



TRAINING FOR IMPACT

Practical, evidence-informed short courses for organisations working in health, community development, and social impact

ABOUT THE OFFERING

We work alongside community organisations to provide practical, accessible, and skills-based training for frontline teams working in healthcare, community, research, education, and social impact settings.

Our training combines evidence-informed approaches with interactive, real-world application, equipping participants with tools and strategies they can apply directly in their professional roles. Courses can be delivered online or in person and adapted to meet the needs of different organisations, teams, and contexts.

WHO WE ARE

The Centre for Behavioural Medicine (CBM), situated in the Neuroscience Institute and Department of Psychiatry at the University of Cape Town, is a multidisciplinary team of psychiatrists, psychologists, nurses, and registered counsellors working across the full continuum of care, from community and primary health settings to tertiary hospital environments. What unites the team is a shared commitment to strengthening mental health and behavioural support across diverse settings. Drawing on expertise in clinical care, teaching, and research translation, CBM develops and delivers practical, evidence-informed training programmes designed to build frontline capacity, strengthen service delivery, and support meaningful impact in community, healthcare, and organisational contexts.

GET IN TOUCH TO
CHAT ABOUT
WHAT YOUR TEAM
NEEDS AND HOW
WE CAN SUPPORT
YOU!



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FLEXIBLE TRAINING OPTIONS

Courses can be adapted to suit the needs, capacity, and context of different organisations and community-based teams.

Small Group Training

Interactive training designed for smaller teams, frontline staff, volunteers, and community practitioners.

Flexible Delivery

Courses can be delivered online or in person, with scheduling adapted to organisational needs where possible.

Annual Training and Customisable Programme Design

Multi-course training delivered across the year and customised training content developed around organisational needs

Accessible Pricing

Pricing is structured according to:

- Number of participants
- Scope
- Level of customisation

Subsidised rates and flexible payment arrangements available

COURSES AND OUTCOMES

OUR COURSES

- Psychological First Aid
- Basic Counselling Skills
- Basic HIV Counselling
- Advanced HIV and Adherence Counselling
- Fundamentals of Behaviour Change
- Behaviour Change in Healthcare Settings

KEY OUTCOMES

- Strengthened frontline knowledge and practical skills
- Improved confidence in supporting clients, patients, and communities
- Enhanced communication, engagement, and service delivery
- Practical tools that can be applied directly within organisational and community settings

MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT

Psychological First Aid

A practical, evidence-based course that equips participants with essential skills to support individuals experiencing emotional distress or psychological crises through active listening, practical assistance, and compassionate response. Suitable for healthcare, education, corporate, service, and community settings.

Course Content

- Introduction to Psychological First Aid
- Ethics of Psychological First Aid
- Crises and Responses
- Providing Psychological First Aid: Individuals, Children, and Groups
- The ACR Framework: Acknowledge, Contain, Refer

Key Learning Outcomes

- Recognise signs of emotional distress in yourself and others
- Provide immediate, appropriate, and effective stabilising support
- Respond with calm, clarity, and confidence during psychological crises
- Practise self-care strategies to manage stress and protect your own well-being

Basic Counselling Skills

A practical course designed to stimulate growth in knowledge, self-awareness and skills development. It aims to enhance participants' ability to accurately empathize with their clients, developing and applying listening and communication skills, attending skills, active listening, body language and verbal skills such as paraphrasing, reflection, using questions appropriately and summarising.

Course Content:

- What is Counselling?
- The counselling process
- Basic Counselling Skills
- Role-play

Key Learning Outcomes

- Apply foundational counselling and communication skills
- Demonstrate active listening and empathetic responding
- Use basic counselling techniques appropriately
- Engage confidently in supportive client interactions
- Apply counselling skills in practical helping contexts

BEHAVIOUR CHANGE AND HEALTH PROMOTION

Fundamentals of Behaviour Change

An introductory course that explores the core principles of behaviour change and behavioural science. Participants gain practical tools to understand human behaviour, analyse behavioural challenges, and design effective, context-appropriate communication and interventions across diverse professional settings.

Course Content

- Introduction to Behavioural Science
- Understanding Human Behaviour
- Barriers and enablers of change
- Designing for behaviour change
- Empathy and context
- Application and reflection

Key Learning Outcomes

- Understand behaviour change and behavioural communication principles
- Identify key behavioural barriers and drivers
- Apply behavioural insights to programmes and communication strategies
- Use contextual understanding to strengthen engagement and impact
- Develop practical behaviour change approaches for their professional settings

Behaviour Change in Healthcare Settings

An applied course exploring how behavioural science can be used to strengthen health systems, improve patient engagement, and support positive health behaviours. Participants learn practical approaches to designing interventions and services that promote adherence, prevention, trust, and patient-centred care.

Course Content

- Understanding Behaviour in Health Contexts
- Diagnosing Barriers to Health Behaviour Change
- Designing for Behaviour Change in Health Systems
- Building Empathy and Trust in Health Engagement
- Application and Reflection

Key Learning Outcomes

- Analyse health behaviour challenges using key behavioural frameworks
- Identify psychological, social, and environmental barriers to behaviour change
- Apply behavioural principles to improve engagement, uptake, and adherence
- Use contextual understanding to strengthen trust and patient-centred care
- Reflect on ethical, context-sensitive behavioural practice in healthcare settings

HIV CARE AND COUNSELLING

Basic HIV Counselling

A practical course that provides participants with a framework that will cover the main goals of HIV counselling as well as take note of important risk factors when delivering counselling. Ideal for for any social worker, psychologist, nurse, research worker, community health worker, lay counsellor, and any cadre of staff working in the HIV field.

Course Content

- Overview of HIV / AIDS Disease Process
- Overview of Counselling process and effective communication skills
- Legal and ethical issues including testing in children
- The contents of HIV pre- and HIV post-test counselling sessions
- Looking after yourself as the counsellor

Key Learning Outcomes

- Demonstrate foundational HIV counselling and communication skills
- Conduct effective HIV pre- and post-test counselling sessions
- Provide empathetic, client-centred support to individuals affected by HIV
- Navigate legal, ethical, and confidentiality considerations in HIV counselling
- Manage challenging counselling situations with confidence and sensitivity
- Recognise the importance of counsellor wellbeing and apply self-care strategies

Advanced HIV and Adherence Counselling

An applied course that introduces participants to Life Steps, a practical evidence-based adherence intervention consisting of 13 educational and problem-solving steps. The course equips participants with the knowledge and skills to apply Life Steps to support individuals in setting goals, identifying barriers, overcoming challenges, and building realistic, personalised plans to maintain adherence.

Course Content

- ART Adherence knowledge
- Life Steps intervention exposure
- Application of Life Steps intervention
- Mental health assessment and referral

Key Learning Outcomes

- Demonstrate an understanding of ART adherence and common barriers
- Apply the Life Steps intervention within HIV care and support settings
- Use basic problem-solving strategies to support adherence challenges
- Identify psychological and structural factors impacting treatment adherence
- Support clients using a client-centred and adherence-focused approach

TRAINING IN PRACTICE

