



ANNUAL MEMBERSHIP - Support, Training & Skills Development Group for Adults involved in Narrative therapy and the wellbeing of adolescents

I am delighted to invite you on behalf of Tikvah Narrative Therapy to become part of our dynamic support, training and skills development program. In joining us, you invest in your wellbeing and your skills and knowledge as a therapist involved in the life's of adolescents, to best support them on their journey to wellbeing. Here are some great perks you get for becoming an **annual member**:

- * Access to all TeenTalk Training Sessions
- * 1 Hour Personal Reflection, Support, supervision and Training session per month
- * Quarterly Wellbeing, Mindfulness, Self-care and connection mornings – Exclusive to the Tikvah Annual membership group
- * Support from group members
- * An invitation to our Tikvah retreat weekend- Exclusive to the Tikvah Annual membership group
- * Tikvah custom personal e-mail address
- * **BONUS:** Emotional Release Therapy and Tapping Workshop – Date to be confirmed. Waiting for my colleague to complete training. This will be a face to face training with a Zoom option for people who cannot attend.
- * **BONUS:** We will have occasional additional training sessions, presented by Tikvah group members, as they develop and train themselves in different specialties – Exclusive to the Tikvah Annual membership group. This will result in both additional experience and development of presentation skills for members presenting, as well as insightful for other group members. Please let me know if you want to be a presenter, and what you are passionate about.

Anyone who has flown on an airplane and listened to the flight attendant before takeoff has been cautioned what to do in the event the oxygen masks fall from the ceiling: "Put on your own mask first before trying to help someone else." Counselor wellness experts say that idea has mileage on the ground, too. Helping yourself first is a principle that applies directly to **therapy**. If you're gasping for air, you can't help other people. Therapists who neglect their own **mental, physical and spiritual self-care** eventually run out of 'oxygen' and cannot effectively help their clients because all of their energy is going "out" and nothing is coming back in to replenish your energy.

For therapists, one of the ways to keep your Holistic wellbeing in check is by participating in a peer Support, Training & Skills Development Group with other therapists working in the same field. Having a supportive environment can help immensely in improving counselor wellbeing. By becoming an annual member of the Tikvah program, you get the support, training and skills development needed to become the best therapist you can be for your clients. Cost Structure and sign up form included at the end of this document.

We would be delighted to have you become part of our dynamic team.
Best regards, Hanlie Boshoff, Tikvah Narrative Therapy

2021 “TeenTalk” schedule is focused especially on **therapists** interested in working with Adolescents, as well as **parents and professionals working with adolescents**, to help them better understand the daily struggles our adolescents face.

For Therapists and other professionals, we will also focus on Ethics when working with clients, as well as skills development. We will also have a **out of the box** “Quarterly Wellbeing, Mindfulness and Self- Care Morning”.

The year program is registered for 28 CPD points with SignoPro

CPD points with SignoPro per 3 hour session : 1.5 points

<p>16 January 9h00 – 12h00</p> <p>Parents welcome</p>	<p>The Body Myth: Body Image in Adolescent Girls</p> <p><u>Movie to Watch:</u> A Perfect no 14</p> <p>To the Bone</p>	<p>Outcomes of this session:</p>	<ul style="list-style-type: none"> • Understand cultural discourses and norms about the body that confront many adolescent girls growing up • Understand the concept of body image • Understand the factors associated with adolescent girl’s body image • Positive psychology in the body image field • The influence of body image on eating disturbance with adolescent girls • The connection of Social Media and the Adolescent Body Image • The Relationships Between Body Image, Substance Use, and Peer Influence Among Adolescent Girls • Be able to journey with adolescent girls towards a positive body image • <i>The Body as Theology in Pastoral Therapy</i>
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<p>23 January 9h00 – 12h00</p> <p>Parents welcome</p>	<p>Myth of masculinity in Adolescent Boys</p>	<p>Outcomes of this session</p>	<ul style="list-style-type: none"> • Exploring Diverse Cultural discourses of Boyhood • The Adolescent Masculinity Ideology in Relationships: Development and Validation of a New Measure for Boys • Understand Adolescent boys' dating motives, masculinity ideology, and sexual behavior • Explore the effects of myth of masculinity in teenage boys • How Toxic Masculinity Is connected to Violence • Pastoral Mythology
<p>6 February 9h00 – 10h00.</p>	<p>Ethical considerations in Identity Work</p>	<p>Outcomes of this session</p>	<ul style="list-style-type: none"> • Counselor's Responsibility • Motivating Questions and Guiding Assumptions • Values and Beliefs • Language • Pace • Relationships Limitations
<p>6 February 10h00 – 12h00</p>	<p><u>Practical Session</u></p> <p><i>“Overshadowed”</i></p> <p>(TV mini series of 8 short 10 min episodes available on YouTube)</p> <p><i>“The mask you live in”</i></p>	<p>Outcomes of this session</p> <p>“The Body Myth”. “Odd girl out”</p> <p>Outcomes of this session</p>	<ul style="list-style-type: none"> • Overshadowed tells the story of a young girl called Imogene whose life spirals out of control when she meets the monster of anorexia personified. Her new best friend casting a dark shadow over Imo's life and won't rest until Imo is a shadow of her former self. • We will apply the theory of 16 January • “Real Boys - Rescuing Adolescent boys from the Myths of Boyhood • “The mask you live in” follows boys and young men as they struggle to stay true to themselves while negotiating America's narrow definition of masculinity. • We will apply the theory of 234 January to the documentary

