both: R8 450 (add R200 royalty fee payable if and when required)

Minimum participants: An estimated 12 participants are needed per group who enrol in this way. This would also depend on at which specific learning campus you enrol. If there are not enough interest to do both aspects of the third year (CPD and Supervision) then we retain the right to offer only one and potentially substitute one of these with a more formal, as mentioned 'Coram Care' agenda.

Where: It is presented at Coram Deo main campus and partnering campuses. There is also a possibility to join via interactive technology and distance learning to enhance feasibility where learning campuses might not have sufficient participant numbers or to cover far off regions. The following sections give more detail about the two different aspects of the third year if not taken together.

OPTION 2 CPD separate

What: Mostly a structured process that deals with particular themes (see below), and reviewed on a yearly basis. The specific amount of weeks tuition in this programme ranges between 16 up to 40 and is determined by a number of factors such as enrolment numbers, public holidays and more. In between formal themes or during specific periods there could be other activities that are seen as part of the CPD programme. These may well be offered directly through your campus but form part of the programme. It could include reading of specific material (books, articles), exploration of provocative counselling ideas and practices, exposure to our 'Roots' experiences in conjunction with students as partners. The latter kind of topics 'Roots' are not fixed before hand and can only be presented where there are enough workable weeks, taking into account a number of variables. Should the official themes become less than the

CPD

intended amount covered then you will follow a reading or learning events programme during those weeks to fill up an estimated at least 28 up to 32 weeks of any given year.

Structure

Important: Offering the programme at other campuses than Pretoria necessitates different formats. The formats for 2019 include:

Enrolling for either

- A weekly online driven approach (unless you are in Pretoria in which case, if numbers permit, there would be actual class on a Tuesday evening in Pretoria incorporating online audiences), or
- Four weekend training opportunities (one each quarter of the year): Friday-Saturday or Saturday-Sunday depending on your area coordinator, host entity venue availability.

Themes (2019)

In no particular order:

- 1. Pastoral Family Therapy.** The notion of family therapy came about in the development of counselling, with the recognition that the possibility for change is limited if we work with 'clients' in isolation. Narrative therapy in particular lends itself to family therapy.
- 2. Medical and psychological discourses.** As narrative practitioners informed by a much different view of the world than conventional approaches, it is important for us to still be able to connect with colleagues informed by diverse viewpoints. This is a core module of the CPD programme and helps participants understand some of the typical psychological and medical interventions and diagnosis. Consequently it is also important if pastoral and narrative therapists are to refer to other professions or to be referred to by specialists in these fields.
- 3. Children/ Teens.** For 2019 the topic will address adolescence. This rotates each year





between children and adolescence. The one not addressed in the formal pastoral narrative therapy programme is dealt with as part of the CPD programme.

4. **Explicit dealing with faith in the therapeutic context.** Quite often we have found that students or trained therapists are unsure about what they can / should not do in therapy when it comes to faith. This module addresses considerations around prayer, scripture, rites and symbols, dealing with ways in which different faith traditions express their views and thus ways in which they might expect a person who is a 'pastoral' therapist to engage them in counselling.
5. Other – There would also be a selection of topics made available as online learning modules. Options would grow each year. It is only upon request of independent campuses that such online modules can be presented via contact if interest and diary permits. Some of the themes for 2018 included
 - a. story development (learning from arts and media)
 - b. Separation and divorce (called 'Dance me to the end of love')
 - c. Storying organisations and relational leading

Cost of Alumni programme (not in conjunction with supervision): R4 150 but in the event of too few interest a learning campus can increase the fees up to R4 800. Please clear this with your learning campus coordinator to ensure you meet local deadlines and put them in a position to offer timely feedback.

Minimum: The required minimum participants per group depending on the campus is about 12 participants.

Enrolment date: 19 January 2018

CPD year orientation: Tuesday 29 January (other regions can join the orientation online)

Accreditation and CPD points: All the modules will be CPD bearing (at least with pastoral bodies although other bodies will also be approach). Participants will be issued with short course certificates for each of the modules they complete successfully. Please note that CPD points are awarded by professional bodies. If you are not registered with the particular body then you will not be awarded CPD points. There is no reason for a course to have to be CDP bearing if the person is not registered with the body. It is also of no relevance for a CDP bearing programme to be accredited with a university since professional bodies

firstly look for the approved 'points' gathered as a testimony to learning. Coram Deo programmes will however be both CPD bearing and accredited.

