

## PASTORAL COUNSELLING COURSE

### *SUICIDE - PASTORAL GUIDANCE FOR ALL INVOLVED*

**SATERDAY 5<sup>th</sup> November – KRUGERSDORP**

**Prof Wentzel Coetzer**

In this course the emphasis is on all those affected by the tragedy of suicide. The spotlight will also especially be on the effect on young persons. Because of COVID there was a drastic increase in statistics related to suicide among young persons as well as suicidal attempts. Related to this phenomenon was also the increase in levels of anxiety, fear, depression, and eating disorders among young persons. Against this background the following aspects will be highlighted in this course:

- What to expect during the first few days after the tragedy.
- General components of grief.
- Hindrances to healing.
- Struggling with feelings of guilt and moving beyond it.
- Depression, the scourge of broken hearts.
- Ten warning signs of individuals most likely to attempt suicide.
- Keeping family and marriage together in the aftermath of suicide.
- The grief of siblings.
- Any relationship between self-harming (cutting) and suicide?
- Where is God? What does the Bible say about suicide?
- Embracing your new normal.
- How to help survivors of suicide.

**Location:** Krugersdorp Town School, corner of Buiten & Gerrie Visser str, Krugersdorp.

**Date and time:** 08.30 - 14.00 - Saturday the 5<sup>th</sup> November

**Cost:** R250 pp (couples R400)

**Accreditation:** 3x CPSC points; 5x CPD points (Dutch Reform Church and AFM)

**Manual – optional** (Afrikaans or English): R150 (plus R100 courier cost)

**To register:** You can pay the necessary amount into the following

bank account: Capitec: 1646575545 – branch code: 470010

Name of account: G.F. Pretorius

Reference: Surname + suicide, 5 Nov.

(Afterwards send proof of payment to [pi@childincrisis.org.za](mailto:pi@childincrisis.org.za))

**Enquiries:** Pi Pretorius: [pi@childincrisis.org.za](mailto:pi@childincrisis.org.za)

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