<p>20 February 9h00 – 12h00</p>	<p>Silver Screen Metaphors:</p> <p>Film Use in the Context of Narrative Therapy</p> <p><u>Movie to Watch:</u> Bohemian Rhapsody</p>	<p>Outcomes of this session</p>	<ul style="list-style-type: none"> • A Review of Film Use in Therapy • Examining the Theoretical Consistency of Film Use in Narrative Therapy • From Theory to Practice: Using Film in Narrative Substance Misusing Therapy • Exploring Films and Film Characters • The Search for Meaning • Deconstruction and Re-Storying Discourse • Re-membling in the Film Narratives and the clash of identities in Bohemian Rhapsody • Themes for teens aged 13-18 years • Pastoral Counseling and Spiritual Care: Strengthening Pastoral "Felt Knowledge" and Empathy through the appreciation and Use of Contemporary Films
<p>21 February 5h30 Sunrise is 5h56</p> <p>Exclusive to our Annual Members</p>	<p>Sunrise Celebration and Communion</p> <p>Pretoria: Venue TBC</p>	<p>"Celebrate life: Be mindful and use your sense"</p>	<ul style="list-style-type: none"> • "Recharge" • Connect with our spiritual self • Using Communion while intense aware of our sense • Practicing mindfulness • Celebrate life
<p>13 March 9h00 – 11h00</p>	<p>Superhero Therapy</p> <p>Take note: There is also a CD CIW2I workshop session this day, but because of the public holiday's in March & April, this is the only available date for training.</p>	<p>Outcomes of this session</p>	<ul style="list-style-type: none"> • Why are young people attracted to religious messages and symbols, in popular culture? • Superheroes and spirituality: The religion of the comic book • How incorporate pop-culture figures into therapy practice in order to inspire clients • Why does it work • How does "Geek Therapy" incorporate with Narrative Therapy • The importance of superhero stories • The nature of the psyche itself • Superhero Ethics in Therapy