OPTION 3 Supervision separate

What: Supervision in any helping modality from coaching to counselling or others is about honing skills in view of the human helping role (either as volunteer or community counsellor or if you aspire towards a private practice). Many professional bodies nowadays start to request members to submit to ongoing supervision.

Students should conduct 45 hours of counselling, see a supervisor for 10 sessions where you will go through some of your transcripts and consider the way your own story influences the way you approach, listen, interact with those you assist. There are a number of experienced practitioners who are willing to supervise students. It could also be someone external provided they meet our criteria and agree to our terms. It is mostly an individual-supervisor journey though there are opportunities to connect in the group.

In regions outside Gauteng the supervision programme might take a more formal approach to scheduling contact between supervisor and student to ensure there are specific opportunities that students can interact with supervisors. Students are also welcome to meet supervisors online via Skype and other technologies that fully qualify as supervision in the programme.

If you have any questions about supervision in your area, we will gladly bring you in touch with the relevant supervision coordinator.

Cost: R5 250, but could extend up to R6 500 depending on the amount of enrolments at a particular campus. Please support and work with your campus coordinator to make this work. Supervision services are also offered separate from

the formal programme. Do inquire about rates.

Duration: 1 year (up to 1.5 years for those who do it together with the CPD programme)

Enrolment date: 19 January 2018

Where: It is presented at Coram Deo main campus and partnering campuses and is also dependant on the days contact is scheduled with your supervisor. Far off regions could use video technology for the purpose of supervision if it is not feasible for students to travel. If this is the case, please ensure that your supervisor feels comfortable working with this medium. Note that supervisors are also in your area for other programmes during the year which are good opportunities to schedule supervision appointments.

Important note on supervision: The idea of supervision is not learning or training as such but practitioner-/ and self development based on what you have learned already (or with some exception that you are currently busy learning). The only exception to this is if you use supervision in conjunction with some of the CDP modules offered – CPD modules being further learning (continued education). If this is your first supervision year (almost as a kind of internship), such as after you have completed the two year pastoral narrative therapy programme (or other relevant external training), then it is not advisable to exclusively focus on a particular subject like children therapy, or trauma therapy. This restricts your scope and you will not become a well rounded professional who have worked in practice with a variety of subject matter. You can however focus on specific themes by drawing on the CPD themes available for that year and spend a fair (not exclusive) amount of your conversations on such themes. If for instance you want to open up your scope/context outside of therapy such as in view of the organisational context or coaching, then that module in the CPD programme becomes important and you would have to choose your supervisors according to their expertise. A list of supervisors will be provided for students who enrol.

Adapted third year programme

To do the CPD and supervision programme together makes it more cost effective. However if it is not possible to benefit in this way then there is another option.

If you have chosen only the Supervision programme (in other words not also the entire CPD programme) then you can still enrol for some of the modules in the CPD programme. This could become your focus themes for your Supervision (allowed up to 50-60% of cases), such as then the organisational context, teenagers, other (depending on which ones are offered in the

particular year).

The per module rate is R1 200 (and once off R300 / year as formal Alumni member) and is only available on the basis that you are enrolled as a supervision student. The formal Alumni Membership administration fee of R300 is only applicable for those who have not registered for the entire CPD programme.

Your total fee will then be R6 750:

- Supervision: R5 250
- One short-programme learning module (borrowed from the CPD programme): R1 200
- Alumni membership fee: R300 (This will allow you to attend other modules of the Alumni programme at R1 200 as opposed to the outside fee of R1 500/module.

Please consult with your campus coordinator to ensure that the specific module of the Alumni programme (or indeed the entire programme), is in fact presented during the year. Depending on your campus affiliation with Coram Deo Head Office some flexibility is part of the partnership. Naturally, if more people rather than fewer choose 'Option 4' where the Supervision and CPD are not taken together, there might not be enough participants to present the specific module at the particular campus. Do support your learning campus to ensure you don't have to travel to other places where the programme is also presented. Minimum: This option is available on the condition of having the minimum number of participants in the other separate programmes. Speak to you learning campus coordinator/administrator.