<p>13 March 11h00 – 13h00</p>	<p>What films can teach us about Therapeutic Ethics</p> <p><i>Movie to Watch:</i> * Antwone Fisher * Good Will Hunting * Girl Interrupted * Price of Tides * Stay * K Pax</p> <p>Take note: There is also a CD CIW2I workshop session this day, but because of the public holiday's in March & April, this is the only available date for training.</p>	<p>Outcomes of this session</p>	<ul style="list-style-type: none"> • Ethically deal with issues of Confidentiality, Self-Disclosure, Dual Relationships, Touch and Out-of-Office Encounters. • Apply ethical decision-making process to Confidentiality, Self-Disclosure, Dual Relationships, Touch and Out-of-Office Encounters. • Therapeutic Boundaries: Introductory Article: Relationships, Not Boundaries • Confidentiality in the Movies • Self-disclosure in the Movies • Dual Relationships in the Movies • Touch in the Movies • Out-of-Office Encounters in the Movies • South African Professional conduct guidelines in Psychology • Professional Board for Psychology: Rules of conduct pertaining specifically to Psychology
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<p>15 Mei 9h00 – 12h00</p>	<p>Using Photographs in Narrative Therapy Work</p>	<p>Outcomes of this session</p>	<ul style="list-style-type: none"> • The theoretical base of using photographs in NT • Therapeutic Photography: How It Helps People In Need of Therapy • Phototherapy • Photographs within the Narrative Practices • Re-Membering through Photographs • Remembering and legacy work through photographs
<p>22 Mei 9h00 – 12h00</p>	<p>Incorporating Fiction and Fantasy in counseling Teens</p>	<p>Outcomes of this session</p>	<ul style="list-style-type: none"> • The child and the fairy tale • The post-modernist era of psychotherapy • What facets of fairy tales make their use ideal in the field of narrative therapy • Feelings of safety and security • The role of the unconscious • Societal and cultural needs • Encouraging client-generated scripts • Pastoral Therapy goes to the movies • When does Fan Fiction cross the ethical line
<p>5 June 9h00 – 12h00</p>	<p>Embodied Narratives: Using dance and movement in narrative therapy</p> <p><i>This will be a contact session, with online connectivity as an option</i></p>	<p>Outcomes of this session</p>	<ul style="list-style-type: none"> • The effects of dance & movement on therapy and body image • Connection with one's self • Body Awareness • Interaction • Exploration of limits through movement • Group Co-hesion • Empathy • Emotion and mood • Connection with self • Joy of movement • Inner safe space • Conscientious and ethical action when using dance/movement in therapy • The Body as Theology in Pastoral Psychology

<p>6 June 9h00 – 12h00</p> <p>Exclusive to our Annual Members</p>	<p>Celebrate life with Rituals & storytelling, music (and maybe drumming)</p> <p>Pretoria: Venue TBC</p>	<p>“Celebrate life: Be mindful and use your sense”</p>	<ul style="list-style-type: none"> • “Recharge” • Connect with our spiritual self through storytelling, Rituals and music • Practicing mindfulness • Experience and appreciate the self, life, and connection
<p>24 & 31 July 9h00 – 12h00.</p>	<p>Ethics in working with adolescents</p>	<p>Outcomes of this session</p>	<ul style="list-style-type: none"> • The adolescent desire for privacy and independence balanced with the knowledge that adolescents are not fully mature raises 3 ethical issues: consent, confidentiality, and decision-making capacity. These issues are addressed in this session • Ethics of Record keeping and co – operation with other professionals • Ethics of Touch
<p>21 & 28 August 9h00 – 12h00</p>	<p>Life Story Work with adolescents</p>	<p>Outcomes of this session</p>	<ul style="list-style-type: none"> • A Priceless box • Relationship is Key • “Monsters are real. Ghosts are too. They live inside of us, and sometimes they win” – Steven King: The Shining • Definition of Trauma • Effect of trauma on the brain • Aim of Life Story Work • Preparing for life story work • HIDE • Stage 1 – 5
<p>22 August 9h00 – 12h00hn</p> <p>Exclusive to our Annual Members</p>	<p>Celebrate life through Relationships –</p> <p>Bring someone special with you</p>	<p>“Celebrate life: Be mindful and use your sense” to connect</p>	<ul style="list-style-type: none"> • “Recharge” • Connect with your relationship • Self • Interpersonal & Social • Spiritual

4 September 9h00 – 12h00	Ethics Class	Outcomes of this session	<ul style="list-style-type: none"> • Therapeutic Boundaries • Intersection of Therapist’s personal and Professional Lives
23 October 9h00 – 12h00	The use of Role Theory to build identity in Adolescents	Outcomes of this session	<ul style="list-style-type: none"> • Adolescents and identity – recap • Identity and self-image • Role Theory • Crystallization theory • Using role theory in working with adolescents in therapy
6 November 9h00 – 12h00	Adolescent’s and Relationships	Outcomes of this session	<ul style="list-style-type: none"> • The 4 horsemen of the apocalypse in teenage relationships • Red vs Green Language • Reactive vs responsive brain • Flooding and repair • Relational Habits • The sound Relationship House for Adolescents
4 December 9h00 – 12h00	“STAIR” Narrative therapy with adolescents	Outcomes of this session	<ul style="list-style-type: none"> • Skills Training in Affective and Interpersonal Regulation (STAIR) Narrative Therapy • What is STAIRS • Theory behind STAIRS • How it Works • Why is it Effective • Awareness • Regulation • Relationships
26 November Exclusive to our Annual Members	Thanksgiving Celebration	Outcomes of this session	Celebrate the end of 2021 with thanksgiving and Gratitude