Other

Audience note: Many who are not from these traditions (pastoral and or narrative) may be introduced to narrative work as part of the Supervision, CPD group or other modules. However the CPD programme does not set out to fully teach narrative ideas as in the two year internal programme. Mostly however and only where relevant, enough will be explained by means of a narrative orientation to make sense of the particular module of the CPD programme. If this is your first encounter with narrative ideas it is not with the aim of training to be a narrative practitioner, as with our other programmes. If not with us, we can refer you to a number of entry level narrative courses towards becoming a narrative practitioner.

Other programmes: We are also considering to offer other focused mid-length programmes around some of the themes, that we could not include as part of the CPD programme. We'll keep you informed: At present this relates to Spirituality (Silence and Story), Arts in Narrative, and Organisational themes.

Structured modules and schedule

The following is an overview of the structured themes as modules, as they form part of the Alumni programme at Coram Deo for 2018. They are presented in no particular order. A schedule is provided at the end of the document.

A. Medical and psychological discourses (intersecting with pastoral and narrative practice)

Intention:

Help participants navigate the discourses in multidisciplinary contexts such as relevant to mental health care referrals.

Focus/outcomes:

- A better understanding of what pastoral means in relation to narrative, therapy, and other modalities, spirituality, religion, and theology.
- Overview of the prevailing psychological, clinical and medical 'conditions' that one will encounter in a multidisciplinary team.
- Dealing with referrals to other professionals or those that are referred to a narrative therapist
- Exploration into the mind and body connection.

B. Adolescence

Intention/focus:

Working with adolescence can be a focus area within therapy. This module introduces ways of working with teenagers in a narrative way and beyond.

Outcomes:

- Teens with the development cycle
- An overview of the typical concerns and contexts that lead to seeing teenagers in therapy
- Understanding the possibilities and limitations in therapy when working with teenagers
- What to do with teenagers in therapy
- Understanding the teenage brain
- Helping parents understand and deal with teens and teens their parents.

C. Faith in therapy

Therapists have many questions about the what and how of dealing with faith in the therapeutic context. Faith is a powerful meaning making resource, in therapy. It is something that gives meaning to the larger framework of life even if it is not always explicitly mentioned. Still there are so many faith traditions even just within Christianity.

Outcomes:

- Exploring where biblical content overlap with pastoral concerns
- Discusses the ethical posture of do's and don't of faith in therapy
- Introduces working with religious symbols or rites

- Consider ways of opening up doorways in therapy to deal more explicitly with stories and experiences of faith
- Understanding subjective integrity as integral to the role of the therapist
- Explores the interplay between narrative and pastoral traditions.

D. Pastoral Family Therapy

Over the years many therapists became concerned about the sustainability of therapeutic practices in the lives of clients. This lead to the development of 'family' therapy as a specialisation field. Family therapy is much more than just incorporating the family and narrative therapy is particularly poised to facilitate family therapeutic processes. On the other hand pastors and religious leaders deal a great deal with families but are not necessarily equipped as counsellors.

Outcomes:

- Present the development and need for family therapy
- Create awareness around concerns typically addressed in family therapy
- Explain the pastoral aspect to family therapy
- Help religious leaders engage in pastoral care to work more effectively with families
- Introduce the family therapy as a specialisation field to counsellors and other mental health workers

E. Online modules

Selected modules from previous CPD programmes will be made available online (or with interest locally presented). As a formally enrolled CPD student you will be able to do one of them free. See this as added value, as those themes are not the core themes chosen for 2019. They will still be acknowledged formally.

If however you choose for the online track entirely (instead of the weekend options) then the four mentioned themes will be dealt with online (and you add one free as mentioned above).

Other programmes

Throughout the year there are numerous learning opportunities that extends the formal programmes of Coram Deo. They are presented only by approved, affiliated or associated lecturers or counsellors. Possibilities from partners will be communicated throughout, but note they are not necessarily Coram Deo programmes nor can we say at this stage whether they are accredited or count towards CDP points (which may become available).

We hope to see you in class the coming year to continue your journey with Coram Deo in some way or another. Thank you for being part of the unbounded Coram Deo learning community and the specific counselling centres that support our programmes.

You are Coram Deo in your area –
**Coram Deo means
'in the presence of God'**



Dr HE Pienaar
Managing Director (Oasis of Hope)

A handwritten signature in dark ink, appearing to read 'Pienaar'.

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