BONUS SESSION: DTBC – Emotional Release Therapy and Tapping Workshop
Only for Annual Members

BONUS SESSIONS: DTBC - We will have occasional additional training sessions, presented by Tiqvah group members

TeenTalk sessions will be online Zoom sessions, except for the session on “Embodied Narratives: Using dance and movement in Narrative Therapy” and ‘Emotional Release Therapy and Tapping’ Workshop. This will be a contact session, with Zoom connection as an online option.

Quarterly celebrations will be personal and face to face. Venues to be confirmed in Gauteng

INVESTMENT STRUCTURE

1. TeenTalk Training Sessions:

Annual Membership: All sessions included

Per Session: R220.00 Per session
Payable before each session

2. 1 Hour Personal Supervision, Reflection, Support and Training Session: Online or Face to Face in Pretoria

Annual Membership: Include 1 session per month

If you attend "TeenTalk": R 280.00 Per session

If you do not attend "TeenTalk": R 380.00 Per session

Coram Deo Supervision students: Included in Coram Deo supervision fee

3. Tiqvah retreat weekend

Exclusive to Tiqvah Annual members, Sorry, no family or partners

6 - 9 Augustus

Extra Cost: will confirm venue and costs asap

Step out of the complexity of your life, to listen deeply to your body, heart and mind and to reconnect with your spirituality. The weekend's goal is to encourage and nourish personal interactions, spiritual friendships and connections between therapists with a communal, burning passion for narrative therapy and helping Teens.

4. Annual Membership

R 2700 payable once off 10 January 2021

R1000 payable per month for 3 months..... end Desember 2020, End January & End February 2021

Include:

- * Access to all Sessions
- * 1 Hour Personal Supervision, Reflection, Support and Training session per month
- * Quarterly Wellbeing, Mindfulness, Self-care and connection morning
- * An invitation to our Tiqvah retreat weekend- Exclusive to the Tiqvah Annual Members
- * Occasional referrals of clients (Only if you are registered at a professional body)
- * Tiqvah custom personal email address
- * **BONUS:** Emotional Release Therapy and Tapping Workshop
- * **BONUS SESSIONS:** Additional training sessions, presented by Tiqvah group members

5. Monthly Option - Annual Membership

Registration fee - R 275.00 payable 24 December 2020

Monthly Payment X 12 of R 275 per Month – Payable on the 1st of Each Month
Jan - Dec

Include:

- * Access to all Sessions
- * 1 Hour Personal Supervision, Reflection, Support and Training session per month
- * Quarterly Wellbeing, Mindfulness, Self-care and connection morning
- * An invitation to our Tiqvah retreat weekend- Exclusive to the Tiqvah Annual Members
- * Occasional referrals of clients (Only if you are registered at a professional body)
- * Tiqvah custom personal email address
- * **BONUS:** Emotional Release Therapy and Tapping Workshop
- * **BONUS SESSIONS:** Additional training sessions, presented by Tiqvah group members

If you are interested in becoming an Annual member, please fill in the form and send back to me via email or what's app



VERTROULIKE INLIGTING / CONFIDENTIAL INFORMATION

Van/Surname: _____ Naam/Name: _____

Geboortedatum/Date of Birth: _____

1st/2nd Year, Supervision student or qualified: _____

Registered with Professional Body: _____

Registration Number: _____

Woonadres /Home address

Beroep/Occupation: _____

Werkgewer/Employer: _____

Sel/Cell: _____ Epos / Email address: _____

Payment option: _____

Preferred custom email address: YES/ NO

Specify (if available): _____ @ tivah.org.za

NOTES:

No card facility available. Payment via EFT.

Please send proof of payment for admin purposes.

ACCOUNT DETAILS:

JC Boshoff

Nedbank Current Account

Account Number: 1153966166

Branch Number: 148345 (Irene)

Reference: Name Annual Fee

Signature: _____ Date: _____

Thank you for your time to complete this form

A safe space to find your voice